WILLIAM KOCKEN

- Husband and father of two girls and a dog
- ♦ Official World Record holder for fastest marathon carrying a 100lb pack
- ♦ Three time Ironman finisher; once with a 40lb ruck
- ♦ Three overseas deployments (26 months in combat)
- ♦ Winner of 'Team Heavy' at the Bataan Death March
- ♦ 101st finisher of 1,000 at World's Toughest Mudder
- **♦ Finisher of more than 15 marathons**
- ♦ Ranger School graduate and Best Ranger finisher
- **⋄** Co-founder and Vice President of 4th HOOAH WI
- ♦ Thomas E. Wortham IV Recipient













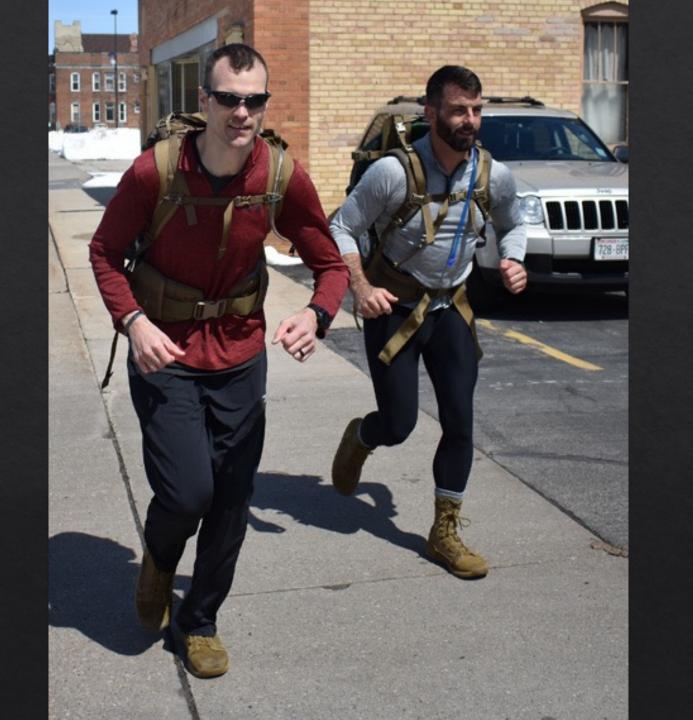
HOW CANIBE USEFUL?



























HOW CAN I BE USEFUL?

S.M.A.R.T. GOALS

REFLECT



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