

November 2018 - Susan Jones

Congratulations to our November Volunteer of the Month, Susan Jones. Susan has been volunteering with Atlanta Track Club for over twenty years. She currently is the Pace Team Co-Coordinator for the Invesco QQQ Thanksgiving Half Marathon and Publix Atlanta Marathon & Half Marathons. She recommends that new volunteers embrace the camaraderie of runners, staff and fellow volunteers.

Do you remember your first time volunteering with Atlanta Track Club?

I think my first time volunteering was with a program called Women on the Move in the 1990s with Atlanta Track Club staffer Janet Monk was in charge of it. I was a volunteer training leader helping women prepare for races.



What is your favorite Atlanta Track Club event? Why?

My favorite event is the Women's In-Training program and the Atlanta Women's 5K. It's a celebration of friends and it's social yet competitive with teams. I also love the Invesco QQQ Thanksgiving Half Marathon. My first full was the Thanksgiving Atlanta Marathon when I turned 40, 24 years ago.

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

At each race, my best memories are seeing the fun everyone is having and cheering the runners to the finish and seeing their excitement of completing the race. This is especially meaningful to me from

working with In-Training and the Pace Team.

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

I absolutely love the staff and support they give the volunteers. Plus I love running; the social part of it and the friends that I have made through Atlanta Track Club.

Do you have a favorite volunteer assignment?

I love being the Pace Team Co-Coordinator for the Invesco QQQ Thanksgiving Half Marathon and the Publix Atlanta Marathon & Half Marathon. We have an outstanding group of pacers that give up their goals to help others reach theirs. It's so fun to see that

we have helped someone reach their goal time. It's a very unselfish group. I have been doing it for over 10 years and always look forward to it.

Do you have any advice or words of wisdom for any new Atlanta Track Club volunteers?

Be ready for the most fun time you will have as a volunteer and embrace the camaraderie of the runners, staff and volunteers. You will make a difference in healthy lifestyles for all Atlanta runners.

What organizations do you volunteer with beyond Atlanta Track Club?

I have volunteered with Girls on the Run and several events with West Stride Running Store.

What do you do for a living?

I worked as a tennis instructor for many years, but now I'm a Community Coach at Holy Innocents for cross country and girls' golf. I work at West Stride Running Store part time and my fulltime job is playing with my grandchildren.

Tell us something interesting about yourself.

I love to run for fun, not to see how fast I am or how I can beat. I've become a golfer and it made me realize how much fun it is when you don't have to think about beating anyone. I've battled breast cancer twice and both times running with my buddies made my treatments bearable and easier to get through. They never let me quit. Coming to running through both bouts with cancer and completing a marathon when someone said I couldn't do it; that's been special.