

Spreading the need for physical fitness

SHIVA KRISHNA GUNDRA

The Greater Hyderabad Adventure Club is contributing significantly to the fitness regimen of many people through its diverse activities. It is a premier club in the twin cities that caters to outdoor adventure activities like trekking, hiking, camping, outdoor bird watching and adventure sports like bouldering, rock climbing, rappelling, paragliding and white water rafting.

As a part of its programme to spread awareness about physical fitness and to encourage group outings among masses, the GHAC on Sunday conducted a triathlon competition at Neni Hightech Club on the Medchal Highway. As many as 85 enthusiasts participating in various events.

The GHAC conducted the triathlon at three levels. Mini



Participants at a swimming event of the triathlon



Winners of the triathlon

triathlon, medium triathlon and max triathlon.

While the mini triathlon comprised 10 km cycling, 2 km running and 200 mtrs swimming; medium triathlon comprised 20 km cycling, 3 km running and 500 m swimming and max triathlon comprised 50 km cycling, 5 km running and 1 km swimming.

The main attraction of the

event was in mini triathlon which witnessed 10 kids out of 25 contestants. The medium triathlon saw two kids out of 25 participants. The max triathlon had eight participants. Laxman Reddy, the oldest participant aged 65, caught many eyes, while Dhvani Morparia, a fourth standard student of Gitanjali Devashala, was the youngest participant.