
The Creation of the Hot Trot 5K

Jessica Williams, CNMT, RT(N), FSNMMI-TS

Through the years, the Professional Development and Education Fund (PDEF) has raised money through many activities from simply passing the hat to selling pint glasses and even holding a miniature golf tournament. The most successful of the money-raising schemes came about in 2014 and continues today. The chair at the time was a runner and noticed that people who participate in fun runs felt connected to the other people in the race. Everyone had their own reasons for participating; perhaps it was to qualify for a specific race or to raise money for a cause or just to finish the race as a personal goal. Regardless of the reason, they were all running the same route, starting and finishing at the same place as one another. The chair felt not only that there was an opportunity for fundraising but also that, if paired with the annual meeting, there would be an event that would allow for teambuilding and networking. And thus, the Hot Trot 5K was born. There was a lot of work to be done, and the committee jumped in headfirst. It was decided to donate a small portion of the proceeds each year to a local charity in the community where the race would take place. Many local charities examined and discussed the proposed event. It was important to the committee that the charity be small, have most of its funds going back to the people who benefit from the charity and not to a chief executive officer, and have something to do with helping people. It was also decided to open the race to everyone, not just attendees of the meeting, and to have the race be not only for runners but also for walkers. In this way, people of any physical capability could join in the fun. The race was promoted on Active.com and on the SNMMI website, with a low price point. All of the participants received a shirt, a swag bag, and, for those who finished the race, a uniquely designed medal based on the location of each race.

In June 2015, the inaugural race took place in Baltimore, MD. That first year, 306 runners took to the roads and paths, and over \$36,000 was raised for the PDEF. A portion of the proceeds was donated to House of Ruth Maryland. The race day saw great weather, and overall, the race was quite well received. All throughout the annual meeting, the bright highlighter-green shirt could be seen being worn by people who had joined in and were proud of their achievement. It was a huge success and only grew from there.

The second year, the race took place in San Diego, CA. There were over 380 racers, and the weather was beautiful and the race was run without a hitch (pun intended). That year's charity was Mama's Kitchen, and over \$57,000 was raised for the PDEF. The race in year three was in Denver, CO, and because of the altitude, a few fewer runners signed up. There were 312 participants, and over \$55,000 was raised. The chosen charity was Freedom Service Dogs. The charity itself even joined in the race, with one of their sweet pups participating and receiving an honorary medal. Having fewer racers because of the altitude prompted the committee to consider offering a virtual race.

The fourth year took the race to the city of brotherly love, Philadelphia, PA. In total, 446 racers joined that year, and \$56,688 was raised. The local charity was Bianca's Kids. That was also the first year the virtual race was fully realized and implemented, allowing people who could not attend the race in person to be able to join in the festivities. Those individuals signed up online (via the SNMMI-TS website or Active.com), and their race shirt, race bag, and medal were shipped to them after the meeting. This virtual race proved to be a big hit for people who wanted to participate but could not make it to the race in person. In 2019, the race was moved to Anaheim, CA. This was the fifth year of the race, and the medal celebrated that fact. There were 321 racers and \$38,230 raised.

This year, as the Technologist Section celebrates its 50th anniversary, plans for Annual Meeting now include an SNMMI 2020 Virtual Meeting platform (<https://am.snmmi.org/iMIS/SNMMI-AM>; check back for updated information).

"The SNMMI and the SNMMI Tech Section continued to work together and I was asked to participate in an International committee to determine competencies for NM technologists."



Gary L. Dillehay, MD, FACNM, FACR, FSNMMI
SNMMI President, 2013–2014
Central Chapter

From a personal point of view as the creator of the Hot Trot 5K and manager of the race for its first 4 y, I can attest to the joy of watching the runners cross the finish line and receive their medals each year. I see all kinds of emotions, from laughter and smiles to cheers and even some tears of accomplishment. Some of the participants are full-time runners, and some just run or walk this race every year. Every participant who crosses the finish line brings a smile to my face.

The success of Hot Trot 5K relies on 2 critical factors: its volunteers and its generous sponsors. Without the inspirational dedication of its committee members and the generous donations from commercial sponsors and individuals, this race and its proceeds would not be possible. Through the benevolent support of the Hot Trot 5K, the PDEF continues to have an impact on the field of nuclear medicine and molecular imaging. As noted on the SNMMI website, this impact includes:

- Encouraging research studies, publications, and papers in nuclear medicine technology that promote the development of best-practice techniques.
- Advancing the educational background of clinical nuclear medicine instructors, practicing nuclear medicine technologists, and those entering the field.
- Advancing the programs of the SNMMI-TS by supporting resources and opportunities in educational advancement and professional development.
- Developing research opportunities for technologists, in the form of funding and research fellowships increasing the quantity of qualified leaders within the organization and in the field.

Although the Hot Trot 5K funds so many dreams and makes such a difference in nuclear medicine, I personally believe that for the participants involved, the race does a lot more than just that.

“When I was President, the following often happened: Someone suggested how we might do something new or improve on what we were doing. Then during the discussion, someone would point out that the Technologist Section had already figured it out. Nuclear Medicine Technologists are the strength of our profession, not only in our daily work in the clinic, but in SNMMI.”



Peter Herscovitch, MD, FACP,
FRCPC, FSNMMI
SNMMI President, 2014–2015
Mid-Eastern Chapter

“When I was President of the SNMMI-TS my fondest memory was being able to create a Quality Initiative to increase awareness and education amongst the technologist community. Today, this topic has become mainstream throughout many of our initiatives and educational programs.”



April Mann, MBA, CNMT, NT,
RT(N), FSNMMI-TS
SNMMI-TS President,
2014–2015