



Champion Dale Brick

Dale Brick: Dale has been racing with Team Heart And Sole since 2017. He loves adventure. Dale has completed a portion of the Appalachian trail, enjoys downhill skiing, swimming and completed his first triathlon last year with Team Heart And Sole. Dale enjoys his technology and spends time on his iPad, watching videos on YouTube or playing Video games. He is a great student who likes to study science and hopes to attend college to study computer science. Dale is an active member of Saint John XXIII Catholic Parish.