



**MCR SERVICES, INC.**  
MANAGEMENT • CONSTRUCTION • RENOVATION

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### BACKGROUND

Rob joined the team at MCR Services in September 2006 as a Project Superintendent. He is a Construction "Lifer" from a long line of industry professionals.

When he was hired, Rob did not have the opportunity to go through a more formal orientation period, because he was brought in at the beginning of a project that was just breaking ground. He hit the ground running, stayed focused on the project schedule and did a super job getting the customers into their new retail building just in time for the busy winter shopping season.

Rob comes from a family of contractors, so he became an "insider" at an early age. He has held increasingly responsible positions during his construction career:

- ⊗ Project Superintendent
- ⊗ Assistant Project Manager
- ⊗ Lead Carpenter
- ⊗ General Laborer

### EDUCATION

The Builders Exchange of Central Ohio  
⊗ Continuing Education

### DISTINCTIONS

The Builders Exchange of Central Ohio

- ⊗ Project Management Course
- ⊗ OSHA 30-Hour Certification
- ⊗ OSHA 10-Hour Certification
- ⊗ First Aid & CPR Certification
- ⊗ Jobsite Supervision

Bobcat Enterprises

- ⊗ Bobcat Certification

### EDITOR'S NOTE

Some of Rob's favorite projects over the years have included building a series of Elementary Schools in Riverside, Ohio and helping a local church, the Jamestown Church of Christ, with long overdue improvements. He is a family-oriented guy who takes great pride in his work and continues a long-standing family tradition.

True to family history, he is teaching his boys the finer arts—and challenges—of home improvement projects and the construction trade in general.

Rob lives in Xenia with his wife, Missy, and his two boys, Patrick and Tye. He loves to play golf whenever he can and frequently takes to the links with his sons and his father. Rob and his family love to go camping with their Yellow Labrador retriever, Hope.

### ORGANIZATIONS

The Builders Exchange of Central Ohio

- ⊗ Associate Membership

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✉ rob@mcrservices.com

**ROBERT E. FROST**

**PROJECT SUPERINTENDENT**

**PERSONNEL  
PROFILE**

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