



Let us roll

Started by athletics coach Pramod Deshpande along with his friends, Jayanagar Jaguars is arguably Bengaluru's largest running group with over 500 members. It caters to both who want to run to stay fit and who want to test their endurance. The former program 'Run 2 Fitness' is ideal for beginners whereas the 'Run Your First Marathon' is great for those who are looking to run 10K, half marathons, full marathons and if you are up to it, even ultramarathons. And seriously, don't bother with the name of the group because it also has branches in Vijayanagar, Hebbal, Indiranagar, Kanakapura, HSR Layout and Whitefield. They go running three to five days a week. **Look up Jayanagar Jaguars on Facebook**

Get set, run

Are you bored of running alone on treadmills? Join these runners groups to exercise and socialise in one go

Trail ahead

Concerned by the fact that people in their 20s are falling prey to lifestyle diseases, The Trail Blazers wants to shake people off from their sedentary routine. The group encourages people to get fit the natural way, without spending large amounts of money on weight loss programs and instead go running every Tuesday, Thursday and Saturday at **Loyala School Ground near Meenakshi Temple in Bannerghatta Road. Look up TheTrailBlazersBangalore on Facebook**



High five

Running with a cause is what Runner's High is all about. Started by Santhosh Padmanabhan, the group aims "to assist members of the community to reach their true potential – physically, mentally and spiritually, in a holistic, sustainable and enjoyable manner". They have a slew of training programs for beginners and aspirants of half marathons, full marathons and ultra marathons. Not just running and agility, their training programs also focus on improving lung capacity, endurance and muscle strength. Plus, they also train children/adults with autism, the visually-challenged, the physically-challenged, children with delayed development, senior citizens and other sections of the society. They go on runs three to four days a week. **Look up runnershigh.in**

Social run

The folks at Bangalore Hash do more than flex their muscles. They love socialising after every meetup. That's why the group calls themselves 'a drinking club with a running problem'. But don't worry if you don't drink, just bring some sense of humour over and become one of them. The name 'Hash' comes from a run that they hold in the open countryside for people of all levels of fitness and across ages. Post the run, the team gathers to celebrate over food, beer and songs. Participation in these runs is against a fee. **Look up bangalorehash.org**

