

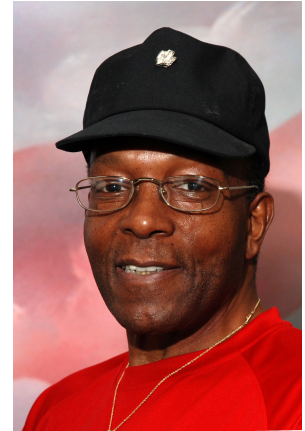


NATIONAL VETERANS GOLDEN AGE GAMES

Local Competitor Profile

Lawyer Bunch – Cycling; a Great Therapy

Lawyer Bunch will cycle his way into his first National Veterans Golden Age Games this August. Bunch, is a 62-year-old combat Marine Vietnam Veteran who started cycling again two years ago after taking several years off from the sport. He heard about the Games from an elevator poster and from a newsletter at the Richard L. Roudebush VA Medical Center, and knew immediately that the Games were where he belonged. Bunch will not limit himself to cycling, however; he also plans to compete in the air rifle event at the Michael A. Carroll Track at Indiana University-Purdue University Indianapolis.



Bunch talked with several hospital personnel about his decision to join in the Games this year. The cycling event takes place in a velodrome, which is unfamiliar turf to Bunch and had him a little apprehensive about joining the event. After talking it over with Dr. Michael Gatton and hospital Recreational Therapists, however, he decided to hang in there and join in the fun anyway. Two years ago, Dr. Gatton encouraged Bunch to start riding again and they began cycling together for exercise, therapy and fun.

After his military service, Bunch achieved degrees in auto body and auto diesel mechanics, which he put to good use working at Chrysler for 11 years. Currently, Bunch is retired from the US Postal Service, preferring now to spend his time exercising, be it in the form of cycling, walking, doing water aerobics or training dogs. Bunch claims that all of his activities have him in better shape now than he was 30 years ago. He says the physical exercise and talking with people not only helps him physically but it also helps “open me up mentally.”

Raising and training his Rottweiler dogs also changed his life after Vietnam. He claims that training dogs helps him overcome other problems that occurred in his own life. He noticed after Vietnam that he was isolating himself from people. However, training the dogs and being more physical with cycling, walking and water aerobics helped bring him out into the public again.

Bunch chose to compete in the air rifle event in addition to cycling because he was a “Sharp Shooter” and only two points away from “Expert” in the Marines. Understandably, then, he feels comfortable with the events he has entered, as well as his goals for the future, which include taking the gold at all of his events at the 2008 Golden Age Games.

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