



### **Champion Patrick Woods**

**Patrick Woods:** Pat joined Team Heart And Sole this year (2022) and has been working on his goal to run 5K's again. Pat ran cross country in high school and enjoys the opportunity to improve his physical strength running with Team Heart And Sole and going to the Ohio Health neurogym. He has also run with MIT this summer and hopes to join them again in the winter. Pat enjoys spending time at his day program, AllrFriends. He appreciates each day with his family and friends!