

Run/Bike/Swim!

Our Patients can MOVE! We have multiple races and events throughout the year that we participate in, and we encourage you to contact Dr. Koch about joining in the fun!

Check out a few of our patients in action...

Mike L. cruising at a fast, low altitude during a recent triathlon

Dr. Chris - When I got my bike, my son looked at it and said, 'That is a cool bike, Dad. Is it fast?' Needless to say, I got a chuckle out that. "Only as fast as my legs move!"

Dr. Diane feeling great after her Iron Girl!

Keegan

Kacey doesn't just swim like a fish, she runs like a gazelle and still manages a smile!

Cameron (under the finish sign) at the YMCA triathlon.