

January 2016 - TJ Hadley

Congratulations goes out to our very special volunteer run lead, TJ Hadley! TJ has been volunteering for Atlanta Track Club's training programs for two years, and has already touched so many lives with her leadership and dedication!

Do you remember your first time volunteering with Atlanta Track Club? If so, what event was it and what brought you back again?

I first volunteered to be a run lead with In-Training for Peachtree. I really enjoyed helping others reach the goal of completing the AJC Peachtree Road Race. I continue to be a run lead to give back to the running community. So many people have supported and continue to support me on my running journey.



What is your favorite Atlanta Track Club event? Why?

My favorite Track Club event is a tie between the Atlanta Women's 5K and the AJC Peachtree Road Race. The Women's 5K was my very first race and the Peachtree is so much fun each year!

What is one of your best memories from volunteering at any race?

To date the best memory is watching my pod cross the finish line at the Atlanta 10 Miler. It was their longest race distance to date and it was great to see them gain the confidence to know that they could do it.

What is your favorite thing about volunteering with Atlanta Track Club?

My favorite thing about volunteering is that I always seem to meet interesting people and make new friends. The community of Atlanta Track Club is supportive and friendly. I love knowing that if it's a Track Club event, a training run, or labeling bibs, we are all there to support each other and have fun. Volunteering at 6 a.m. for 16 Saturdays in a row don't seem so early when you know you are going to see friends and help others achieve goals.

Do you have a favorite volunteer assignment? If so, explain.

My favorite assignment is being a run lead for the new runners. It is exciting to see someone go from impossible to possible. I tell all the participants that I will believe until they believe and the moment when they start to believe in themselves is the best!

Do you do any volunteering in the community beyond Atlanta Track Club?

I volunteer with Road Runners Adventure Run and other community services projects as they arise. I like to volunteer at races throughout the year when there's not a Club event.

How many Atlanta Track Club events do you typically volunteer at during the year? How many events outside of Atlanta Track Club?

I volunteer to be a run lead at all training programs. (54 In-Training sessions in 2015). I try to show up at as many events and training sessions that are on the schedule. I also have recently started volunteering to help with pre-race prep or packet pick-up. I like to lend a hand where ever I can!

What do you do for a living? Do you work? Are you retired? Professional volunteer?

I'm an attorney.

Tell us something interesting about yourself – an interesting fact or story that will help us get to know you...

When I'm not running or working, I like to read, cook and make jewelry and greeting cards.