

Mar I 2018

JST IN

Distance running fortnightly

● JST SO YOU KNOW

● POST RUN YOGA POSES

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5 CONTINENTS
GRAND SLAM

COMPRESSION SOCKS
FOR RUNNERS

JST SO YOU KNOW



- Tata Mumbai Marathon 2018, with more than 44,000 participants, raised INR 26 crores for charity this year

Guinness World Record Attempts at TMM 2018

*Records yet to be confirmed by Guinness

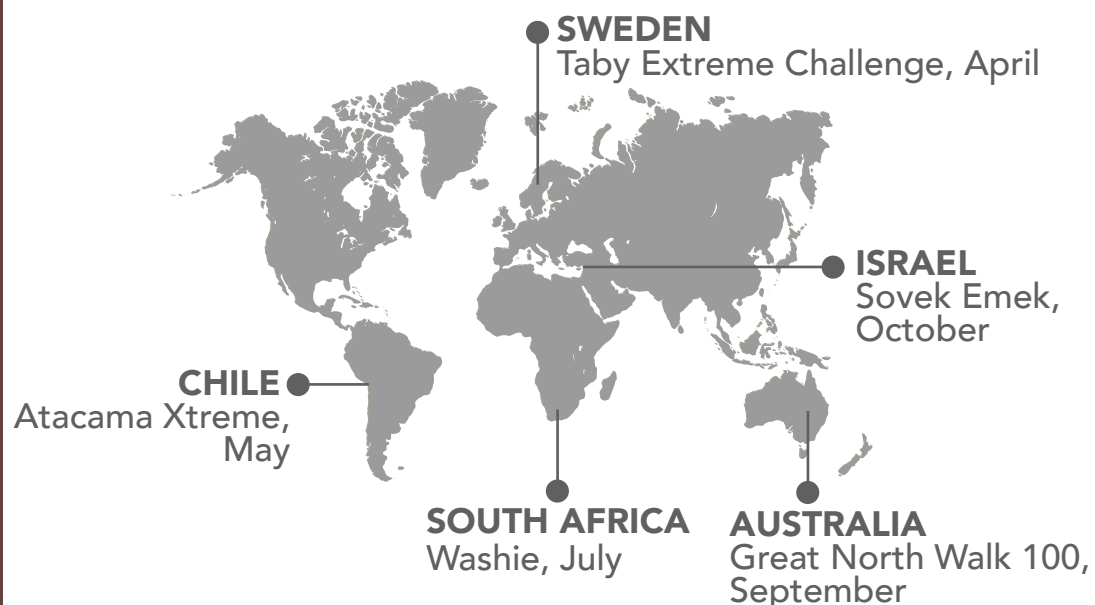
- Jayanthi Sampath Kumar ran the full marathon wearing a 9 yard saree in 4:45:30
- Ranjith Vijayan solved 262 Rubik's cubes while running the marathon



5 Continents Grand Slam

5 of the best 100 mile races across the globe with trails that cross through a variety of terrains and climates, like rainy forests, hot deserts and cool mountains

- This circuit is also a union proposal through sports for maintaining friendship among athletes



POST RUN YOGA POSES



Ardho Mukha Svanasana



Anjaneyasana



Parsvakonasana



Parsvottanasana



Malasana



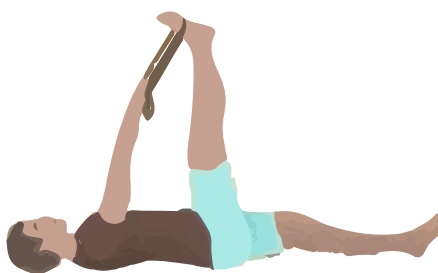
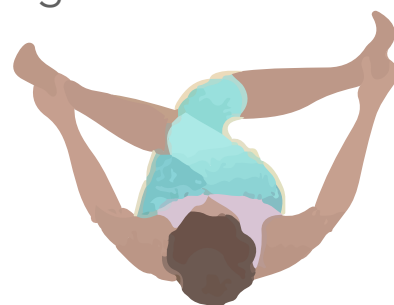
Janu Sirasana



Kapotasana



Supta Padangusthasana

Reclining Gomukasana
Legs

Vaparita Karani

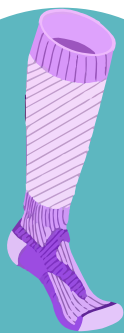


Vajrasana Pose



Shavanasa





COMPRESSION SOCKS FOR RUNNERS

Compression socks are essential for runners, people recovering from surgery, and people otherwise at risk for blood clots in their legs.

WHAT TO LOOK FOR IN COMPRESSION SOCKS



Consistent pressure



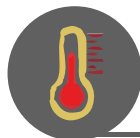
Proper fit around calves to keep from slipping



Firm support that allows a full-range of motion



Breathability & moisture management



Warmth

RUNNERCLICK WEIGHS IN... TOP 3 COMPRESSION SOCKS

Thirty48 Graduated Compression Socks



CW-X Conditioning Wear Compression Support



Sugoi R+R Knee High Sock

