

ISSUE NO. AIC/23-24/002

WHEELS AND FOOTPRINTS

EXPRESSIONS

NOVEMBER 2023

NEWSLETTER

PRESENTED BY

AIC SPORTS



12th November
Happy Diwali



13th November
Vishwakarma Day



15th November
Bhai Duj

Dear Readers,

As we dive into another exciting edition of Wheels and Footprints, I'm delighted to bring you a curated collection of stories that embody the spirit of our vibrant cycling and running community.

Our pages are adorned with inspiring tales of personal triumphs, from conquering challenging trails to achieving new personal bests. We delve into the heart of our community, sharing the experiences that bind us together as cyclists and runners, reminding us of the endless possibilities that come with every stride and pedal.

This month, we emphasize the power of unity and encouragement within our community. We explore the impact of collective goals, shared experiences, and the unwavering support we offer one another.

As we navigate the trails and roads together, let's remember the strength that comes from our shared passion for active living.

I encourage you to take a moment to appreciate your journey, celebrate your achievements, and find inspiration in the stories of fellow cyclists and runners. Thank you for being an essential part of our Wheels and Footprints family. Together, let's continue to make every ride and every run count, shaping a healthier, happier community one step and one pedal at a time.

Happy Cycling and Running!
Warm regards,



Jaswant Kaushik
Editor-in-Chief,
Wheels and Footprints
+91 90417 44044

MESSAGE OF DEPUTY COMMISSIONER



Sh. Paramvir Singh, IAS
DC MANSAA

It is with great pleasure that I address this vibrant community of cyclists and runners. Your dedication to active living and promoting a healthier lifestyle is truly commendable. Your passion inspires us all, reminding us of the importance of fitness and unity. I encourage each one of you to continue exploring the scenic paths, conquering new trails, and supporting one another. Together, let's pedal and run towards a healthier, stronger, and more connected community. Wishing you safe journeys and fulfilling adventures on the roads and trails ahead.

Best regards,

MESSAGE OF SENIOR SUPERINTENDENT OF POLICE

"Dear Comrades,

In the world of cycling, every pedal stroke, every drop of sweat, and every ounce of effort you put in is an investment in your own well-being. It's not just about the bike, it's about the transformation that happens within you as you ride. Remember, it's not always about speed or distance but the passion and dedication you bring to every ride. It's about finding solace on the open road or the scenic trail, and it's about pushing your limits beyond what you thought possible. So, saddle up, embrace the challenges, and keep pushing your boundaries. You're on a path to greatness, and every ride is a brushstroke in the masterpiece of your life.



DR. NANAK SINGH IPS
SSP MANSAA

MESSAGE OF AMBASSADOR



R VENKAT RAMAN (FAUJI)
NEW DELHI
AIC 3016

"I am really thankful to this AIC club which has changed my life by their continuous competitions. It keeps me in pace in my busy schedule.

I am really thankful to AIC club for their continuous and exhaustive efforts in inspiring and motivating not only me but people all over India. So again Thank you very much.

Thanks for motivating me always."

LAST MONTH'S EVENT

SEPTEMBER STRIDE CHALLENGE



1st - 30th SEP. 2023



CYCLING - 600 KM



CYCLING PARTICIPANTS

Total : 105
Male : 94
Female : 11

SUCCESSFUL PARTICIPANTS

Qualified : 84
Male : 94
Female : 9

TOTAL KMS. 92040 KM

MCR (Total) : 24
MCR (Male) : 23
MCR (Female) : 1

MALE



AIC No - 4015
RIPAN KUMAR
Chandigarh, Chandigarh
3562.29 KMS

1st



AIC No - 335
MSK SREENIVASAN
Chennai, Tamil Nadu
3177.78 KMS

2nd



AIC No - 2650
RAJAN JAIN
Ludhiana, Punjab
2186.78 KMS

3rd

FEMALE



AIC No 300
NEELIMA PASRIJA
Panchkula, Haryana
1530.12 KMS

1st



AIC No 3217
NEETA REDDY KUNTAWAR
Yavatmal, Maharashtra
1005.43 KMS

2nd



AIC No - 3873
ASHWINI SANKET LAHANE
Aurangabad, Maharashtra
1001.71 KMS

3rd



RUNNING - 120 KM



RUNNING PARTICIPANTS

Total : 45
Male : 38
Female : 7

SUCCESSFUL PARTICIPANTS

Qualified : 36
Male : 31
Female : 5

TOTAL KMS. 7466 KMS

MCR (Total) : 16
MCR (Male) : 14
MCR (Female) : 2

MALE



AIC No - 3711
RIZWAN SHAIKH
Dewas, Madhya Pradesh
449.98 KMS

1st



AIC No - 175
HARVINDER SINGH MOHAL
Sardulgarh, Punjab
386.91 KMS

2nd



AIC No - 3906
PRABHU DAYAL SHARMA
Alwar, Rajasthan
373.18 KMS

3rd

FEMALE



AIC No - 1637
RITA BASU
Ranaghat, West Bengal
338.03 KMS

1st



AIC No - 3984
BHAVNA AGGARWA
Mohali, Punjab
161.20 KMS

2nd



AIC No - 4042
JRMILA DEVI
Mohali, Punjab
147.13 KMS

3rd

BIG ACHIEVER

Conquering milestones and tasting success is often easier than maintaining the legacy for longer tenures. However, rarest are the ones who act as exceptions and Kanwar Gurpreet Singh Gill emerges as such a chapter whenever there's a discussion about Randonneuring in India. He did his schooling from The Punjab Public School, Nabha by qualifying ICSE in the year 1996 and ISC in the year 1998. Being an all-rounder, he has always participated in almost each athletic event in his budding phase of formal Schooling, albeit he was adjudged The Best Athlete in the year 1996-1998 after adding the feather of being best boxer in his cap in year 1997.

He is Advocate by profession, As he stated, attaining the precious gifts of being a happily Married family man first and then being a Father of a Charming Daughter-Son duo took him in the flow of his profession and household and he realized that it had almost been two decades since he had participated in any of the sports.

However, his physical trainer's words," Jihne ek var track suit pa lya, oh sari umar ground to alag ni ho sakda" (stating that once an athlete shall always remain an athlete) kept on resonating in his mind. Being self-motivated and backed up by the ever-supportive family he started doing cycling rides under the observation of French organization 'Audax Club Parisien' in year 2017. Kanwar has completed 130+ rides till date and have successfully completed 31 Super Randonnée's (SR). One Super Randonnée consist of rides of 200 KM, 300 KM, 400 KM and 600 KM which is to be completed in a single year. In the 2019 Kanwar completed 9 SRs in a single year and to achieve this feat, he completed 3 SR's in five days (one on Tandem bike) and 3 SR's in just Six days.

There are only 2 riders in the entire country who have successfully completed 31 or more than 31 SR's and Kanwar is one of them. Kanwar along with Sudhilika Sanghi completed the 1200 KMS LRM from Noida to Jammu and back and SR on Tandem. By achieving this feat, He and Sudhilika Sanghi became the third mixed pair in the entire country to ever accomplish.



Kanwar Gurpreet Singh Gill

31 Time SR, Ultra Cyclist,
Patiala, Punjab

ROUTE OF CYCLING

Planning a cycling tour from Mumbai to Goa and back can be an exciting and adventurous experience. Here's a 7-8 days itinerary for your cycling journey:

DAY 1 Mumbai to Alibaug (100 km)

- Start your journey early in the morning from Mumbai.
- Cycle along the picturesque Mumbai-Goa highway.
- Reach Alibaug by evening and relax at the beach.
- Stay overnight in Alibaug.

DAY 2

Alibaug to Harihareshwar (70 km)

- Cycle along the coastal route, enjoying the scenic beauty.
- Visit the historic Korlai Fort along the way.
- Reach Harihareshwar and unwind at the beach.
- Stay overnight in Harihareshwar.

DAY 4

Diveagar to Ganpatipule (80 km)

- Cycle along the coastal route, enjoying the scenic beauty.
- Visit the historic Korlai Fort along the way.
- Reach Harihareshwar and unwind at the beach.
- Stay overnight in Harihareshwar.

DAY 3

Harihareshwar to Diveagar (50 km)

- Cycle to Diveagar, a beautiful beach town.
- Visit the famous Diveagar Beach and the Suvarna Ganesh Temple.
- Relax and enjoy the beach vibes.
- Stay overnight in Diveagar.

DAY 5

Ganpatipule to Ratnagiri (25 km)

- Cycle to Ratnagiri, known for its beautiful beaches and historical sites.
- Visit Ratnadurga Fort and enjoy the local cuisine.
- Stay overnight in Ratnagiri.

DAY 6

Ratnagiri to Malvan (80 km)

- Cycle to Malvan, a coastal town famous for its beaches and forts.
- Visit Sindhudurg Fort and enjoy water sports at Tarkarli Beach.
- Try local Malvani cuisine.
- Stay overnight in Malvan.

DAY 7

Malvan to Goa (90 km)

- Cycle towards Goa, enjoying the scenic coastal route.
- Reach Goa by evening and relax on one of its famous beaches.
- Celebrate your journey with a beachside dinner.
- Stay overnight in Goa.

DAY 8

Rest and Explore Goa

- Take a day off from cycling to explore Goa's beaches, markets, and culture.
- Relax on the beach or indulge in water sports.
- Explore the vibrant nightlife of Goa.
- Stay overnight in Goa.

DAY 9

Goa to Mumbai (by Train/Bus)

- Pack your bikes securely and take a train or bus back to Mumbai.
- Reflect on your amazing cycling adventure on the way back.

Make sure your bicycles are in good condition before the trip. Carry essential tools, spare parts, and first aid kits. Stay hydrated and carry snacks for energy during the journey. Check the weather forecast and plan your trip accordingly. Respect local customs and traditions during your journey.

AN INTERVIEW



RENDEZVOUS

1. Can you tell us about your cycling journey and how you got started with this sport?

- In 2018 I met International Ultracyclist Dr Amit Samarth . Privileged to host him at my home in Muscat Oman

Got to know more about his Ultracycling records of Race across America 5000 Km , Trans Seiberian extreme 9000 Km and experience from horses mouth which inspired me and our group in Muscat to start serious cycling at the age of 55 .

2. What motivates you to keep cycling and pushing your limits?

- I am become passionate of this cycling hobby. I am very fortunate to be part of Dr Amit Samarth's many world records as crew team member . watching and following him very closely get me motivated . He is Super Human.

3. Describe your training routine and how you prepare for cycling events or races.

- I do regular Fitness training under guidance of my coach Dr Amit Samarth. In a week 2 days strength training, 2 days running and 2 days cycling .
He provides training program as per race requirement

4. How do you handle the physical and mental challenges that come with long rides or races?

- It's with proper training. It's finally a mind game how strong you are and manage your sleep , Nutrition

5. What's your favorite cycling route or destination, and what makes it special?

- I love Leisure rides and I have done few here and few outside country.

- My favorite route is Srinagar to Kanyakumari .

- As a Route Director of Race Across India I travelled on this route twice for route recce and actual race so my emotions are attached to this.

6. Share a memorable experience or race that had a significant impact on your cycling career.

-My Super Randonneurs I started with 600km first . My longest Ride done was 209 Km . I faced lots of problem during ride of sleep , nutrition & Time management but I finished successfully within time . It was a big jump from 200 to 600 Km this made me mentally very strong and build my confidence which helped to complete my next BRM 1000 Km smoothly.

7. How do you balance your cycling passion with other aspects of your life, such as work or family?

- My family is fully support me and my wife handles home front all alone. Credit goes to her

8. What type of bike do you prefer for different riding conditions, and why?

- for Leisure Rides I use Hybrid/MTB and for races Road bikes . You have to use bike as per Terrain requirements to make a smooth ride.

9. Can you offer advice to beginners looking to take up cycling as a hobby or sport?

- Cycling is very nice low impact exercise any one can take up .

-Focus on Your Strength training first pedaling follows smoothly

- Safety first so use helmet

10. What are your future goals and aspirations as a cyclist?

- Participate in Race Across India 2024 Solo Age category 60 plus.

Dilip Warkad
Nagpur, Maharashtra



TIPS FOR CYCLING TRAINING

Get the Right Bike: Invest in a bike that suits your body size and the type of cycling you plan to do, whether it's road cycling, mountain biking, or commuting.

Start Slow: If you're a beginner, start with short rides and gradually increase the distance and intensity. Focus on building your endurance first.

Proper Warm-up: Always warm up your muscles before cycling to prevent injuries. Start with light pedaling and gradually increase your pace.

Strength Training: Incorporate strength training exercises, especially for your legs, to improve your cycling power and stamina.

Interval Training: Include interval training sessions to improve your speed and stamina. Alternate between high-intensity bursts and low-intensity recovery periods.

Proper Nutrition and Hydration: Stay well-hydrated and fuel your body with the right nutrients before, during, and after your rides.

Safety Gear: Always wear a helmet and other safety gear, especially when cycling on roads. Visibility vests and bike lights are essential, especially in low-light conditions.

Pay close attention to your nutrition, ensuring you're consuming an appropriate balance of carbohydrates for energy and protein for recovery. Staying hydrated is crucial, particularly during longer rides. For those looking to take their cycling to the next level, consider working with a cycling coach. Their expertise can provide you with personalized training plans and valuable insights, guaranteeing you're on the right path to achieving your cycling goals.



TIPS FOR RUNNING TRAINING

Proper Shoes: Invest in a good pair of running shoes that provide proper support and fit well. Consider visiting a specialty running store for expert advice.

Start Gradually: If you're new to running, start with a run/walk program. Gradually increase your running time as your stamina improves.

Warm-up and Stretch: Warm up with light jogging and dynamic stretching before your run. After your run, do static stretches to improve flexibility and prevent muscle stiffness.

Pacing: Don't start too fast. Maintain a comfortable pace that allows you to complete your run. As you progress, you can work on improving your speed.

Rest and Recovery: Rest days are crucial for your body to recover. Listen to your body and don't overtrain, which can lead to injuries.

Cross-Training: Incorporate cross-training activities like swimming, cycling, or strength training to prevent boredom and work different muscle groups.

Proper Nutrition: Fuel your body with balanced nutrition, including carbohydrates, proteins, and healthy fats. Stay hydrated before, during, and after your runs.

Posture and Breathing: Maintain proper posture while running, and focus on your breathing. Practice deep belly breathing to increase your oxygen intake.

Running is a fantastic way to boost your fitness and overall health, but to get the most out of your training, it's important to have a well-thought-out plan. First and foremost, setting clear goals is crucial. Whether you're aiming to run a marathon, increase your speed, or simply enhance your cardiovascular endurance, having specific objectives will help you structure your training effectively.

CLUB INFORMATION

CHHATTISGARH RIDERS CLUB

ABOUT CLUB..

छत्तीसगढ़ राइडर्स क्लब (CRC)* रायपुर कि शुरुआत 1 जनवरी 2021 हुई थी। आज क्लब में लगभग 200 राइडर्स और रनर्स हैं और क्लब के द्वारा कुछ अलग अलग जागरूकता के प्रोग्राम किये जाते हैं जैसे जल, पर्यावरण, बेटी बचाओ, बेटी पढ़ाओ, राज्य सरकार के द्वारा आयोजित सायकिल रैली करते रहते हैं। नये लोगों को पुरुष, महिला, बालक - बालिकाओं को साइकिलिंग के लिए प्रेरित करते रहते हैं। इस क्लब में डाक्टर, पुलिस अधिकारी, CA, वकील, व्यापारी, शिक्षक, विधार्थी तथा हर समाज एवं वर्ग के लोगों जुड़े हुए हैं। हम ऐसे ही खास दिवसों पर ये राइड का आयोजन करवाते हैं, साप्ताहिक राइड्स करते हैं। हम समूह के सदस्यों को समय समय पर जागरूक करते हैं। हम कई साइकिल कंपनियों के साथ मिलकर राइडर्स के लिए अलग अलग कार्यक्रमों का आयोजन भी करते हैं।



छत्तीसगढ़ राइडर्स क्लब (CRC) रायपुर,
घनश्याम दास रोहड़ा
+91 93025-59077

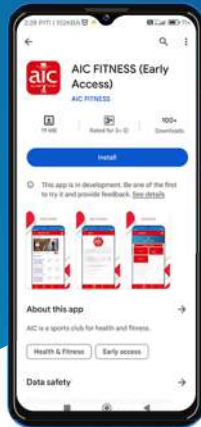


AIC FITNESS

All India cyclist is Sports club for health and fitness. We Organize challenges for cyclists and runners.



Scan QR Code to
DOWNLOAD APP



REGISTERED YOUR CLUB

QR code to affiliate your Club with AIC. Club must have min 10 members.



Scan QR Code to
JOIN OUR CLUB WITH AIC

HAPPY BIRTHDAY

“Wish you all many many happy returns of the day
“Hope all your birthday wishes come true!”



Saif Sayyad
AIC - 4075
Pune, Maharashtra
1 Nov



Pargat Singh
AIC - 2759
Mandi Dabwali, Haryana
1 Nov



Kunal Talwekar
AIC - 4111
Wardha, Maharashtra
7 Nov



Deep Shagan
AIC - 3852
Cidderbaha, Punjab
15 Nov



Rohan Kapoor
AIC - 3937
Sirhind, Punjab
15 Nov



Ankit Agrawal
AIC - 107
Kota, Rajasthan
16 Nov



Satpal Singh
AIC - 272
Sangrur, Punjab
17 Nov



Rajeev Narayan
AIC - 2459
Nagpur, Maharashtra
17 Nov



Chetan Bharat Paradhi
AIC - 3540
Kalyan, Maharashtra
18 Nov



Mahek Patel
AIC - 1983
Raipur, Chhattisgarh
19 Nov



Anjali Pradip Zod
AIC - 3866
Amravati, Maharashtra
27 Nov



If you are an AICian and want to feature on this page, please scan this QR code to share the information.



AIC : ORIGINALS ORANGE JERSEY (AOJ)



Scan QR Code to
Order
Orange Jersey



Scan QR Code to
Order
Winter Jerseys



Scan QR Code to
Order
Blue Track Suit



Scan QR Code to
Order
Yellow Suit



MEMBERS OF CLUB OF CYCLISTS

If you are an AICian and want to feature on this page, please scan this QR code to share the information.



50K



Sohiv Parvej
AIC - 103
Mohali, Punjab



Neelma Pasrija
AIC - 300
Panchkula, Haryana



Iqbbir Singh
AIC - 490
Ludhiana, Punjab



Iqbbir Singh
AIC - 490
Ludhiana, Punjab



Charanjit Singh Channi
AIC - 76
Bathinda, Punjab

25K



Aditya N S
AIC - 547
Kalyan West, Maharashtra



Gurdev Singh Gill
AIC - 106
Bathinda, Punjab



Parinder Singh Khalsa
AIC - 292
Bhadson, Punjab



Ashok Kumar Garg
AIC - 1065
Mansa, Punjab



Ashok Kumar Garg
AIC - 1065
Mansa, Punjab

10K



kamaldeep Singh
AIC - 743
Budhlada, Punjab



Saptrishi Sharma
AIC - 3392
Delhi, Delhi



Atul Vijay
AIC - 2829
Kota, Rajasthan



Dinesh Kumar Attal
AIC - 3570
Vijayawada, Andhra Pradesh



Wj Cdr AK Gupta
AIC - 3446
SAS Nagar, Punjab



Vishal Sharma
AIC - 3894
Faridkot, Punjab



Navneet Richhariya
AIC - 2014
Raipur, Chhattisgarh



Kathiresan K
AIC - 2252
Bathinda, Punjab



Rakesh Monga
AIC - 2002
Guru Har Sahai, Punjab



Jaswant Kaushik
AIC - 10
Bathinda, Punjab

CYCLISTS & RUNNERS



FOLLOW US



[/allindiacyclists](#)



[/allindiacyclist](#)



[@allindiacyclists](#)

UPCOMING EVENT

CURTAIN RAISER

aic

NOVEMBER NIRVANA

"Cycle & Run Wellness Challenge"
1st NOV TO 30th NOV 2023

30 DAYS EVENT
RIDE: 400 KMS | RUN: 80 KMS

RULES & REGULATIONS

**No Min Ride/Run
No Max Ride/Run
No Min Days...**

AIC Based Registration Process

Step 1: Click on the Challenge registration link and fill up your details and make payments.

Step 2: After successful payment and submission of form join the Official Whatsapp Group of Challenge.

If you are not registered on AIC, Please register yourself on AIC and collect your AIC Number or if you are already registered & have an AIC Number don't register again.

30 DAYS

E-Certificate Medal

Most Consistent Trophy

Registration Fee
Medal Category: ₹ 300
E-Certificate Category: ₹ 75

AIC : NOVEMBER NIRVANA CHALLENGE

CYCLING: 400 KMS

RUNNING: 80 KMS

PRIZES

- ★ Medal
- ★ Certificate
- ★ E-Certificate
- ★ E-Trophy
- ★ Most Consistent Trophy



Scan QR Code to
REGISTER NOW

ADVERTISEMENT



**Web Development &
Digital Marketing Agency**

TRAINING / OUR SERVICES

- Web Designing
- Web Development
- Graphic Designing
- Whatsapp SMS
- Social Media Marketing
- Video Animation
- Logo Designing
- Bulk SMS
- Business Promotion



YOUR 5 - 10 PAGES DREAM WEBSITE

OUR FIXED PRICE

4999/-

CONTACT

 +91 78147 82181

 ST. NO. 2, POWER HOUSE ROAD, BATHINDA, 151001