

Regina Reed honored as “Medical Volunteer of the Year” for her 35 years saving lives as captain of the Mariner’s Point medical tent

By Olivia dePunte

August 1, 2023

Before that final, sometimes brutal incline, somewhere around mile 6.5, you’ll find Regina Reed tending to all the runners who couldn’t surmount the hill. She’s been the face and the captain of the Mariner’s Point medical tent since 1987, and a nurse at Falmouth Hospital since long before that.

“I became known as the face of Mariner’s shortly after I started there,” said Reed. “They needed someone and I kept showing up so my role evolved.” She is in charge of supervising the volunteers and making sure the tent has plenty of supplies.

The tent sees anywhere from five to 20 runners, treating many for Exertional Heat Stroke (EHS). “Body temperatures can range anywhere from 107 to 112 degrees, and sometimes these people don’t even remember who they or their spouses are while having a heat stroke,” said Reed. “I know what we’re doing is saving lives because people could die if we weren’t here.”

Each runner is submerged into an ice bath with two or three medical volunteers per bath refreshing the ice, checking for vital signs, and sometimes even pumping them with a fluid IV. Reed oversees all this to make sure the runners receive only the best care.

“Back in the day people would cool off and just try to run away,” Reed explains. Research around EHS has evolved since “back in the day,” thanks in large part to the partnership the race has had with the [Korey Stringer Institute](#) (KSI) for the past decade plus. Most people now choose to go home with family and friends after being discharged instead.

The most rewarding part of her work? “Being able to say you saved lives – and the camaraderie – the whole group is fabulous and they really know what they are doing.”

This will be her last year before retiring from both the race and the hospital, but she is passing the baton into very capable hands. Even after 35 years of service to the Road Race, “I didn’t see the award coming, it was a massive surprise and such an honor,” expressed Reed. “I expected to just finish my work and walk quietly into the sunset.” Instead, Regina will be walking away from the roar of runners into the applause of the medical volunteers for her well-deserved, “Medical Volunteer of the Year” award.