

RACHAEL WOODRUFF



TEAMS: Cross Country,
Indoor Track,
Outdoor Track
FROM: Saranac, NY
YEAR: Junior

BIO:

Rachael is a Junior from New York. She is a **long distance runner** and **competes year round** with the cross country, indoor and outdoor track teams. She started her love for running through fun runs hosted on the weekend in her hometown. Rachael also **loves being creative**. Rachael loves to **bake and decorate cakes**. One of her favorite cakes that she has decorated was a cake shaped and decorated to look like a Green Bay Packers Helmet. Rachael is now working with Championship Labs on a project to **give back to those in need** by having others pledge money to the amount of miles she runs beginning later in the spring. We are lucky to have Rachael working with us at Championship Labs.

FUN FACTS:

Figure skater until senior year

Favorite food is risotto

Loves to bake

Has hiked to Machu Picchu

HOW RACHAEL'S TEAMMATES WOULD DESCRIBE HER

Funny
Resilient
Determined

Kind
Patient
Good Listener



RACHAEL'S GOAL

Rachael's goal is to have people pledge money to the amount of miles she will run later in the spring with proceeds going to charity.

HOW TO SUPPORT HER:

SOCIAL MEDIA

 @rach_woodruff