

#TMM2019 – My BIB: 123456

As the date to Tata Mumbai Marathon (#TMM2019) was approaching I was having a lot of mixed feelings & emotions. It was a tough fight between the head, the heart and body. Head saying No, heart saying yes and my body muscles out of control. The reason being that I have been taking physio treatment from Dr. Hetal Shah for cramps in my calves for a long time. It has been a testing time not only to me but to my family and the people around. Every time I practiced running I would get cramps. It was a challenge to Hetal to help me to 'Run for the Cause'. Even at this point of time I was not certain whether I would be able to run the marathon or not. After every run I would be limping for next 2 days and sometimes it is difficult to discern the root cause for such problems.

Despite all the pains and cramps I managed to complete 10 kms at the Mahindra Finance 'Rise Run' on 13th January 2019. This gave me a boost and ray of hope to run the Tata Marathon. But to make matters worse and to add to the cramps and muscle pain I ended up with ankle pain when I walked the stairs to the top of the temple on 15th January on the occasion of Pongal. My pain turned from bad to worse that I could barely walk due to swollen ankle.

Friends and well-wishers advised me not to participate in the half marathon as they could see me struggling with pain. They had so many questions for me, will you be able to run and tried to convince me to run the marathon next year. I fully understood their concern for me and felt blessed to have such well wishers. A lot of thoughts crossed my mind. I could not run the last year's marathon due to the same reasons. I convinced myself that I am not running a race but I am running for a cause. I had to constantly tell myself that I am not growing any younger but older and these pains and aches will keep coming.

I took a bold decision and there I was full of Josh for the Half Marathon. As I ran the run I started to get cramps of and on. Pre marathon, I had decided that if for some reason I am not able to run the half marathon I would walk it out. But the cramps settled down and I managed to complete the half marathon. It was not the fastest run but the fact that I completed it in less than 3 hours' time itself was a great achievement.

And while all this was happening there was this lady, who has been a silent spectator to all that has been happening but stood by me like a pillar of strength. Generally wives are very worried especially when husbands are limping. Not once did she say don't run nor stopped me from running the race. But after having completed the half marathon she said after this you are getting yourself properly treated and rested. This soothed me. She is none other than my better half, Jayashree.

The fact that I am back in office having run 21 kms speaks a lot and this I was able to do coz I am blessed with a good support system. Therefore this is what I have to say... when you run alone it's a Race and when you run with the Team it's a Grace.

Thank you Jayashree, Hetal, my team and all my friends...

Would you be interested in running for a cause.. What say...??

V S Parthasarathy

21st January, 2019