

José Ramos grew up in El Paso, TX and joined the Navy in 2000 to become a Hospital Corpsman. As a Corpsman, he spent his entire career serving alongside Marines as a platoon "Doc." He served one tour in Afghanistan and two tours in Iraq. In 2004, while serving as a member of a Sniper Team, he was hit by a rocket and was severely injured. His injuries were nearly fatal and included a left arm amputation, lung contusions, nerve damage to the left leg, bulged discs in the lumbar region, and numerous shrapnel wounds. José retired from service in November 2005.

Within months of his injuries, José ran the New York City Marathon and earned the Avis We Try Harder" award. He rode a bicycle with a group of other injured troops from Washington, D.C. to the Hamptons, N.Y., covering over 450 miles in seven days and continues to compete in endurance events as a way of raising awareness for those with disabilities, especially severely injured Service members. José has been involved with multiple organizations that support people with disabilities and severely injured Service members.

As a member of US Paratriathlon Team, José competed around the globe and in multiple ITU World Championships where he represented the United States. Although his goal of making the 2016 Rio de Janeiro Paralympics fell short, he was an active U.S. Paralympic Ambassador acting as a role model for young people with and without disabilities as well as helping the Paralympic Movement to enhance and increase its public profile.

In 2007, he was appointed by President Bush as one of the seven commissioners on the President's Commission on Care for America's Returning Wounded Warriors tasked to conduct a comprehensive review of the care America is providing our wounded Servicemen and women returning from the battlefield. He worked closely with the White House and Congress to ensure that many of the recommendations from the Commission were implemented upon review.

José graduated from George Mason University, *Summa Cum Laude*, with a BA in Government and International Politics and a Minor in Islamic Studies. He has worked at the Center for Strategic and International Studies (CSIS) where he co-published two papers with Dr. Anthony Cordesman. From 2009 to 2015, José sat on the Peer Reviewed Orthopedic Research Program Integration Panel (PRORP) for the Department of Defense tasked with conducting a programmatic review of researchers' applications in order to fund innovative treatment and research proposals addressing gaps of care for severe combat related orthopedic injuries.

In line with his commitment to service, José served as a Special Assistant at the Office of the Assistant Secretary of Defense for Legislative Affairs (ASD(LA)) from 2009-18, where he created and directed the Congressional Inquiries Division among other programs. In February, he joined the Wounded Warrior Project as a Legislative Director in the Washington, DC office. José currently resides in Arlington, VA with his wife Jodie and their sons Donovan and Luke.

Military Awards: Purple Heart, Navy and Marine Corps Achievement Medal with Combat V, Two Combat Action Ribbons, Global War on Terrorism Service Medal, Global War on Terrorism Expeditionary Medal with EGA, Iraq Campaign Medal with EGA, Two Navy Unit Commendations, Enlisted Fleet Marine Force Warfare Specialist Insignia, Three Sea Service Deployment Ribbons, Humanitarian Service Medal, National Defense Service Medal, Meritorious Unit Commendation, Navy Good Conduct Medal, Multiple Flag Letters of Commendation