

## May 2018 - Tomica Holmes

*Congratulations to our May Volunteer of the Month, Tomica Holmes. She has been volunteering with Atlanta Track Club's medical teams since the AJC Peachtree Road Race in 2000 and now leads a group of Registered Nurses as crew chief at the Blue Cross and Blue Shield of Georgia Peachtree Junior. She believes that physical activity is very important to the health and wellbeing of each child. You'll find Tomica volunteering again this May at her favorite event, the Peachtree Junior, continuing to help Atlanta Track Club promote healthy lifestyles for children.*

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

My first volunteer event with Atlanta Track Club was the 2000 AJC Peachtree Road Race. A friend of mine was in the first year of his Emergency Medicine Residency Program when he signed up to volunteer on the Medical Team. He asked me to join the team because they didn't have enough Registered Nurses and I emphatically said yes! On race day, our team was positioned just beyond the finish line. The experience of providing care to injured runners was very gratifying and I especially loved that although many of us were meeting for the first time, our team of experienced health care professionals worked together so cohesively. I quickly learned the importance of the race day T-shirt because once each and every runner was well enough to leave the medical tent, the first question they asked us was, "Where do I get my T-shirt?"



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

My best memory is from volunteering at the Blue Cross and Blue Shield of Georgia Peachtree Junior. During a previous year, our crew rallied together to care for a little boy that took a tumble at the start line. He was in tears when he arrived at the medical tent and he was being carried by two race monitors. He had a few minor scrapes, but he was mainly upset that he was missing the race. Our team of nurses quickly cleaned

and dressed his wounds and moments later, he sprung up and into action, back to the start line to enter the race once again. After completing the race, he came back to the tent with his parents. He wanted to show off the nurses that helped him. His parents were so appreciative that we cared for their son. The little boy proudly showed us the T-shirt he earned and gave all of us a big hug!

**What is your favorite thing about volunteering with Atlanta Track Club? What brings you back?**

I believe that physical activity is very important to the health and wellbeing of each and every child. I love being part of the programs that Atlanta Track Club has in place to promote healthy lifestyles for children.

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

I love serving as crew chief of the RNs for the Blue Cross and Blue Shield of Georgia Peachtree Junior. I love taking on the recruitment and coordination of others within my profession to volunteer. I am always overwhelmed by the number of volunteers that are happy to serve, and the number keeps growing every year.



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

Yes, I am an active volunteer with various community and professional organizations throughout Atlanta. Therefore I take the opportunity to volunteer as often as I can.

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

I am a Registered Nurse. I work at Children's Healthcare of Atlanta.

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

In 2013, and after over a decade of volunteering with the Atlanta Track Club, I conquered my first AJC Peachtree Road Race and I've kept up the annual tradition ever since.