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Team Heart & Sole

Helping people with disabilities
 compete in endurance races.



Team Heart & Sole is a non-profit, volunteer organization serving the central Ohio disability community since 2011.

Our Mission is to provide people with disabilities, their families and friends inclusive opportunities to participate in endurance racing events across Ohio while building authentic relationships through teamwork.

Our Champions -- individuals with disabilities-- are guided, pushed or pulled by Teammates throughout the race. Team Heart & Sole provides the adaptive equipment, uniforms, race fees and all other expenses involved in the event for our Champions.

Become a Champion Today!
 Visit www.teamheartsole.org

Together...Yes We Can!

We always have room for more Champions and their families!

We Need You!

Whether you're a company looking for a great cause, a weekend athlete with talents to share, or a volunteer who wants to invest time contributing to the happiness of others, Team Heart & Sole is the team for you!

For more information about Team Heart & Sole please visit www.teamheartsole.org





Champion Andrew with teammate, Taylor

Our Champions

Our champions are the HEART of our organization. Even though they may have to do some things in a different way, they are why we are a TEAM. The smiles on their faces as they cross the finish line say more than any words.

We encourage people of all ages and abilities to join Team Heart & Sole. Each Champion has a different level of need; and Team Heart & Sole has the equipment and manpower to support each Champion through the race.

Our Champions are the HEART of our Team...



Champion Isis with her mom, Amanda

Our Teammates

A TEAMMATE assists the Champion throughout the event giving them the ability to start, participate and complete an endurance event. Some Champions need buddies to guide them through the course; while other Champions require a higher level of support, such as adaptive racing chairs. For many of our Champions, our Teammates provide the 'sole work' to see them through the race.

For each Champion, we try to recruit 2-4 Teammates.

Our Teammates and Volunteers provide the SOLE!



Volunteers, Mary and Kathy, cheering

Our Volunteers

You don't need to be an endurance athlete to be a part of Team Heart and Sole. We have a variety of volunteer opportunities during the races:

- Greet our Champions and their families...make them feel special
- Accommodate the needs of the Champions and Teammates
- Setting up and breaking down equipment
- CHEERING ON OUR TEAMS!

For each race we try to recruit 6-10 Volunteers.