

# January 2017 - Bill and Dana Zavatky

*Congratulations to Bill and Dana Zavatky, our January 2017 Volunteers of the Month! Bill and Dana volunteer as run leads for Atlanta Track Club. Dana started as a lead for In-Training for Atlanta Women's 5K in January of 2016, and Bill joined as a run lead for the 2016 In-Training for Peachtree. They continue to support our organization as run leads and "cone captains!"*

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

Dana: On my first day as a volunteer run lead for the In-Training for Atlanta Women's 5K, I heard from other run leads about how they got started with running, volunteering and becoming a run lead. I realized then that it didn't matter how long I had been running, if I had or had not done a full marathon, or how fast I run. All that matters for me as a volunteer run lead was helping others meet their goals. Getting to know fellow run leads and the participants in each group keeps me coming back!

Bill: In-Training for Peachtree. The camaraderie between run leads and ability to help participants reach and exceed their running goals.

## **2. What is your favorite Atlanta Track Club event? Why?**

For both of us our favorite is the AJC Peachtree Road Race. We enjoy the festive nature to all of it: the large crowds, the excitement, the Atlanta Track Club members after-party, so many new and old friends all having a great time.



## **3. What is one of your best memories from volunteering at any race?**

This past Thanksgiving Day Half Marathon was full of memorable experiences as an Atlanta Track Club run lead: helping fellow race participants to make it up the next hill, helping one of my pace pod participants to get to the finish to meet her goal time, and walking a woman over the finish line who thought she could not make it, just to name a few. It was the first and only time I finished a race without even knowing my own finish time—it just was not important on this day!

## **4. What is your favorite thing about volunteering with Atlanta Track Club?**

The unique opportunity that we have as volunteer run leads to get to know so many interesting people, both fellow volunteers as well as the participants. Through Atlanta Track Club programs we have made the most incredible and lifelong friends among both participants and fellow volunteers.

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

Of course we'd have to say cone captains for the training program. It was really great to change

the way this was done: making sure that all of the participants (and of course the other run leads) did not get lost winding through neighborhoods they may not have been familiar with, especially in the dark.

**6. What other organizations do you volunteer for and why?**

Dana: I am a volunteer coach for Girls on the Run at Morningside Elementary school, looking forward to starting my 6<sup>th</sup> season in this role. This is one of my favorite things. Through running we help young girls to be healthy, to be proud of themselves, to stand up for themselves, and to realize their own potential. But, really, they each teach me just as much!

**7. How many Atlanta Track Club events do you typically volunteer at during the year?**

**How many events outside of Atlanta Track Club?**

Dana volunteered for the Atlanta Women's 5K and both of us volunteered for the In-Training for Peachtree and Fall Half Marathon groups, each attending more than 35 sessions in 2016. Dana also volunteers for Girls on the Run coaching two 13-week sessions per year and the end of session 5Ks. In addition, Dana also volunteers through her work at the Marcus Autism Center in the camp and respite events. We are both in line to continue as run leads and cone team captains for the spring half marathon training.

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

When not running Atlanta Track Club events or Saturday training program activities, you will typically find us relaxing in North Georgia enjoying the lake, in our Virginia-Highland neighborhood or at Piedmont Park with friends, wandering the neighborhood festivals, or traveling wherever and whenever we can. We enjoy live music, good beer, great wine, amazing food, and a lot of laughs wherever we are.