

Greig Fredericks | Washington County Medical Reserve Corps



I would like to recognize **Greig Fredericks**. For the last two years our MRC has been in charge of staffing the first-aid tent for the Seattle to Portland bicycle race at the Scappoose location. Greig was instrumental in our success both years. Although we had first-aid supplies and some other items at the cooling stations for riders, Greig brought his own supplies to elevate the cooling/recovery station from basic to one that several riders commented positively on via social media. He brought extra tables, chairs, cots, misting fans, coolers, and several extra Gatorade jugs to fill with water. We saw about 200+ riders over the weekend, and no one was ever left waiting for refills for very long because of all the extra water jugs that Greig brought. Not only that but I don't think I ever saw him sit down. He was constantly checking our water jugs and taking them to be refilled, he was re-arranging the misting fans to make sure people needing a cooling break were getting the best stream of mist and checking in on people constantly. Because of this our water lines hardly ever got backed up, our riders had a refreshing rest (important as the first year was hottest weekend of the year!) and the rest of our volunteers were set up for success. Our team was fantastic, I am very proud of all of our volunteers at this event, but I am extra grateful for all the extra tools that Greig provided.

✚ Nancy Flores-Sánchez | Outreach and MRC Program Specialist, Washington County Health and Human Services