

Fred was born and raised in Maine. Following an exchange program to Norway he decided to join the military and since he knew he could learn languages well he enlisted in the Army as a linguist in 1997. Following language skills training in Korean at the Defense Language Institute, Fred went on to serve at Ft Bragg as a voice interceptor and then to Schofield Barracks, Hawaii as a Low Level Voice Interceptor. Following the attacks on 9/11 Fred attended and completed the Special Forces Qualifications Course as a Special Forces Medical Sergeant serving at 1/10 SFG until April of 2009. While in group Fred served as senior medic for the HALO team and completed several trips into Africa, a deployment in Iraq and a deployment in Afghanistan. Fred was shot in the helmet by a sniper in 2008 in Afghanistan. Following an honorable discharge from active duty, he served 2 years in SF National Guard but was medically discharged due to seizures and migraines related to the injury he sustained in combat.

After his discharge Fred received a bachelors in science at Eastern Kentucky University emphasizing in livestock production. He ran a 120 acre farm and grew produce that supported 25 families. Fred also raised hog, chicken and cattle for dairy. After struggling with his disabilities Fred was forced to leave farming due to seizures and moved to Maui where he began to focus on fitness and nutrition in hopes to aid in his recovery and his life was changed as he began to take on adventure races and obstacle course races.

In 2015 Fred co-founded Vetscape ([www.vetscape.org](http://www.vetscape.org)), an adventure oriented veteran nonprofit that helps veterans find their next mission. Fred turned over the organization to a fellow veteran and is currently working on another veteran project along with the three co-founders of Vetscape and plan to establish a veteran healing center they call "Return To Base" where veterans can come to gain assistance and refocus on life. It will be a hub for veterans and their families to learn trades and skills that can help them transition into civilian life and adapt to injuries sustained in service.

Today Fred is an avid adventure athlete and nutrition and fitness are key aspects in his recovery process and he hopes to inspire veterans through the events he tackles. This year Fred has competed on both American Ninja Warrior and Steve Austin's Broken Skull Challenge, along with competing at the DOD's Warrior Games on Team SOCOM and rowing for US Veterans Rowing & Kayaking. Fred is competing in 13 Elite level OCR races in 2018, in November will compete at World's Toughest Mudder, a 25 hour obstacle course race.