

November 2016 - Kathryn Welden

November's Volunteer of the Month is Kathryn Welden (far right in photo). Kathryn has been volunteering for us for 36 years and has worn many hats – she is always willing to work any volunteer assignment. She's a former board member and served as a trustee with Atlanta Track Club's Foundation for three years. November is a month we always think of Kathryn - she has been crew chief for the 5K medals distribution on Thanksgiving Day for as long as we can remember. Everyone loves when she shows up! She brings donuts and coffee for all of the start and finish volunteers. Keep reading to find out how Kathryn is spreading Atlanta Track Club goodwill around the world.

1. How long have you been volunteering with Atlanta Track Club?

I have been volunteering with Atlanta Track Club since 1980 – 36 years! I took up running when I was 48 years old, at the urging of a co-worker, and started volunteering the following year. I've run nine marathons, many AJC Peachtree Road Races, countless 5Ks, 10Ks and half marathons since then!

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

Yes! I did packet pick-up for the AJC Peachtree Road Race.

3. What is your favorite thing about volunteering with Atlanta Track Club?

The people – the staff are so good to the volunteers, and they are the reason I keep coming back!

4. What was your most memorable volunteer assignment with Atlanta Track Club?

In the past, all of the AJC Peachtree Road Race entry information had to be entered by volunteers - a task that I performed with my sister Mary, for many years. After this task was taken up by professionals, my sister and I stayed involved by verifying qualifying times, a job that entailed several weeks of carefully checking all of the thousands of applications submitted. Over the years, there were plenty of attempts to “fudge” the numbers!

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

I volunteer at Hamilton Mill United Methodist Church. I have been on mission trips to various places around the world, like Ghana and Nicaragua. Since 1994, I go on an annual mission trip to Honduras.



6. What do you do for a living? Do you work? Are you retired?

I am retired now but worked for Sears for 35 years at the location we now know as Ponce City Market. I was part of a manager training program – started out as secretary, then executive secretary, then manager for the buying department.

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

My biggest volunteer job and passion these days involves sending a portion of Atlanta Track Club's (and other organizations) leftover T-shirts abroad to residents of poverty stricken countries. I discovered the desperate need for clothing and other items on my first mission trip with Hamilton Mill United Methodist Church to Honduras. They needed just about everything: shirts, shoes, toothbrushes, soap, etc. Upon returning to the U.S., I set about collecting necessities to send them. I thought that Atlanta Track Club was a perfect fit for helping - and so now I work closely with the Club as a liaison for organizations to send shirts overseas to communities in need.