



Testaments to Kathy

My Tribute to Kathy

by Carolin Pollack, Kathy's Sister

Kathy and I were the only girls in our family: four brothers, six cousins (all boys) and us. We were six years apart and as small children not the closest of sisters. When I was playing with dolls, she was pulling out their hair. She wasn't the oldest of the youngest or even the middle one, she was just there, but she was everyone's favorite. Blond, blue-eyed and pretty. But having four brothers, she learned to play hard if she wanted to be included. She played and she played well, and she was better at most things than the rest of us. This was probably the start of her love of PE. Kathy was single minded in the pursuit of her degree to teach Physical Education to small children. With Kathy as a teacher, you did not have to be the best; you just had to try your best. She knew not everyone could be the fastest or jump the highest or shoot the most baskets, but you did have to try. Kathy was an avid reader and made sure that her kids, at home and at school, spent time with books too. She wanted everyone to be their personal best.

Kathy was full of contradictions. She was really pretty shy and quiet, but to any underdog she was the loudest cheerleader. Cooking was not her strong suit, but one of her first jobs was at McDonalds. She could hardly tell a joke without stumbling over the punch line (she wasn't very funny!) but she worked as a clown to make others laugh.

My sister was my best friend. She helped me get through when things were getting me down. I hope I did the same for her. She spent her time helping anyone who needed it and gave others anything that was in her power to give. We loved her and she loved us back. Kathy is missed every day by everyone who knew her.



What Kathy Meant to Me by Chris Pitts

Kathy Long was a friend, a neighbor, and a running partner to me. To others, she was a teacher, a mentor, and a mom. We ran Monday-Friday rain or shine, snow and ice, pregnancies and head colds. We talked a lot during our 5 am runs, including our kids, our families, and our jobs. Nothing was more special for Kathy than spending time with her family ... immediate and extended. Kathy was P.E. teacher at Mt. Rainier Elementary School. She loved those kids ... all of them, and was very proud of every accomplishment. Kathy and her girls participated in the Bowie Boys & Girls club activities. They were always doing something. She'd split her time between the girls' games and practices and make sure everyone was where they were supposed to be. She always seemed to be helping out with some event or another. Kathy was a good person. She was honest and fair. She had opinions she'd share if you asked her, and she wasn't afraid to ask the tough question. When I heard about the *Run For Kathy*, I knew it was something that she would have approved of and appreciated.

One day, Kathy and her family moved to another section of town. That was the end of our running partnership, but not to our friendship. I will always miss her and wish she'd been with us longer ... but I also know that my life was better for having Kathy in it ... and everyone who knew her would say the same thing. She left a legacy of friendship and love.