

MEET JOSH

I'm Josh Koehler. I am a husband, father and Marine Corps Veteran. In 2015 I had two major foot surgeries to repair 4 torn ligaments in the middle of my left foot. The surgeries involved placing 4 large titanium screws in my foot (since removed) in a criss-cross pattern to hold everything together. I rehabbed my way past those injuries and have re-captured a love for fitness through Obstacle Course Racing.

Due to the nature of my injury, I was never supposed to be much of a runner again...but with God's grace and lots of training/rehab we proved the doubters wrong in 2018!! I completed 18 Spartan Races, about a half-dozen other Obstacle Course Races, and several trail races with Dirty Spokes Productions and Run Bum Tours. Lord willing, we have big visions for 2019:

UPCOMING EVENTS:

- Up to 30 Spartan Races in 2019, including the US National Series, US Championship Series, and Spartan World Championship
- Regional and National OCRs such as Tough Mudder, Bonefrog, Savage Race, Rugged Maniac, etc.
- Military-based events with OscarMike and Operation Enduring Warrior
- USMC Marathon in the fall
- North American OCR Championships, Vermont



OCCUPATION	Fraud Analyst
OBSESSION	Obstacle Course Races
GO-TO INSOLE	Pinnacle PULSE®
WORN SINCE	2015

