

FROM PLAYGROUNDS TO PODIUMS

My Journey as a Running Mom

A Member Spotlight on Preethi

*Running is my passion,
where I discovered my
hidden strength.*

FINDING MY RHYTHM

Every runner has a starting point, and for Preethi, hers wasn't a racetrack or a finish line.

It was the quiet, persistent desire to live a healthier life, tucked somewhere between packing lunchboxes, managing a household, and keeping up with a son who never seemed to run out of energy.

Life as a mother, she says, is a beautiful kind of chaos. Schedules that shift by the hour, snacks that need to be packed, office deadlines that don't wait, and a little one whose energy seems endless.

Amidst all of it, Preethi laced up her shoes and started showing up to the gym. That simple decision to show up, again and again, is what quietly kick-started her running journey. What began as a way to stay fit soon became something far more meaningful.

Running stopped being just a fitness routine and grew into a deep, unwavering passion, one that taught her an important truth: taking care of her own body and mind wasn't selfish, it was one of the greatest gifts she could give her family. A stronger, healthier, more energised Preethi meant a stronger, more present mother and wife.



THE EARLY STRUGGLE, AND THE POWER OF SHOWING UP



Balancing motherhood with a new running habit wasn't easy, and Preethi doesn't pretend it was. In the beginning, fitting in runs around her son's needs, household responsibilities, and work felt like one more thing competing for her limited time and energy.

But she discovered something every long-distance runner eventually learns: consistency matters more than perfection.

She didn't need the perfect schedule or the ideal conditions.

She just needed to keep showing up, one run at a time, one small step ahead of yesterday. That quiet discipline, built slowly and stubbornly over weeks and months, became the foundation everything else was built.

THE MOMENT THAT MADE IT ALL WORTH IT

All that early struggle, the juggling, the tired mornings, the persistence, led to a moment Preethi says she will never forget: crossing the finish line as a podium finisher.

Standing there, trophy in hand, she felt something deeper than personal achievement.

She knew, in that moment, that the victory wasn't hers alone.

It belonged just as much to her husband, who supported her through the journey, to her son, who gave her a reason to become the strongest version of herself, and to the MWC Runners Club, the community that stood beside her every step of the way.

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"Standing there holding a trophy, I knew the victory wasn't just mine. It belonged to my dear husband, my son, and my MWC Runners Club."

— **PREETHI**

It's a feeling many runners in the club will recognise: the podium is never really a solo achievement. It's the sum of every early morning, every word of encouragement, and every person who believed in you before you fully believed in yourself.

THE POWER OF A CHEERING COMMUNITY

Preethi is quick to credit the role her fellow runners played in her journey.

The continuous motivation from her co-runners, she says, made all the difference.

Every cheer counted, every word of encouragement on a tough training day added up, and every shared kilometre made the distance feel a little lighter.

This, more than anything, captures what MWC Runners Club is truly about. It isn't just a group of people who happen to run together.

It's a community that shows up for each other, celebrates each other's wins, and pushes each other forward on the days motivation runs low.

For Preethi, that collective energy turned a personal fitness goal into a shared journey, and a podium finish into a victory for everyone who cheered her on.



“CLOSING THOUGHT”



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I AM A FINISHER

3 KM | 5KM | 10KM



Preethi's story is one that many mothers, and indeed many members balancing demanding lives, will find deeply relatable.

It's proof that passion doesn't need perfect conditions to grow, it only needs a first step and the willingness to keep showing up.

From playgrounds to podiums, her journey stands as a reminder that strength is often discovered not in spite of life's chaos, but right in the middle of it.

Thank you, Preethi, for sharing your journey and for being such an inspiring part of the MWC Runners family.

**MWC RUNNERS
CLUB**

Run Smarter, Run Together