

Local Mom's Unite To Support Each Other & Race With A Purpose This Mother's Day

In the heart of the Southcoast, a group of remarkable women are rewriting the narrative of motherhood, one stride at a time. Over the span of eight transformative weeks, these mothers have embarked on a shared quest: to conquer the Women's Fund Southcoast 14th Annual Mother's Day 5K, defying the challenges of postpartum life and busy family schedules.

For these women, the journey was more than just physical fitness; it was a testament to the importance of prioritizing yourself in motherhood, fueled by the unwavering support of their new found sisterhood. "Joining iStroll Southcoast's Run Club was so much more than just about crushing personal goals." Katherine Costa, a mother of two young toddlers from Fairhaven, MA, shared. "It allowed me to join a community of mothers in the same chapter of life and do something just for me. It's easy, as a mother, to get wrapped up in tending to everyone else's needs."

Amidst the rhythm of pounding footsteps and synchronized breathing, bonds were forged that would endure beyond the finish line. Elizabeth Dowd, a Marion mom navigating the joys and challenges of raising a one-year-old, shared "These women are amazing, they take turns pushing your stroller on long runs, they cheer you on, they text you when you don't show up and they dance when you do show up. How can you not feel motivated and loved?"

Despite the typical challenge of raising a young family, these determined mothers persevered, proving that with the right support system, anything is possible. "Prior to having my daughter, I ran half marathons and attended workout classes

regularly. After undergoing IVF, being pregnant and recovering after giving birth it was mentally and physically hard to start my fitness journey over.” Elizabeth continued.

As race day approaches, the iStroll Southcoast Run Club is eagerly looking forward to crossing the finish line and celebrating together amongst hundreds of other mothers and supporters. United in their shared journey, the Run Club is proud of their physical achievement, confidence they’ve gained in themselves, and the friendships they have forged.