

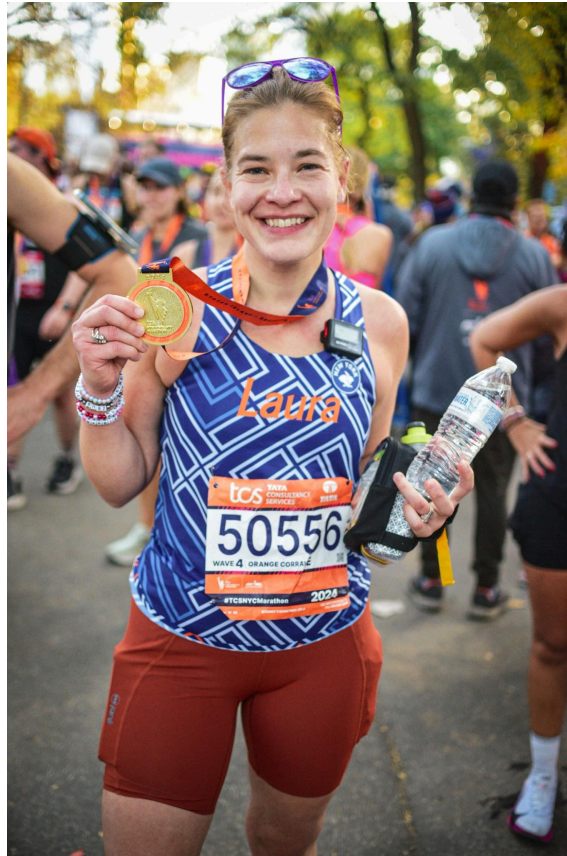
Sarah White-Mills has been volunteering with Atlanta Track Club for nine months. She first joined as an In-Training for Fall Marathons Run Lead in August 2024. She started as a trainee, completing two training seasons before taking on the leadership role. Since then, Sarah has become a valued member of the volunteer team, and her dedication to the athletes she supports is evident in everything she does.



**SARAH WHITE-MILLS**  
**April 2025**

While Sarah loves the Peachtree, she admits that the Northside Hospital Atlanta Women's 4 Miler has become her favorite event since she joined. For Sarah, the most rewarding part of volunteering is "watching the athletes grow in confidence throughout their training, and there's nothing quite like cheering them across the finish line." One of her most memorable moments was during the Invesco QQQ Thanksgiving Day Half Marathon, where an emotional finish had her and the rest of the group crying tears of joy for one of their athletes.

Sarah's passion for volunteering extends beyond Atlanta Track Club. Through her work, she helps support kids in reading through programs like the Pajama Program, DonorsChoose and local HOPE Atlanta initiatives. She's also raised money for causes such as Light the Night for the Leukemia & Lymphoma Society and TWLOHA (To Write Love on Her Arms), a suicide prevention charity close to her heart. Sarah also supports Kilometer Kids, Atlanta Track Club's free youth running program and raises funds for various causes through her community work.



When it comes to volunteering with Atlanta Track Club, Sarah stays incredibly involved—typically volunteering two times a week during training seasons and often outside the season when athletes race events like the Boston and London Marathons. She also volunteers for four to eight other events each year, giving back to the community in multiple ways.

when she's not running or volunteering, Sarah works as a fashion designer specializing in children's clothing. She works with amazing brands such as Carters and OshKosh.

Sarah's originally from the UK and has lived in three different states throughout her 20 years in the United States. She loves animals, especially dogs and currently has a French Bulldog. During runs, Sarah can often be heard calling out "dog counts," and she's even added dog counters so that other runners and athletes can join in the fun!

When asked what message she has for volunteers, Sarah shared: "Thank you for everything you do! Each and every one of you inspires me." Sarah, we are grateful for your passion, dedication and the positive energy you bring to Atlanta Track Club. Thank you for all the amazing work you do to support our athletes and our community!

