

Key Facts & Hooks

He survived the World Trade Center bombing.

In 1993, Patrick McGarry was working on the 96th floor of the South Tower when terrorists bombed the complex. He was trapped high above in the smoke for hours before finally escaping.

Eight years later, the towers took his sister.

On September 11, 2001, Patrick's younger sister, Katie McGarry Noack, was at a conference at Windows on the World at the top of the North Tower. She was 30 and had been married only five months. Her last message was: "Please tell my family that I love them."

At 62, he rode a bicycle almost 3,000 miles in his sister's honor.

To mark the 25th anniversary of 9/11, Patrick rode his bicycle nearly 3,000 miles from the Pacific to the Atlantic. The ride took 44 days (March 8 to April 20, 2026). He spent a year training for it and had never done a long-distance ride before.

He turned grief into more than \$113,000 for first responders.

The ride, which he dubbed *A Ride to Remember*, raised more than \$113,000 for the Tunnel to Towers Foundation, beating its \$100,000 goal. The foundation was created in memory of FDNY firefighter Stephen Siller, who died on 9/11.

"We die twice."

Patrick believes we die once when our physical life ends, and a second time when our name is spoken for the last time. That idea drives *Headwinds*. He sees telling Katie's story as a way to keep her alive, and he encourages grieving families to do the same for the people they've lost.

Quick-reference facts

- 3 decades in energy and finance leadership; Executive MBA from the University of Florida at 54
- Raised on Long Island in a large Irish Catholic family; has lived in Ponte Vedra Beach, FL, for 27 years
- Previously featured on Fox (Brian Kilmeade), Action News Jax, News4Jax, 10News San Diego, WOKV and KC talk radio
- *Headwinds: A Memoir of Loss, Love, and the Long Road Home* comes out October 27, 2026