

Summit Pacific's 4th Annual Ride the Harbor: Tour de Wellness

Summit Pacific Medical Foundation



(ELMA, WA) – On Saturday, June 17th, 2023 Summit Pacific Medical Foundation held its fourth annual Ride the Harbor: Tour de Wellness cyclist event, with more than 100 cyclists riding throughout Grays Harbor County. The event began in 2020 during the pandemic to promote the importance of wellness and exercise and showcase the beauty of Grays Harbor County. Summit Pacific's CEO, Josh Martin, has participated in the ride every year alongside CMO, Ken Dietrich, and Board of Commissioners Chair, Andrew Hooper.

This year Summit Pacific Medical Center hosted 115 registered riders and 13 teams who rode a combined total of 4,163 miles on the McCleary to Westport course. The ride started at Beerbower Park in McCleary and followed the scenic route out to the Viewing Tower in Westport, spanning a total of 52 miles. Two additional routes were included for riders to choose from, McCleary to Elma and back, both shorter distance but offering a fun and healthy experience. Riders were encouraged to ride at their own pace with the goal of the event being to keep the community active and healthy while having a great time.

This year 60% of the riders were new to the Ride the Harbor event and the news of the ride spread outside of Grays Harbor bringing in more than half of the cyclists from 50 miles away or more, with the farthest traveler coming from Arizona. Ride the Harbor 2023 raised nearly \$52,897, with \$37,000 coming in from sponsors, \$6,070 coming from Peer-to-Peer Fundraising and \$8,872 coming from registration. "Funds raised from this year will be used for local high school student scholarships, patient assistance, and our greatest needs fund. This event aligns perfectly with Summit Pacific's mission and vision to build the healthiest community in the Nation," stated Brad Thomas, Executive Director of the Foundation.



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Eighty-six members of our community volunteered at water stops, and drove support vehicles, shuttled riders, and cheered on the cyclists along the route and at the finish line. When asked why she volunteered, Stacy Bremer said “to help support my community and to be able to give back, but most importantly to invest in the camaraderie and teamwork here at Summit Pacific.”

Sponsors this year included Amerigroup Washington, Elma Family Dental, Lucky Eagle Casino, Mahlum Construction, Timberland Bank, and Willapa Bay Enterprises. We want to thank all our volunteers for helping us put on the fourth annual Ride the Harbor: Tour de Wellness and all the cyclists who joined us. We look forward to creating more exercise and wellness opportunities for our community.

If you would like to learn more about the event or want to contribute to the work being done, please contact the Summit Pacific Medical Foundation at 360-346-2250 or email Foundation@sp-mc.org.

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Summit Pacific is a vibrant and expanding nonprofit public hospital district serving east Grays Harbor County, Washington. Founded in 1982, Summit Pacific now operates three locations comprised of a critical access hospital, primary care clinics, an urgent care clinic and a range of ancillary and specialty services. Summit Pacific’s vision is “Through Summit Care, we will build the healthiest community in the Nation.” To learn more about Summit Pacific, visit www.summitpacificmedicalcenter.org.