

ISSUE NO. AIC/23-24/001

# WHEELS AND FOOTPRINTS

EXPRESSIONS

OCTOBER 2023

NEWSLETTER

PRESENTED BY

AIC SPORTS



22<sup>nd</sup> October  
*Happy Maha Ashtami*



24<sup>th</sup> October  
*Happy Dussehra*



12<sup>th</sup> November  
*Happy Diwali*

### Dear Readers,

Welcome to the very first issue of "Wheels and Footprints" - your go-to source for all things cycling and running! We're thrilled to have you join us on this exciting journey through the world of two of the most invigorating forms of human-powered movement.

Cycling and running are not just activities; they are passions that drive us to explore, push our limits, and connect with the world around us in unique ways. "Wheels and Footprints" is born out of this shared love for the open road, the trails, and the joy of simply moving forward, one pedal stroke or step at a time.

In this inaugural issue, you'll find a wealth of content curated to inspire, inform, and elevate your cycling and running experiences. From expert tips on improving your performance to riveting stories of endurance and determination, our goal is to be your trusted companion on your journey to becoming a better cyclist and runner.

We owe immense gratitude to our talented team of writers, athletes, and enthusiasts who have poured their knowledge and passion into the pages you're about to explore. And, of course, a special thank you to you, our readers, for being the heartbeat of "Wheels and Footprints."

As we embark on this adventure together, we invite you to be a part of our growing community. Share your own cycling and running tales, advice, and challenges.

So, lace up those running shoes, saddle up your bike, and get ready to journey with us through the incredible world of cycling and running. Together, we'll leave our own unique wheels and footprints on the path ahead.

Happy cycling and running!  
Warm regards,



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

# MESSAGE OF DEPUTY COMMISSIONER



**Showkat Ahmad Parray**  
Deputy Commissioner - Bathinda

Dear Readers,

As you embark on the captivating journeys within the pages of "Wheels and Footprints," may this newsletter inspire you to embrace adventure, celebrate resilience, and cherish the indomitable spirit of our community. Remember, life's most incredible stories are written by those who dare to step into the unknown and leave their mark on the world. Best wishes for your own remarkable journeys ahead, and may your footprints lead to a brighter, more inspiring future.

Warm regards

# MESSAGE OF SENIOR SUPERINTENDENT OF POLICE

Dear Comrades,

In the intricate tapestry of life, every journey is a thread that weaves a unique story. Just as every pedal rotation and stride carries us forward, your adventures on wheels and foot reflect the boundless spirit of exploration. Your footprints, whether etched on the pavement or in the pages of this publication, remind us all that our potential is limitless. Embrace the uncharted, ride and run toward new horizons, and may your stories continue to light the way for our community.



**Gulneet Singh Khurana**  
Senior Superintendent of Police - Bathinda

With admiration

# MESSAGE OF AMBASSADOR



**Dr. Rajeev Mathur**  
Jodhpur-Rajasthan  
AIC 1774

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

I am really thankful to AIC 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

## Mission Chandrayaan Challenge

1st - 31st August

Cycling - 600 kms

### Participants

Total - 187  
Male - 173  
Female - 14

### Successful

Total - 155  
Male - 140  
Female - 14

### Total kms done - 173014

MCR (Total) - 44  
MCR (Male) - 40  
MCR (Female) - 4

#### Male

#### Female

1st



Ripam Kumar  
Chandigarh,  
UT  
AIC No 4015

3424.50 kms

2nd



Sanjay Chhabada  
Amravati,  
Maharashtra  
AIC No 3375

2623.58 kms

3rd



Vijay T. Mahalle  
Amravati,  
Maharashtra  
AIC No 4053

2414.38 kms

1st



Megha Karale  
Amravati,  
Maharashtra  
AIC No 3866

1912.94 kms

2nd



Anjali P. Zod  
Amravati,  
Maharashtra  
AIC No 3866

1849.78 kms

3rd



Neelima Pasrija  
Panchkula,  
Haryana  
AIC No 300

1783.09 kms

## Mission Chandrayaan Challenge

1st - 31st August

Running - 120 kms

### Participants

Total - 61  
Male - 52  
Female - 9

### Successful

Total - 50  
Male - 43  
Female - 7

### Total kms done - 11151

MCR (Total) - 34  
MCR (Male) - 30  
MCR (Female) - 4

#### Female

#### Male

1st



Punam Gupta  
Noida,  
Uttar Pradesh  
AIC No 409

616.87 kms

2nd



Rita Basu  
Amravati,  
Maharashtra  
AIC No 1637

433.09 kms

3rd



Saranya R  
Zadeshwer,  
Gujarat  
AIC No 3718

349.40 kms

1st



Manpreet Singh  
Bhucho Khurd,  
Punjab  
AIC No 3600

597.30 kms

2nd



Rizwan Shaikh  
Dewas,  
Madhya Pradesh  
AIC No 3711

536.60 kms

3rd



Harvinder S Mohal  
Sardulgarh,  
Punjab  
AIC No 175

348.02 kms

## BIG ACHIEVER

Sahil Sachdeva is a fitness enthusiast, runner and an Ultra-Cyclist. His cycling journey began in 2018. He started cycling regularly covering a distance of 25-50km. Since then there was no looking back for Sahil and he successfully earned the title of Super Randonneur not once, but twice. He started spending hours reading and learning about the intricacies of cycling as a sport. He very fondly remembers that during his initial days of cycling he only set targets for himself to complete the given ride. Speed was nowhere on his radar. He practiced hard and indulged himself completely into cycling. Then came the lockdown! That time in our life where everything was at a standstill and scary. But he considers himself fortunate to have found online fitness classes by Dr. Amit Samarth (Miles N Milers). He started training with him online, waking up in the early hours of morning when the whole world is still sleeping, and training on his rooftop. Training with Dr. Amit Samarth helped him achieve discipline in all aspects of his life along with proper diet which helped him gain muscle and reduce unwanted weight. This was a life changing experience for him, he reminisces. His performance improved and he gained confidence. He participated in the Shivalik Signature Ride in October 2021, but due to bad health he could not complete the ride in the cut off time. Determined to complete the ride in the cut off time, he worked hard and participated in the same race again next year and successfully completed it by reaching the endpoint first and getting the King of Mountain trophy.

It is with this background that the thought of attempting Race Across India took birth in his mind and grew strong. He trained hard and set off to Srinagar with his team on 1st March 2023.

Braving a multitude of different terrains and climatic conditions, battling against extreme physical strain, he successfully completed the distance of 3651 km in 11 days and 15 hours to become the 4th Asian to complete this First edition of RAIN. His trading journey continues as he plans to go on to achieve even bigger targets in the future.



### **SAHIL SACHDEVA**

**Bathinda, Punjab** —————  
*Ultra Cyclist, RAIN Finisher*

# ICONIC EVENT

## ROUTE OF CYCLING

Cycling from Manali to Leh Ladakh is a challenging and adventurous journey, and it's important to be well-prepared for this high-altitude ride. The best time for this trip is during the summer months, typically from late May to early October, when the roads are open and weather conditions are more favorable. Please keep in mind that this is a high-altitude route, and acclimatization is crucial to avoid altitude sickness.



### DAY 1 Manali to Marhi (40 km)

Start your journey from Manali, and cycle to Marhi. The route includes some steep climbs and beautiful scenery. Stay overnight in Marhi.



### DAY 2 Marhi to Sissu (50 km)

Continue cycling through the scenic landscapes and reach Sissu. The terrain becomes more challenging as you gain altitude. Stay overnight in Sissu.



### DAY 3

#### Sissu to Jispa (20 km)

A relatively shorter ride, but the altitude continues to rise. Enjoy the picturesque surroundings as you ride to Jispa. Stay overnight in Jispa.



### DAY 4

#### Jispa to Zingzingbar (40 km)

Ride through the beautiful Lahaul Valley and head towards Zingzingbar. The terrain becomes more challenging with steep ascents. Stay overnight in Zingzingbar.



### DAY 5

#### Zingzingbar to Sarchu (50 km)

This is a challenging day with high-altitude passes. Cross the Baralacha La pass and descend into Sarchu. Stay overnight in Sarchu.



### DAY 6 Sarchu to Pang (75 km)

Continue your journey, crossing the Gata Loops and Nakeela Pass. Reach Pang for an overnight stay.



### DAY 7

#### Pang to Rumtse (60 km)

Ride through the More Plains, known for their unique landscapes. Reach Rumtse, a small village in the region. Stay overnight in Rumtse.



### DAY 8

#### Rumtse to Upshi (45 km)

Cycle through the gradual climbs and descents of this region. Reach Upshi, which is closer to Leh. Stay overnight in Upshi.



### DAY 9

#### Upshi to Leh (60 km)

Your final leg of the journey takes you to Leh. Ride along the Indus River and arrive in Leh, the capital of Ladakh.

Please note that this is a physically demanding and high-altitude journey. Ensure you are well-prepared with appropriate gear, clothing, and a support vehicle for emergencies. Additionally, be aware of altitude sickness symptoms and take necessary precautions. It's advisable to consult with local authorities and check road conditions before starting your trip, as they can change due to weather and other factors.

## AN INTERVIEW



### A RENDEZVOUS WITH PAIN : AN UNINVITED BLISS

**Q: Col Anuj Bindra, tell us something about the dreaded incident that changed your life.**

**A:** Post my pre commissioning training, I was fully geared with elan for my new avatar like any normal combatant. I was enjoying the process of learning the modalities of my latest role as a soldier. Barely six months into my new avatar, as the sun rose in a chilly morning and I was not aware that today was going to be a completely life defining day, my ‘**Day of Days**’! While I was patrolling the LOC on a rugged terrain, I got severely wounded during an IED (Improvised Explosive Device) blast planted by our nearest enemy, which blew my left lower leg to smithereens.

At 1620hrs, 11 Dec 2004, my life came to a standstill. I felt that the very end of my life was within my grasp so much so that I could feel it in my skin. My mind was numb and I still could not gather as what has hit me. That feeling of losing a limb was yet to sink in.

**Q: I am sure it's really hard to cope up with the loss, how did you keep your spirit intact in that situation ?**

**A:** After that incident, I underwent two years of hospitalisation with enough medicines that can put a herd of elephants to sleep and a gamut of surgeries, that statistically speaking tends to permute any individual into a feeble personality devoid of any vigour and promptitude. I held my soul intact, incorruptible and nonnegotiable, **since there are no prosthetics for an amputated spirit**. In my case, the only trait that was still shining, was the feeling of **COMPETING** with myself. I started walking on my crutches for hour and hours in the hospital, that use to inject a daily dose of mental rigour and serve as a source of meditation.

**Q: Any specific source of motivation ?**

**A:** The urge to develop a strong mind was supplemented by two marvellous pieces of writing – “The Monk Who Sold his Ferrari by ‘Robin Sharma’ and It’s not About the Bike by ‘Lance Armstrong’”. I curled out a ‘**4D**’ Mantra for myself – **Dedication, Determination, Devotion and Discipline** and took up the challenge of running marathons. This task was not as easy as anticipated. It involved various stages of associated pain, blisters and trauma. In the end, it all boiled down to just one thing – ‘**one small step for me and a giant step for my life!**’.

**Q: How important are cycling and running in your life inspite of the busy schedule you have ?**

**A:** Running and Cycling proved to be not just a sport for me but it elevated my self-confidence to a level hitherto unseen. It not only led to pumping up my adrenaline levels but also give me a feeling of complete accomplishment. It was a wake up call. My will power was infinite but clarity of mind limited. So, I decided that I will compete with myself at each and every stage with all my energies focussed on the breaching the target and set myself a new benchmark every day, every hour, every minute, and every second.

**Q: Your story in itself is a motivation to rise above all odds, what message would you like to give to our readers ?**

**A:** It is **Self-Competition** and a **Strong Mind**, that led to my transition from a War Wounded Soldier to a Sportsman, Blogger, Motivational speaker and a Spirited Soul. The aim of sharing my views on the subject is to provide a whirlwind tour to all the readers that with a strong mind, a totally shattered and a struggling soul can strive against all odds.

**“No one is born strong it’s your will that makes you strong”**

## BASIC TIPS FOR CYCLING

- 1. Safety First:** Always wear a helmet and appropriate safety gear. Follow traffic rules and be aware of your surroundings.
- 2. Bike Maintenance:** Regularly check your bike's tyres, brakes, and gears. A well-maintained bike is safer and more efficient.
- 3. Proper Bike Fit:** Ensure your bike is adjusted to your body size and shape. An improper fit can lead to discomfort and injury.
- 4. Start Slow:** If you're new to cycling, begin with shorter rides at an easy pace. Gradually increase distance and intensity.
- 5. Stay Hydrated:** Carry water with you, especially on longer rides. Dehydration can lead to fatigue and cramps.
- 6. Pacing:** Learn to pace yourself. Don't start too fast and burn out quickly. Maintain a steady, comfortable pace.
- 7. Use Gears:** Learn how to use your bike's gears to maintain an efficient cadence. Shift to lower gears for uphill climbs and higher gears for flats and descents.
- 8. Be Visible:** Use lights and reflective gear, especially when riding in low-light conditions. Make yourself visible to drivers.
- 9. Plan Your Route:** Before heading out, plan your route, and let someone know where you're going and when you expect to return.
- 10. Enjoy the Ride:** Cycling is not just about fitness; it's also about enjoying the outdoors. Take in the scenery and have fun.

## BASIC TIPS FOR RUNNING

- 1. Proper Footwear:** Invest in good running shoes that fit your feet and running style. Visit a specialty store for proper fitting.
- 2. Warm-Up:** Always start with a warm-up to prepare your muscles and reduce the risk of injury. A few minutes of brisk walking or light jogging will suffice.
- 3. Good Form:** Maintain proper running form. Keep your posture upright, shoulders relaxed, and arms at your sides. Land lightly on your midfoot, not your heel.
- 4. Breathing:** Focus on controlled, rhythmic breathing. Inhale through your nose and exhale through your mouth.
- 5. Gradual Progression:** If you're a beginner, start with shorter runs and gradually increase distance and intensity to avoid overuse injuries.
- 6. Rest Days:** Incorporate rest days into your training schedule. Your body needs time to recover and repair.
- 7. Hydration:** Stay well-hydrated before, during, and after your run. Dehydration can affect performance and lead to cramps.
- 8. Stretching:** Perform post-run stretching to improve flexibility and prevent muscle tightness. Focus on major muscle groups like hamstrings, quadriceps, and calves.
- 9. Cross-Training:** Consider cross-training activities like cycling or swimming to prevent boredom and reduce the risk of overuse injuries.
- 10. Listen to Your Body:** Pay attention to any pain or discomfort. If you experience persistent pain, it's important to rest and seek medical advice if necessary.

Remember that both cycling and running should be enjoyable activities. Start at your own pace, set realistic goals, and gradually challenge yourself as you become more comfortable and experienced.



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Thanks with Regards,  
**Dharminder Singh**  
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# HAPPY BIRTHDAY



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*Wish you all many many happy returns of the day*



**“Hope all your birthday wishes come true!”**



**Gurraj Singh Virk**  
3180  
Kotkapura, Punjab  
1-Oct



**Harjit Singh**  
3266  
Chandigarh, UT  
2-Oct



**Aarav Chetan Jiwani**  
499  
Kalyan, Maharashtra  
3-Oct



**Rajinder Singh Khural**  
1823  
Ranchi, Jharkhand  
4-Oct



**Sony Bhullar**  
3342  
Mansa, Punjab  
6-Oct



**Mukesh Pathak**  
3364  
Indore, Madhya Pradesh  
6-Oct



**Yogesh Manohar Sankh**  
2577  
Virar East, Maharashtra  
7-Oct



**Nimit Agrawal**  
1237  
Jaipur, Rajasthan  
9-Oct



**Gopal Batham**  
3494  
Kota, Rajasthan  
10-Oct



**Harvinder Singh Mohal**  
175  
Sardulgarh, Punjab  
10-Oct



**Rakesh Ahluwalia**  
47  
New Delhi, Delhi  
10-Oct



**Ghanshyam Das Rohra**  
528  
Raipur, Chhattisgarh  
15-Oct



**Dipak Das**  
3105  
Agartala, Tripura  
16-Oct



**Sharan Singh**  
2465  
Kurari, Punjab  
18-Oct



**Kishore Bhmare**  
3884  
Nashik, Maharashtra  
22-Oct



**Shrikant Iyer**  
3713  
Narayanpur, Chhattisgarh  
25-Oct



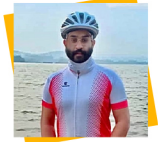
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1196  
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Ballia, Uttar Pradesh  
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**Basant Singh Bhinder**  
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31-Oct



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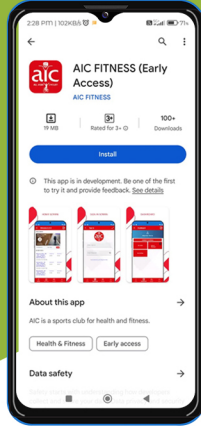
All India cyclist is Sports club for health and fitness. We Organize challenges for cyclists and runners.



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**Balraj Singh Chauhan**  
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**Sukhwinder Singh Behbal**  
Behbal Kalan, Punjab  
AIC No 2102

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**Rajeev Narayan**  
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Ferozpur, Punjab  
AIC No 1166



**Tarlok Singh Bhatia**  
Jalandhar, Punjab  
AIC No 3724

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# MEMBERS OF CLUB OF RUNNERS



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**Satendra Dixit**  
Navsari, Gujarat  
AIC No 1328

## 7.5K



**Dr. Haranarayan Padhi**  
Sutrapada, Gujarat  
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**Dr. Rajendrakumar Sonone**  
Akola, Maharashtra  
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**Sandeep Singh**  
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AIC No 1270



**Mahalakshmi Ravi**  
Chennai, Tamil Nadu  
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**Dr. Rakesh Patel**  
Visnagar, Gujarat  
AIC No 1204

## 5K



**Tarlok Singh Bhatia**  
Jalandhar, Punjab  
AIC No 3724



**Suresh Dua**  
Raipur, Chhattisgarh  
AIC No 117



**Rajinder Singh Brar**  
Ghania, Punjab  
AIC No 451



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**Rammie Ramesh A**  
Jagir Ammapalayam, Tamil Nadu  
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**Fateh Pal Singh**  
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AIC No 11



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Amb, Himachal Pradesh  
AIC No 382



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Fazilka, Punjab  
AIC No 4050



**Shrikant Iyer**  
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**Kathiresan Krishnan**  
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AIC No 2252

## 2K

# CYCLISTS & RUNNERS



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DAYS**

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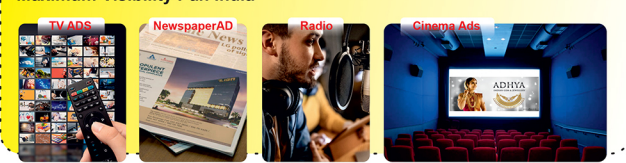


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