



### **Champion Patrick Woods**

**Patrick Woods:** Pat joined Team Heart And Sole in 2022 and has been working on his goal to run 5K's again. Pat races with determination and perseverance! He comes to each race with a positive attitude. His friend and fellow Champion Heather introduced him to Special Olympics this year. He participated in soccer, softball, flag football and looks forward to playing basketball this winter. Pat works at the non-profit, Growlers, one day a week and finds it very rewarding. The highlight of his summer was being a co-best man, along with his brother Mike in their oldest brother Matt's wedding.