

# March 2021 - Bob DeLorme

*Congratulations to Bob DeLorme, our March Volunteer of the Month! Bob has been volunteering with Atlanta Track Club for THIRTY-ONE years, and he will typically volunteer at 13 to 15 of our events per year. You can most commonly find him on a cone truck, leading our cone crews, hard at work and enjoying the camaraderie. Thank you Bob, for your three decades of service, dedication and friendship.*

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

My first volunteer position was the 1990 AJC Peachtree Road Race. I had such a great time working with the other volunteers that I just kept coming back.



**What is your favorite Atlanta Track Club event?**

I enjoy coning the Thanksgiving Day events. Being able to help plan and execute a coning plan is enjoyable. I get to be outside with a crew of folks who have all worked hard to help pull off a race. Doesn't matter if it is the cone crew or the many other different positions, the fact that all these people come together on a holiday is a great sight to see. I enjoy the coning, as it allows me to have multiple tasks during the race.

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

There are many great memories but if I had to pick one it would be one where I was one of four volunteers successfully performing CPR during a Thanksgiving race.

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

The camaraderie of the volunteers all working to have a successful race. To me the perfect race is one where the runners never notice all the big and little tasks that have to come together. Seeing the volunteers and staff deal with a variety of issues to execute a race, allowing the runners to focus on their race. I have been fortunate to be part of a few race committees and watching the different components come together is amazing. To see behind the curtain, watching the staff and volunteers working to pull off a large race is always impressive.

### **Do you have a favorite volunteer assignment?**

CONING! I always enjoy seeing the course emerge as we are putting down cones. Being able to have multiple trucks all coning different parts of the course simultaneously and successfully is a satisfying accomplishment. Being able to cone a course such that the runners easily know where they are going while at the same time protecting runners by diverting traffic is an enjoyable experience. Some people say I'm weird for I have always enjoy being on the street early in the morning. Whether on the back of the truck or driving one, watching the course emerge behind the truck as we are laying down cones is neat to see.

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

I do a lot of volunteering with Intown Community Church and ministries they support. One of those ministries is helping to support the Toco Hills Community Alliance food bank on LaVista Road. A very worthwhile organization that has helped a lot of folks this past year during the pandemic. I also help with ESL classes on Tuesday and Thursday nights during the school year. For the last 5 years I have also volunteered with the Mitsubishi Electric Classic, part of the PGA TOUR Champions. As to why I like it, I think my kids say it best. They joke with my wife that I have never met a stranger. Volunteering allows me to meet others who enjoy helping folks and events be a success.

### **In addition to 13 - 15 events (and countless hours!) a year with us, how many times do you volunteer per year outside of Atlanta Track Club?**

70 to 75 times... Sound like a lot, but ESL classes are biweekly during the school year, plus once a month I help set up communion at church, help cook for 2 to 3 events a year at church events, 9 to 10 times a year I have Board of Director meetings for Toco Hills Community Alliance or The Georgia Society for Respiratory Care.

### **What do you do for a living?**

I'm a respiratory therapist and taught respiratory therapy at Gwinnett Technical College for over 30 years. I am now retired but still teach as adjunct faculty in the respiratory care program. I am very active in both the Georgia Society for Respiratory Therapists and the American Association for Respiratory Care. Some of my friends say I am a "professional volunteer." They say I'm busier now than when I worked full time.

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

Have fun. Enjoy the folks you work with. Try different positions to see if you have a favorite. Once you find one you enjoy, sign up as soon the call for volunteers hits your e-mail.

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

Years ago I read an article in a Charleston, SC newspaper on a project trying to save the loggerhead sea turtles. A small part of the article dealt with the relocation of turtle eggs to areas where they would be safe. Years later I was able to volunteer with the Cape Romain Wildlife Refuge just north of Charleston, SC. Our job was to find newly laid nests, dig the eggs out and relocate them to an area that would not be washed away by high tides. I was able to help three times in the summer of 2016 and have been trying to get back since then. Very hard work in the hot sun on a barrier island but one that is paying off with increasing numbers of loggerhead turtles.

