

Mar 1 2018

# JST IN

Distance running fortnightly

● JST SO YOU KNOW

● POST RUN YOGA  
POSES

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02

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03

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

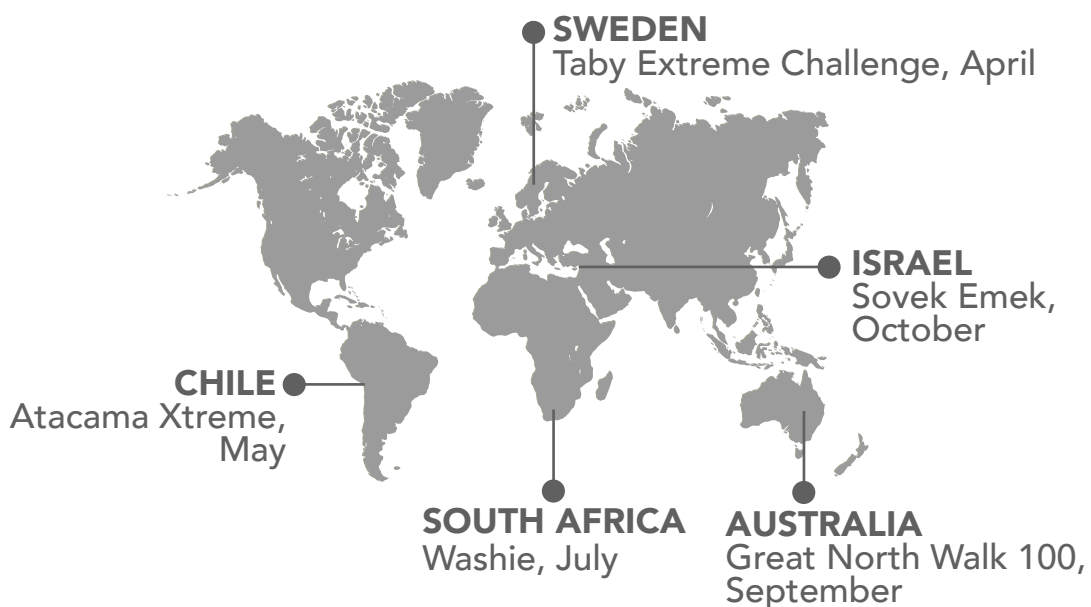
- Jayanthi Sampath Kumar ran the full marathon wearing a 9 yard saree in 4:45:30
- Ranjith Vijayan solved 262 Rubik's cubes while running the marathon



## 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



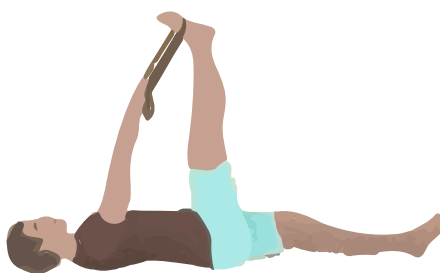
Janu Sirasana



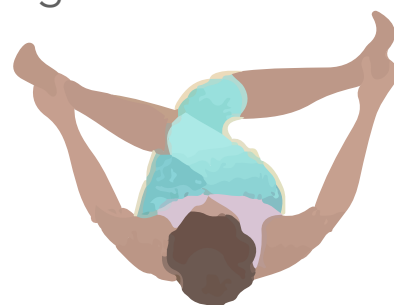
Kapotasana



Supta Padangusthasana



Reclining Gomukasana  
Legs



Vaparita Karani

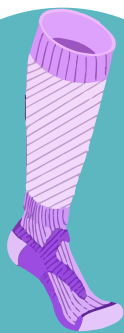


Vajrasana Pose



Shvanasana





# 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



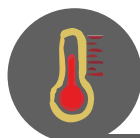
Proper fit around calves to keep from slipping



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

