



I joined the US Army on July 13, 2000 and served on Active Duty until February 5, 2007, and then in the Reserves from February 5, 2007- April 1, 2011. I was a 63H Track Vehicle Mechanic assigned to the 54th Engineer Battalion out of Bamberg, Germany for my entire active service. I deployed twice to Iraq (2003, and 2005-2006). During my deployments I provided mechanical and route clearance recovery support to the Engineers.

When I returned home to the states in 2007 I was initially diagnosed with Asthma, Hearing Loss (Left Ear/ radio ear), and tinnitus. After being home for a few years I developed severe PTSD due to multiple traumatic events which occurred that year. For a few years I tried to hide my disabilities from the Army Reserves, but was unsuccessful and eventually I was medically discharged in 2011. I was later diagnosed with multiple mild traumatic brain injuries in 2014-2015, when the VA called me back for a rescreening.

Over the last several years I have tried many forms of therapy, and have continued with weekly talk therapy sessions at the VA, but it wasn't until I became physically active again through sport that I found peace. I live in Minnesota with my wife Sarah, my 3 amazing sons Kamryn, Brayden, and Logan and my service animal Atticus who inspire me every day to keep pushing!