

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 CAN I BE
USEFUL?























HOW CAN I BE USEFUL?

S.M.A.R.T. GOALS

REFLECT



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**

