

March 2015 *Wingfoot* Spotlight: Volunteer Thrives on Celebrating First-Time Runners

by Amanda Kowaleski

Atlanta Track Club's events and programs would not be possible without our volunteers. While we appreciate each and every person who donates time to our organization, the

Volunteer All-Stars hold a special place in our hearts.



All-Stars are individuals who volunteer 10 or more times per year. Last year, there were 205 All-Stars. Their contributions include coaching our training teams, labeling race bibs and handing out water at our events. The 2014 All-Stars received a special shirt and recognition at the Grand Prix Finale in December.

All-Star Heather Maroney volunteered 15 times last year. Her favorite thing to do for Atlanta Track Club events is to work race number pickup. Maroney particularly enjoyed giving out race bibs and T-shirts for the 2014 Atlanta Women's 5K as well as assisting with the start corrals for that event. "The excitement of those first-time runners at the Atlanta Women's 5K was

contagious," says Maroney. "It was amazing to witness their weeks of training become triumphs at the finish line."

The 36-year-old personal assistant remembers her first race. Maroney dreaded running when she joined CrossFit in 2008, but was determined to change her mindset. In 2010, she joined Atlanta Track Club and ran the AJC Peachtree Road Race that same year. "That race was my spark," says Maroney, who first volunteered at the 2011 Atlanta Marathon finish line. She hasn't stopped since.

“I have met so many incredible people by volunteering and running with Atlanta Track Club,” says Maroney. “Certainly I am not the swiftest runner, but Atlanta Track Club truly values a healthy community of inclusiveness.”

We would like to thank all of the hardworking volunteers of Atlanta Track Club’s fall and winter events. Without you, the Atlanta 10 Miler, Atlanta Half Marathon, Resolution Run, Peachtree City 5K/10K and Hearts and Soles 5K would not have been possible. To learn more about how you can get involved, visit <http://www.atlantatrackclub.org/volunteer-opportunities>.