

Shattering the MYTH of AGING

Seniors Celebrate Healthy Lifestyles

Time Code	Speaker	Dialog
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.

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

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.

04:29	Ron Chilton	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?"
04:41	Ron Chilton	And then there is a certain anxiety, right before the gun goes off.
04:47	Ron Chilton	But, once that gun fires, we seem to go into another zone.
04:56	Ron Chilton	I've seen some amazing things.
05:00	Ron Chilton	I recall seeing a 97 year old man setting a world record in the 100 meter dash.
05:06	Ron Chilton	Everybody was brought to tears.
05:10	Ron Chilton	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.
05:23	Ron Chilton	And her 65-year-old daughter, held her hand all the way around the track.
5:34	Ron Chilton	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.
06:02	Ron Chilton	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.

06:15	Ron Chilton	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...."
06:35	Ron Chilton	But I feel better, I have more strength, stamina, better balance.
06:44	Ron Chilton	Aging is more due to inactivity.
06:54	Ron Chilton	These people are marvelous in their dedication and in their accomplishments.
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