



Tommy Hielkema

- Tommy Hielkema: Tommy has been racing with Team Heart And Sole since 2014. He raced in almost all of the races this year, including the Cap City ½ marathon and Deer Creek triathlon! Tommy will wear his Team Heart and Sole bracelet and “Boston Strong” bracelet to his day program prior to each race. He then wears his race shirt and medal to his day program on the Monday after each race. Tommy loves to spend time with his parents and siblings and is a proud uncle of two nieces and two nephews. Tommy and his family visit the Columbus Zoo as often as they can.