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Dinsmore's Lorentz thrives on consistency of running



Josh Lorentz is managing partner at Dinsmore & Shohl LLP.

CORRIE SCHAFFELD | CBC

By Bryn Mooth – Courier contributor

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In his early 30s, having just made partner at Dinsmore & Shohl and on the brink of starting a family with his wife, Bryn, Josh Lorentz decided it was time to get healthy. So he started running. Those slow early miles have become a six-day-a-week habit. And running has become a family activity, as their now-teenage daughter often joins Josh and Bryn for runs and bike rides. “Every Thanksgiving, we’ll find a turkey trot and do it as a family, no matter if it’s here in Cincinnati or wherever we’re visiting family,” he said. “I live in a family of athletes, and I’m now a distant third behind my wife and daughter.”

What do you love (and not) about running? I love the grind. Running is not easy. But no matter how far I go, I feel accomplished when I’m done. I always run first thing in the morning, and it just starts my day off right. I’ve exerted myself, I’ve accomplished something first thing, and then I go about my day. The tough thing about running in my neighborhood is that wherever I go, I finish going uphill.

I love running with people, but I don’t love it when we don’t talk during our run. Often I’ll take a lunchtime run with colleagues here in the office to compare notes and catch up and share stories. It’s one of the things that’s cool about running. A lot of people form and secure relationships on the golf course or at dinner, and I do those things too. But people underestimate the value of asking someone to take a run or a bike ride with you, whether it’s family members, colleagues or clients. I’ve solidified lots of relationships by taking a run with someone.

What’s your typical weekly schedule? You can count on me to run six days a week, from 1 to 3 miles. My distance might not be impressive but my consistency is. Not doing long runs all the time means I don’t dread it. If I’m training for a race my weekend runs get longer, and that starts to wear on me.

Do you have a favorite route? I love a 1-mile loop in my neighborhood; I’ll do it one, two or three times. And I love going down to Lunken; if you get there early enough, you’re the only one out there, and up on the levee it’s really peaceful.

Do you race? I've done lots of 5Ks and 10Ks and a few half marathons, but I've never been a marathoner. I try to do at least one race a year. I've done around 15 races related to the Flying Pig, the Little Miami Triathlon and the Dirt Days trail series.

Do you run when you travel? I take running gear with me on every overnight trip. And I'll get up every morning before my meetings and run from 1 to 3 miles ... that may not be a ton, but if you travel 40 to 50 days a year it adds up over time. Often I'll go places that are repeat visits, and I always try to take a different route so I can see a different part of the city each time.

What else do you do to stay active? During the pandemic, I started urban walking. From my house, I have all kinds of loops; the longest is a 10-mile loop that takes me downtown. The nooks and crannies in this city are immense; there are lots of ways to get somewhere on foot. For one Bengals game last year, my wife and I walked from our house to the stadium, watched the game and walked home.

How does running influence who you are and how you show up in your professional life? Exercise - running or biking - prolongs my energy. That sounds counterintuitive, but the more consistently I do it the more it energizes me. Over the long term, I feel every bit as good as I did at 32 when I started running. Consistent exercise is the fountain of youth, if you will.

What advice would you share with someone who wants to begin running? Just get started. The running community is amazing. There's always someone slower and someone faster, but they're all immensely supportive. So if you feel like you're not fast enough, no one cares - they're just happy you're out there.

Joshua Lorentz

- **Title:** Managing partner, Dinsmore & Shohl LLP
- **Age:** 49
- **Family:** Wife Bryn; teenage daughter
- **Hometown:** Dayton
- **Residence:** Hyde Park

- **Career path:** Bachelor's and master's degrees, Ohio University; J.D., University of Dayton; judicial extern for the U.S. District Court for the Southern District of Ohio. Joined Dinsmore & Shohl in 2001 and served in variety of leadership roles including head of the firm's intellectual property department and chair of the finance committee before becoming managing partner in January 2023.