

# SHATTERING the MYTH of AGING

## Seniors Celebrate Healthy Lifestyles

<b>Time Code</b>	<b>Speaker</b>	<b>Dialog</b>
00:37	Ron Chilton	I'm Ron Chilton
00:39	Ron Chilton	and I made a decision about 14 years ago that completely changed my life.
00:49	Ron Chilton	When I tell people that I am a senior Olympic gold medalist,
00:53	Ron Chilton	I think there's a sense of disbelief. Certainly when I tell them that I'm 74 years old they say, "What do you participate in... badminton or horseshoes?"
01:06	Ron Chilton	I was always interested in sports as a spectator, but never really been involved, until I became a senior citizen.
01:19	Ron Chilton	I was usually the last one to be picked. I am sure many other young boys, young girls have lived through the same situation. Never got a chance to play any varsity sports, except one, and that was basketball. But on a 12 men team, I was about the 12th man.
01:42	Ron Chilton	When I started thinking about retirement 14 years ago, it occurred to me what would I be doing?
01:52	Ron Chilton	So I started to be thinking about what might be available.
01:58	Ron Chilton	Well I did a little research on the internet and found the Senior Olympic Games, and not only do they have local games but regional games, Statewide Olympic Games, and the National Senior Games.

<b>02:13</b>	<b>Ron Chilton</b>	<b>So I started training. The transformation that I'm talking about was really almost a metamorphosis.</b>
<b>02:25</b>	<b>Ron Chilton</b>	<b>I have discovered a deep resolve, and inner strength that I didn't realize that I had.</b>
<b>02:40</b>	<b>Ron Chilton</b>	<b>The only requirements for participating in the Senior Games is to reach the age of 50.</b>
<b>02:49</b>	<b>Ron Chilton</b>	<b>I started participating in the Kentucky State Senior Games.</b>
<b>02:54</b>	<b>Ron Chilton</b>	<b>This is the first year that they will be held in Paducah.</b>
<b>02:58</b>	<b>Ron Chilton</b>	<b>"There's Howard Hall.....my hero!"</b>
<b>03:01</b>	<b>Howard Hall</b>	<b>"Good to see you, Ron!"</b>
<b>03:02</b>	<b>Ron Chilton</b>	<b>"Hey, how ya doing, pal?"</b>
<b>03:05</b>	<b>Howard Hall</b>	<b>"I am Howard Hall from Frankfort, Kentucky, competing in the Kentucky State Senior Games. If you want to use this, go ahead and show it to everybody."</b>
<b>03:17</b>	<b>Ron Chilton</b>	<b>But tomorrow will be a real challenge. Twelve events in one day. As far as they know, that has never been attempted before.</b>
<b>03:28</b>	<b>Ron Chilton</b>	<b>"Because you and I enter everything. You know that. We will try a little bit of everything."</b>

03:38	Ron Chilton	Well, that ought to do it, huh?
03:35	Ron Chilton	In the Senior Games, we compete in incremental categories of five years each, starting at 50 to 54, 55 to 59 and so on.
03:49	Ron Chilton	"And this guy, you know, he's been here, has been around for what?"
03:51	Blanchard Amstrutz	" I am the Senior Citizen."
03:52	Ron Chilton	"You are? Yeah, you and Howard Hall..."
03:54	Blanchard Amstrutz	"Yeah, I'm 90."
03:57	Ron Chilton	"You're... Well, you are? You told me that you were approaching 90...I'm telling you...well, you told me...."
04:02	Blanchard Amstrutz	"I'm 90."
04:03	Ron Chilton	I love these people.
04:07	Ron Chilton	I have made so many friends since I have become a competitor. And it is such a joy to see them year after year and we all cheer for one another.
04:23	Ron Chilton	Just before a competition, several emotions come into play.

<b>04:29</b>	<b>Ron Chilton</b>	<b>First of all anticipation, "Who will my competitors be? How strong will they be? Do I know them? Is this the first time that I've competed against them?"</b>
<b>04:41</b>	<b>Ron Chilton</b>	<b>And then there is a certain anxiety, right before the gun goes off.</b>
<b>04:47</b>	<b>Ron Chilton</b>	<b>But, once that gun fires, we seem to go into another zone.</b>
<b>04:56</b>	<b>Ron Chilton</b>	<b>I've seen some amazing things.</b>
<b>05:00</b>	<b>Ron Chilton</b>	<b>I recall seeing a 97 year old man setting a world record in the 100 meter dash.</b>
<b>05:06</b>	<b>Ron Chilton</b>	<b>Everybody was brought to tears.</b>
<b>05:10</b>	<b>Ron Chilton</b>	<b>There was another example of an 88 year-old woman who had entered the 400 meters. One time around the track, and it became evident that she was blind.</b>
<b>05:23</b>	<b>Ron Chilton</b>	<b>And her 65-year-old daughter, held her hand all the way around the track.</b>
<b>5:34</b>	<b>Ron Chilton</b>	<b>An 89 year-old man, his knees had completely given out. They allowed him to take a walker with wheels, and he rolled himself around the track and he fell... (tearing up) he fell three times and three times he got up and he finished the race.</b>
<b>06:02</b>	<b>Ron Chilton</b>	<b>A lot of doctors do not recommend that seniors take up running. If you've never been a runner before, they would rather you start out walking, or cycling, because it can be detrimental to your joints.</b>

<b>06:15</b>	<b>Ron Chilton</b>	<b>There were times when I started this lifestyle and this...particularly, the regiment of training that I thought, "Why am I doing this? Pushing myself at this age?" and thought about, "ahh...I can do something else that's not quite as taxing...."</b>
<b>06:35</b>	<b>Ron Chilton</b>	<b>But I feel better, I have more strength, stamina, better balance.</b>
<b>06:44</b>	<b>Ron Chilton</b>	<b>Aging is more due to inactivity.</b>
<b>06:54</b>	<b>Ron Chilton</b>	<b>These people are marvelous in their dedication and in their accomplishments.</b>
		<b>END</b>