



May 12, 2015 – Grand Rapids, MI

Race Volunteer: Why I Did It

The Fifth Third River Bank Run is the premier running event in Grand Rapids every year. When I say “event” I mean it: this year, close to 14,000 men, women, children, and dogs participated in the various races. There is a 5K, 10K, and the USA Track and Field 25K Championship, along with wheelchair and handcycle races. There is also a 5K walk and a 5K walk with your dog—Fido gets his own Riverbank Run bandana.

I’ve run the 25K several times and intended to do it this year. I was training for it as I got back into running. About two months ago, I began to get a pain in my left buttock, most likely the gluteus minimis, and it only got worse as time went on. I knew that I wouldn’t get the work in to run the race, so I decided to be one of the thousands of volunteers instead. I’ve been running races for close to 30 years, but I’ve never helped as a volunteer (although Paula has), and it was way overdue.



The race goes through downtown GR but also crosses many intersections out and back on some of the riverbank trails along the Grand River. There are volunteers for crowd and traffic control, aid stations, medical stations, and on and on. It takes organization and coordination to make everything work. Every race ends in the same place: the finish line. I wanted to see what it was like on the other side, so I applied for the finish line. I called Angela, the finish line co-chair, and she was happy to find a spot for me. I have no doubt the rest of the race course was organized as well as the finish line with leaders like Angela and Holly, whom I worked with directly.

I’ll give you my observations of some of the amazing things I saw and experienced on Thursday and Saturday. In the meantime, check out what’s going on in your community that you could participate in or volunteer for.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet’s take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC