



We are proud to recognize Back on My Feet as the Volunteer of the Month for September! Back on My Feet has been volunteering with Atlanta Track Club since 2012 and their impact has been felt across countless events! Volunteering as a team is what brings them back, year after year. They enjoy coming together, supporting the runners and sharing the joy of the race experience. They especially enjoy working as course monitors. This role helps mirror the support they themselves receive when they run. Back on My Feet typically rallies 30-40 volunteers for the Northside Hospital Atlanta Women's 5k and Atlanta's Finest 5k. They usually have 20 Volunteers for the Atlanta PNC 10 Miler and smaller groups of 5-10 for the Atlanta Journal-Constitution Peachtree Road Race and Publix Atlanta Marathon Weekend. In total, they serve at about a dozen races each year.



For Back on My Feet, the Peachtree Road Race is a yearly highlight. Each summer, more than 75 participants join together to run, celebrate and embrace the energy of one of Atlanta's biggest traditions. They design team shirts, meet up before the race and gather again at the finish line to share the experience. Some of their best memories with Atlanta Track Club have been made while serving as course monitors. In the final stretches of the race, they help encourage the last walkers and runners by walking beside them for Atlanta's Finest 5K and for the Northside Hospital Atlanta Women's 4 Miler.

However, Back on My Feet is more than just a group of volunteers, it is a national nonprofit dedicated to transforming lives. Using running, walking, community support and essential employment and housing resources, they help individuals experiencing homelessness and recovery from substance misuse return to lasting independence. In Atlanta, the program partners with three large shelters and two residential substance misuse treatment programs, recruiting members who participate in early-morning Circle Ups.

Every Monday, Wednesday and Friday at 5:45 am, members and volunteers gather to walk or run 2-3 miles together. These Circle Ups build consistency, discipline and community while introducing members to an open and welcoming environment supported by dedicated volunteers. Beyond physical activity, Back on My Feet offers workforce development, with staff working alongside members to assess needs and create personalized goal plans. Support includes access to training, job readiness, application assistance, financial literacy and housing resources. The mission of the organization is to help members achieve lasting independence.

For those new to volunteering, Back on My Feet has simple advice: bring friends or colleagues, and serve together. Volunteering as a group is energizing, joyful and a great way to give back. Above all, Back on My Feet wants to be clear: they are not a running club. They are a workforce development program that uses running, walking and community as a foundation for transformation. The volunteers who show up for early-morning Circle Ups are the heart of that foundation. Through their service, they help provide resources and encouragement to individuals who

are in need. Thank you to Back on My Feet for showing us and reminding us that it truly takes a village. Even with one hand reaching out, we can spark change that lasts across the Atlanta community. On behalf of Atlanta Track Club, we just want to say thank you for all of your support and encouragement!