

February 2018 - Marylyn Sabol

Congratulations to our February Volunteer of the Month, Marylyn Sabol! Marylyn has been volunteering with Atlanta Track Club for the past two years. After retiring from the Marine Corps, Marylyn vowed to give back to the communities in which she is frequently a participant. You'll often find her around the Club doing office projects, at our Kilometer Kids Fun Runs and at the start line of our many events. Her mantra is "One day I won't be able to do this, but today is not that day."



How long have you been volunteering with Atlanta Track Club?

I started volunteering with Atlanta Track Club just over a year ago in 2016 after I retired from the Marine Corps and moved back home to Georgia. I have always been active with community volunteering where ever I have lived and once I returned home I started looking for ways to give back. I have participated in many races over the years and I feel it is also my responsibility to give

back where others have supported me.

Do you remember your first time volunteering with Atlanta Track Club? What event was it and what brought you back?

My first Volunteer event was a Kilometer Kids Fun Run event. When I was young there weren't many sporting events to get kids active in sports at such young ages. The event was so encouraging for the kids. The staff and other volunteers were so engaging making it a really delightful event.

What is your favorite Atlanta Track Club event? Why?

While I do love the AJC Peachtree Road Race and the entire magnificent splendor that it is. Honestly, there is not a Club race I don't like but my favorite race would have to be the Thanksgiving Day Half Marathon. Something about fall in the South and running, the temperature and atmosphere is usually just about perfect.

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

Some of my best memories from volunteering have been the Kilometer Kids Fun Runs. The excitement on their faces, the sense of accomplishment and pride they all have after giving it their all. They are an absolute joy to watch and my own personal pleasure in supporting them.

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



I enjoy being part of the big picture, knowing that I helped in any way big or small. Whether it be putting together bibs, encouraging someone at the starting line, putting up displays or picking up the trash after the last runner has crossed the finish. There are a lot of working parts and all of them make the whole thing a success. All the other volunteers I have worked with as well as the staff make it so enjoyable, that is what brings me back.

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

I volunteer with the Atlanta Sports Council, Rock 'n' Roll Race Series, The Young Marines, Marine Corps Community Services - Semper Fit and

Brooks. I look for ways to give back in the areas where I am frequently a participant or have been as a way to help contribute to the event or organization.

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

I am a recently retired Active Duty Marine working hard at becoming a professional volunteer.

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

I have been running since junior high school. In the Marine Corps it was an everyday part of life until four years ago when I came home from a deployment with a C-spine injury. I fought to not be medically released from service and I physically pushed myself to get back to full duty and finally running again. From then on my mantra has become

“One day I won’t be able to do this, today is not that day.” I had a plan to spend my first full year of retirement running as many races as I could in as many places as I could. I finished the year with 51 races! two marathons, 20 half marathons, one 15K, 1 10K, one 4 Miler, 20 5Ks, one 3K, & five 1 Milers.