



Adriana Lyons

Adriana Lyons: Adriana has been racing with Team Heart And Sole since 2014. Adriana is full of life and energy and greets everyone with the best smile!! This year, Adriana and her mom achieved their goal of racing in a triathlon together. They are the dynamic duo in the sprint tri and ½ marathon! Adriana is a huge Andy Grammer fan and attended a concert this fall where Andy actually sang just to her! She is a graduate of Westerville Central High School and enjoys hanging out with family and friends and ice cream dates!