

November 2020 - Sabra Black

Congratulations to Sabra Black, our November 2020 Volunteer of the Month! Sabra is an active Atlanta Track Club volunteer and member. Not only is she a Run Lead who helps our In-Training participants accomplish their goals, she also takes on a variety of volunteer assignments to help make race days a success. We thank you, Sabra, for your continued and vital support of Atlanta Track Club's mission!

How long have you been volunteering with Atlanta Track Club?

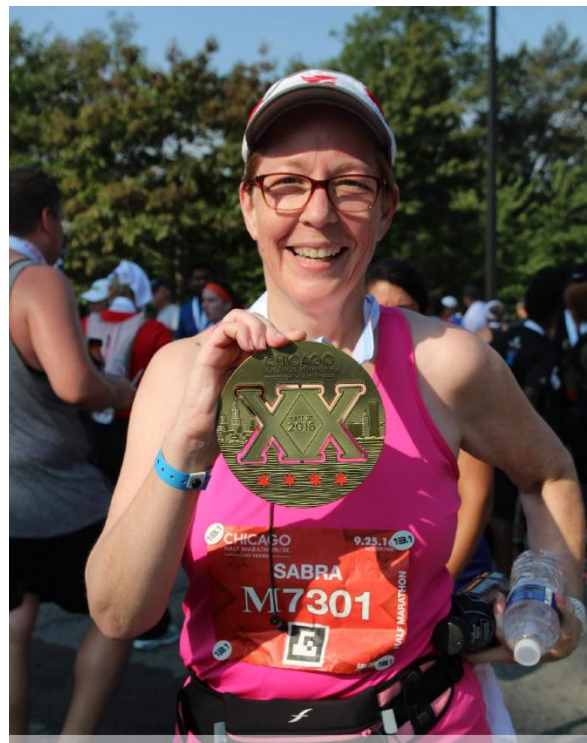
I started in 2016 as a Run Lead for In-Training for Peachtree. I had such a good experience as a participant that I felt I needed to give back and help other participants accomplish their goals. I also had the encouragement from another Run Lead which helped push me out of my comfort zone. However, I didn't stop with just being a Run Lead. I volunteer at several events every year.

Do you have a favorite volunteer assignment?

I don't have a favorite. I have volunteered in positions at Packet Pickup, Start line, Setup/Takedown and Course Monitor, along with being a Run Lead. I believe it takes a village to put on these events and I want to do my part to help make them successful. I'll even volunteer for races that I'm running out of town if it works with my schedule.

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

My favorite memory isn't from a race, but from an In-Training for Peachtree training session. We were close to the end of the training cycle and were doing 3 miles. My participant told me that she told her husband that they were doing 3 miles that day and she said "No problem." She told me that at the beginning, the thought of going 3 miles was impossible. Now, it was "No problem." I love that I helped her obtain that "impossible" goal.



What is your favorite Atlanta Track Club event?

My favorite Atlanta Track Club event is the Resolution Run. My running partner and I have run it for several years now (through all kinds of weather) and it just starts our year off right. A close second is the AJC Peachtree Road Race. I love how the community supports all the runners and walkers. Even with the tough hill, passing the Shepherd Center always brings tears to my eyes, along with the high fives.

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

I'm very active in my church - I am chair of our Worship Committee and play in the Handbell choir among other things. I also serve as President of my sorority's local alumnae association.

What do you do for a living and tell us something interesting about yourself?

I am an accountant and work in the corporate office for a manufacturing company. I've been with the company for over 35 years. I'm an avid reader and have recently gotten back into doing counted cross stitch. I've only been running since 2012. I'd walked several 5k and just decided to try running. I started with completing a Couch to 5k program (with Zombies) and then discovered Jeff Galloway's Run/Walk method. I still continue using the Run/Walk method for all of my races. My current goal is a Half Marathon in every state. So far I have 5 states and Canada.

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

My words of advice for any new volunteer - just do it. Don't feel like you won't make a difference because no matter what job you take, it will help make the event a success.