



FRED LEWIS

US Army (*Retired*)

Fred Lewis was born and raised in Maine. Following an exchange program in Norway, he decided to join the military. Since he knew he could learn languages well, he enlisted in the Army as a linguist in 1997. After language skills training in Korean at the Defense Language Institute, Fred went on to serve at Fort Bragg as a voice interceptor, 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. In 2008, Fred was shot in the helmet by a sniper in Afghanistan. Following an honorable discharge from active duty, he served two 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 degree in science at Eastern Kentucky University with an emphasis 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 with hopes to aid his recovery. 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), an adventure oriented non-profit 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. They 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. Nutrition and fitness remain key aspects in his recovery process. He hopes to inspire veterans through the events he tackles. This year Fred has competed in 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 U.S. Veterans' Rowing & Kayaking. Fred competed in 13 Elite level OCR races in 2018, and in November at World's Toughest Mudder, a 25-hour obstacle course race. More recent, Fred was one of over 500 competitors from 20 nations who came together in Spring 2022 to compete in Prince Harry's 2022 Invictus Games in The Hague, The Netherlands, a week-long series of adaptive sporting events.

