



# NATIONAL VETERANS GOLDEN AGE GAMES

## National Competitor Profile

### Bernard Gibson – Former Senior Olympian Tests His Mettle at Two National Competitions!

Continuing in his pursuit of maximum health and fitness, Bernard Gibson doesn't stop at just competing in the National Veterans Golden Age Games. Since 1982, he's also been competing in the National Senior Games, a member event of the U. S. Olympic Committee. Since 2004, medal winners at the National Veterans Golden Age Games have qualified for the National Senior Games.

A true athlete, Gibson, a 73-year-old Army veteran who lives in Washington, D.C., competes in the Games because, "it keeps me in good condition and good health," he said. A fact that hasn't always been the case for Gibson. He underwent triple bypass surgery for blocked arteries caused by high cholesterol twelve years ago. Only a year after his surgery, Gibson was competing again in the U. S. Senior Games.



Today, he's an exceptional athlete, maintaining his steadfast commitment to healthy living and in August 2008, he'll compete in the National Veterans Golden Age Games – for the ninth time. "Competing makes me healthier and forces me to stay in good shape." At the Golden Age Games, Gibson will compete against other veterans in his age group in table tennis, bowling and discus.

A retired Washington government worker, Gibson has traveled throughout North America competing in senior sports. Asked why older veterans should get involved in the Golden Age Games Gibson said, "I think veterans should participate in the Games, especially as they get older. It keeps them active. It contributes to a longer life and gives them something to look forward to every year!"

Gibson now shares his athletic talent and commitment to healthy living with other veterans as he coaches veterans who are recovering at the VA Medical Center in Washington, D.C. "I am gratified to see their changes in attitude and outlook on life, the physical progress they've made, and their improved athletic ability."

At the 2008 Games in Indianapolis, Ind., he's ready for another round of competition with more than 600 new friends who are all signed up and ready to compete in the largest senior sports competition for veterans in the world!

