

RACE FOR RECOVERY 5K

6:30 AM
14TH JUNE 2026
MYSORE PALACE

**ADDICTION ENDS WHERE
COURAGE BEGINS**



JSS MEDICAL COLLEGE



PRESENTED BY OCULIS IURIS



THE RACE FOR RECOVERY IS A FLAGSHIP MARATHON ORGANIZED BY THE OCULIS IURIS FORENSIC CLUB OF JSS MEDICAL COLLEGE (JSSMC) DEDICATED TO RAISING AWARENESS ABOUT SUBSTANCE ABUSE AND SUPPORTING THOSE ON THE PATH TO RECOVERY. ADDICTION AFFECTS INDIVIDUALS, FAMILIES, AND COMMUNITIES—BUT THROUGH AWARENESS, COMPASSION, AND COLLECTIVE ACTION, CHANGE IS POSSIBLE.

THIS EVENT BRINGS TOGETHER HEALTHCARE PROFESSIONALS, EDUCATORS, STUDENTS, AND THE COMMUNITY TO BREAK STIGMA, PROMOTE UNDERSTANDING, AND ADVOCATE FOR BETTER SUPPORT SYSTEMS AND EARLY INTERVENTION. EVERY STEP TAKEN IS A STEP TOWARD HOPE, HEALING, AND A FUTURE WHERE NO ONE HAS TO FACE ADDICTION ALONE.

JOIN US IN RUNNING FOR A CAUSE THAT MATTERS.



REGISTRATION PACKAGES

EARLY BIRD OFFER

CATALYST

PRICE: ₹249

- RACE ENTRY
- BIB NUMBER
- FINISHER MEDAL
- PARTICIPATION CERTIFICATE

VISIONARY

PRICE: ₹299

- RACE ENTRY
- BIB NUMBER
- FINISHER MEDAL
- PARTICIPATION CERTIFICATE
- OFFICIAL EVENT T-SHIRT

IGNITE

PRICE: ₹399

- RACE ENTRY
- BIB NUMBER
- FINISHER MEDAL
- PARTICIPATION CERTIFICATE
- OFFICIAL EVENT T-SHIRT
- BREAKFAST

HOPE AMBASSADOR

PRICE: ₹499

- RACE ENTRY
- BIB NUMBER
- FINISHER MEDAL
- PARTICIPATION CERTIFICATE
- OFFICIAL EVENT T-SHIRT
- BREAKFAST
- TOTE BAG



5K STRATEGY

KM 1 — ZONE 2 (EASY/WARM-UP)

RUN AT A COMFORTABLE, CONVERSATIONAL PACE. YOU SHOULD BE ABLE TO SPEAK FULL SENTENCES. THIS PREVENTS EARLY BURNOUT AND WARMS YOUR MUSCLES UP. MOST PEOPLE BLOW THIS BY STARTING TOO FAST.

KM 2-3 — ZONE 3 (AEROBIC/TEMPO)

SETTLE INTO YOUR "COMFORTABLY HARD" PACE. YOU CAN SPEAK A FEW WORDS BUT NOT FULL SENTENCES. THIS IS YOUR SUSTAINED CRUISE ZONE — HOLD IT STEADY AND DON'T SURGE.

KM 4 — ZONE 4 (THRESHOLD)

PUSH HARDER HERE. BREATHING BECOMES LABORED, TALKING IS DOWN TO ONE WORD AT A TIME. YOUR LEGS SHOULD FEEL THE EFFORT BUT YOU'RE NOT SPRINTING YET.

KM 5 — ZONE 5 (ALL OUT)

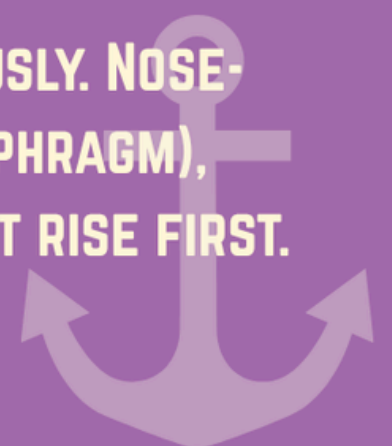
LEAVE NOTHING BEHIND. THE LAST 500M ESPECIALLY, OPEN UP COMPLETELY. IF YOU HAVE ANYTHING LEFT AT THE FINISH, YOU STARTED THE FINAL KM TOO SLOW.

BREATHING TECHNIQUE

USE A 3:2 RHYTHM FOR MOST OF THE RUN — INHALE FOR 3 STEPS, EXHALE FOR 2. THIS IS THE SWEET SPOT FOR 5KM EFFORT.

WHEN YOU HIT ZONE 4-5, SWITCH TO 2:1 — INHALE 2 STEPS, EXHALE 1. SHORTER, MORE POWERFUL.

ALWAYS BREATHE THROUGH BOTH YOUR NOSE AND MOUTH SIMULTANEOUSLY. NOSE-ONLY BREATHING LIMITS OXYGEN INTAKE AT PACE. BELLY BREATHE (DIAPHRAGM), NOT CHEST BREATHE — PUT YOUR HAND ON YOUR STOMACH AND MAKE IT RISE FIRST.



5K STRATEGY

HYDRATION FOR A 5KM RUN

BEFORE THE RUN

DRINK 400–500ML OF WATER ABOUT 1–2 HOURS BEFORE. DON'T CHUG WATER RIGHT BEFORE — IT'LL SLOSH AROUND AND CAUSE CRAMPS.

AFTER THE RUN

THIS IS WHERE HYDRATION ACTUALLY MATTERS MOST. DRINK 500–750ML OF WATER WITHIN 30 MINUTES OF FINISHING.

SIGNS YOU'RE UNDER-HYDRATED GOING INTO A RUN

- URINE IS DARK YELLOW → DRINK MORE BEFORE YOU START
- URINE IS PALE/CLEAR → YOU'RE GOOD TO GO



JOIN THE WHATSAPP GROUP!

