



## **HELEN (“Holly”) CROUCH**

*US Air Force (Retired)*

Senior Master Sergeant **Helen “Holly” Crouch** has been in the Air Force for 28 years, currently active 24 years starting in 1990. Her first five years were as an operating room technician assigned to the Griffins’ Air Force Base until the base closure in 1995. Holly was then transferred to the 439th aeromedical staging squadron at Westover Air Reserve Base and cross-trained as a medical technician known as a med-tech.

Holly accomplished two deployments; one to Iraq in 2008 and one in Afghanistan in 2010, both overseen as a supervisor for all the medical technicians in a non-commissioned officer status.

In 2013 she transferred to the 174th Medical Group at Hancock Air Base Syracuse, New York with responsibilities as a New York state guardsman and medical technician. She began her career as the ncoic supervisor for medical technicians there as well. Since then, Holly has transitioned into doing the ncoic of special projects of which she has overseen many local deployments with local disasters and devastations in New York State as well as other state emergencies.

Holly started canoeing 35 years ago when she returned to the local area with her first competition being the New York State 70 miler Canoe Race

and then continued on with other races throughout the season as well as beginning with the Adirondack canoe classic 90 miler. She began canoeing for long distance competition because she wanted to improve her endurance.

Holly has held local, State, National, and World Records with various canoe classes being solo two-person women; two-person mixed C4 Voyager competitions. She has had the fortunate luck of being able to compete several times in Alaska with the UConn 500 Mile race and the UConn 1000 Mile Canoe Race, of which she holds the “first female in the world to cross the finish line” record for that event. She is anticipating becoming actively involved with one of the prestigious races in Michigan this summer and another in England in the spring.

Holly is joining the U.S. Veterans’ Rowing & Kayaking Foundation Advisory Board so that she can help coordinate other canoe/kayaking regattas in New York State for Veterans in her State.

