

## Community Champion - Greg Cochran

Greg Cochran has pushed, pulled, and flipped himself into the world record books of strongmen. When you meet him, you too will be pulled into his world by his infectious personality and maybe pushed to do more with your own life. Greg says he never intentionally set out to achieve world records but, through a career change, opportunities were opened to him that changed his life. He never imagined it would include pulling trucks with a rope, flipping huge tires, or pushing recreational vehicles to raise money for community charities.

After serving in law enforcement for more than 17 years, Greg found himself at a crossroad when the head of his department changed. The change in management meant he could remain where he was and take on a different role, or he could seek other opportunities. He chose the latter. As a peace officer, he had always kept in shape and at one time had even competed in body building events. More importantly, throughout his life he had a desire to help others and now he had an opportunity to do that full time.

As the owner of OLD SKL Fitness, LLC, he focuses on helping individuals achieve fitness goals. Recently, he began collaborating with Hall County government to offer a “boot camp” for county employees to become more active. In addition, he works as a personal fitness trainer with The Fitness Forum in Gainesville, GA.

Always involved in the community, Greg began participating in strongman events to raise funds and awareness for various charities. He has participated in many events to raise money for local schools, ministries, Meals on Wheels, American Diabetes Association, and other organizations. Greg firmly believes that we all have an obligation to be involved in our community. And that we must be fit in body, mind and spirit to help keep our communities healthy.

Whether speaking to a group of young people or performing a feat of strength, he inspires everyone with his words and actions. He continues to compete in body building and biking, but most likely, if you run into him it will be during a charity event.



With encouragement from friends, Greg flips a 555 lb. tire 203 times in one hour to set a new world record. This event benefited First United Methodist Church's Urban Ministry: Baker Glover Home for Children.



Whether speaking to civic organizations or to youth, Greg feels right at home and inspires everyone.



Top left: Greg sets a world record while pulling for Meals on Wheels. This time he pulled a 6,000 lb. truck over 850 feet up a slight incline. The truck's weight represented 1 pound for every meal delivered each month by Meals on Wheels.

Top Right: Greg speaks to a group of young men in the District 2 Public Health Adolescent Health and Youth Development Program about setting life goals and becoming involved in the community. He also discussed the importance of choosing a career where you will have opportunities to do what you want to do and develop skills that will lead to more opportunities.

Left: Certificate for the World Record for the most 50 foot truck pulls (27) in one hour. This event was to raise awareness for the American Diabetes Association as part of the "Pulling for a Cure" campaign.