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I first met Jeremy Woodward at an event to support his training for the 140.6-mile Ford Ironman Triathlon in Lake Placid, New York two years ago. Training for and eventually completing an Ironman is an outstanding accomplishment for any person, but for Jeremy it was a miracle. In 2007, Jeremy suffered heart failure and underwent his second open-heart surgery because of a failed aortic valve. Jeremy fought hard to recover and just three short years later successfully finished an Ironman Triathlon.

Jeremy shared his story during an event in front of the State House in late fall of 2009. The crowd was inspired by his commitment to health and passion for life. In addition to his goal to complete another Ironman, Jeremy decided to raise 1,000 dollars for every mile he completed in support of the Nature Conservancy in New Hampshire. Jeremy, and his many fans that heard his story that day, raised nearly 200,000 dollars for the Nature Conservancy.

Jeremy is a role model for anyone that has heard his courageous story. After hearing Jeremy speak that day, I was inspired to participate and finish in my first 5K race. I am honored to know Jeremy and proud to call him a friend.

-Susan Lynch, MD
First Lady of New Hampshire