



Forrest James Fowler

May 24, 1956 - November 24, 2024

Forrest James Fowler, 68, of Travelers Rest, South Carolina, passed away peacefully on November 23, 2024.

Born in Greenville, he was the son of Mary Ann Gillespie Fowler, and the late Woodrow Willard Fowler. Forrest attended Travelers Rest High School and Greenville Technical College, where he studied mechanical engineering.

Forrest proudly served in the US Navy. He worked in many aspects of the construction industry from welder to estimator. Forrest has been employed by Century Contractors of Charlotte, NC for over twenty years. He was an avid cyclist, runner and triathlete and added to his accomplishment of completing over twenty Ironman Triathlons.

Surviving in addition to his mother, are his devoted wife and best friend of forty-six years, Regina Ferguson Fowler; one son: Joshua James Fowler; and one sister: Julie Fowler Simons, of California; nieces: Francesca Fox, of California and Sarah Beth Plyer, of Little Rock, Arkansas; mother-in-law: Jeannie Ferguson, of Travelers Rest; and sister-in-law: Scottie Ferguson, of Greenville.

Along with his father, he was predeceased by one son: Forrest Caleb Fowler; one sister: Libby Fowler Plyer; and father-in-law: Gary Ferguson.

A celebration for Forrest will be held on December 8, 2024, from 2:00 p.m. until 5:00 p.m. at the Lindsey Plantation, 754 Camp Creek Rd., Taylors, SC 29687. Please join us in celebrating Forrest's life and sharing memories.

The family will be at their respective homes.

Online condolences may be expressed to the family at www.thehowzemortuary.com

The Howze Mortuary, Travelers Rest, is in charge of the arrangements. (864) 834-8051

Cemetery Details

Private

Previous Events

Celebration of Life

DEC 8. 2:00 PM - 5:00 PM (ET)

Lindsey Plantation
754 Camp Creek Rd
Taylors, SC 29687

Tribute Wall

FF

“ *Forrest ...A true gentleman, a strong, incredible athlete.
Fred Fox*

Fred Fox - December 07, 2024 at 05:40 PM

FF

“ *Fred and Francesca purchased the Enchanted Cottage for the family of Forrest James Fowler.*



Fred and Francesca - December 06, 2024 at 07:47 PM

FF

“ *Fred and Francesca purchased the Garden Bench - "Gone yet not forgotten..." for the family of Forrest James Fowler.*



Fred and Francesca - December 06, 2024 at 07:44 PM

KF

“ *Kay Robertson, Terri, Lisa, Mark & Family purchased the Forever Our Angel Bouquet for the family of Forrest James Fowler.*



Kay Robertson, Terri, Lisa, Mark & Family - December 06, 2024 at 09:15 AM

KR

“ I will always treasure having Forrest as part of our family. He was always there with a hug & a smile..a kind & pleasant one to be with. He also made our family proud with his determination as a Cyclist. Runner. Triathlon he was a winner in whatever he did. He coached & taught many others that were winners also..He was an inspiration in how he fought his battle with cancer. A loving father & son to his mother..thankful & blessed that our family was given this time with Forrest. We will also hold him in our hearts. We are sad he had to leave so soon. Kay Robertson

Kay Robertson - December 05, 2024 at 08:05 PM



“ Ocean Breeze Spray was purchased for the family of Forrest James Fowler.



December 05, 2024 at 01:42 PM



“ Simply Elegant Spathiphyllum was purchased for the family of Forrest James Fowler.



December 05, 2024 at 01:32 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Forrest James Fowler.

December 05, 2024 at 01:32 PM

CS

“ I first met Forrest when I decided to participate in the Leukemia Society's Team in Training fundraiser. Forrest had volunteered to coach us to do our very first triathlon. Forrest was such a knowledgeable, encouraging, and empathetic person. I was inspired by his humor, common sense wisdom, and toughness. He set me on a path of life-long fitness that I am still on today. I am just one of countless people Forrest influenced through his giving, enthusiastic, and friendly nature.

Christopher Smutzer - December 03, 2024 at 10:46 AM

SS

“ I will miss seeing you on the trail. You and Regina were such great athletes! I hope you have a golden pool, track, and bike to enjoy in Heaven. I am praying that God will comfort your family.
With deep sympathy,
Stephanie Styles

Stephanie Sandlin - November 29, 2024 at 04:25 PM

TJ

“ Tommy Johnson lit a candle in memory of Forrest Fowler



Tommy Johnson - November 29, 2024 at 03:31 PM



“ *Country Basket Blooms was purchased for the family of Forrest James Fowler.*



November 27, 2024 at 04:24 PM



“ *A small thing. Forrest and I never met but we were on a triathletes' group on the Internet. In 2009 I finished Ironman Florida but didn't get a finisher's cap. Forrest saw it and mailed me his! I still have the cap, I've given it to my middle granddaughter to wear during one of her triathlons, and I often think of Forrest's thoughtful kindness.*

Richard Nelson - November 27, 2024 at 06:42 AM



“ *Forrest was a great friend to Chris and I in High School. Condolences to his family.*



Sharon Parnell - November 26, 2024 at 04:42 PM



“ *Jonell Hart lit a candle in memory of Forrest Fowler*



Jonell Hart - November 26, 2024 at 03:07 PM

RH

“ *Randy Hawkins lit a candle in memory of Forrest Fowler*



Randy Hawkins - November 26, 2024 at 06:39 AM

TS

“ *Forest has been a part of our family for over 40 years. He always had some thing funny to say and though he was an athlete I remember his love of books .you could mention a book to him and of course he had already read it .He also loved his dogs the border collies .so glad to have known him*

Terri Smith - November 25, 2024 at 05:11 PM