Man from B’luru runs and pedals to city
to promote education among rural kids

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Coimbatore: Protests might be raging on Tamil Nadu-Karnataka border claiming rights over Cauvery water, but it didn’t stop a 46-year-old man from running barefoot half way to Coimbatore from Bengaluru and pedal the remaining way to promote education among rural children.

Giridhar Kamath, a resident of Bengaluru, started the run six days back and reached Coimbatore on Friday. “I ran for 200km and since I developed ankle pain, I cycled the remaining 200km,” Giridhar said.

The main aim behind this, he said, was to promote education among rural children and to raise funds for Isha Vidya School based in Coimbatore.

Wanting to celebrate his birthday on Friday in a special manner, Giridhar started his journey from Bengaluru on September 3. Speaking to TOI, Giridhar said he was always interested in health and fitness. “I used to walk long distances earlier. After I took part in the pink marathon, I started to enjoy it. So, I took part in many marathons and began running 10km daily. I also ran from Bengaluru to Chennai covering 350km, last year. I completed that in six days. Before that, I ran from Bengaluru to Hyderabad and from Bengaluru to Mysore several times,” Giridhar said.

Giridhar’s team comprises his wife and daughter, who travelled in a jeep along with him. His wife also runs with him for some distance. “We have a lot of confidence in him and are aware that he can make it. We do not have any ambulances or a team of doctors accompanying us. We carry water and food such as ragi porridge, fresh fruits and water,” said Radha Giridhar, his wife.

Giridhar said he ensured that he got eight hours of rest every day and also ran 12 hours daily. The biggest challenge, he said, was finding ice in rural parts which was essential for such long distance run.

Giridhar on Friday reached Isha Vidya School in Alandurai and met the students. A magician and a toy factory owner, he also entertained the rural kids with some magic tricks.