



# NATIONAL VETERANS GOLDEN AGE GAMES

## National Competitor Profile

### Charles Wynder, Sr. – A Strong and Inspiring Competitor!

A native of Hampton, Va., Charles Wynder, Sr., is an inspiration to veterans across the country. At age 67, this retired Army Colonel is up at 5 a.m. every day. He alternates between cycling and swimming workouts each morning. “It’s definitely not easy getting up that early, but I owe it to myself to keep in shape,” he says.

Wynder is the proud recipient of the National Veterans Golden Age Games 2006 George Gangi Inspiration Award, in recognition of his ability to inspire all in attendance at the annual event. Through his sportsmanship, determination, attitude and support of his fellow veterans, Wynder sets an example for all competitors to follow.

“I’ve always loved exercising,” he said. “Living is a constant process of deciding what you are going to do, and physical fitness can really elevate your quality of life.”

This year, Wynder is attending the Games for the eighth time, taking place in Indianapolis, Indiana August 20-24. During the months preceding the event, he does all that he can to get the word out to other veterans about the national competition for military veterans. Two years ago, he helped organize a fundraiser in honor of fellow veterans from the Gulf Coast states affected by Hurricane Katrina, to facilitate their trips to the Games.

Last year, Wynder took home three gold medals and one silver in the swimming and cycling events. Although he may be one of the top athletes at the Games, for this spirited athlete the competition comes second to the camaraderie. In his spare time, Wynder volunteers for numerous organizations, mentors high school students, competes in lawn bowling tournaments and teaches his four grandchildren how to kayak. He has a very special spirit and a clear understanding of what is truly important in life.

Charles Wynder is always striving to stay active and also be the best. A strong contender, watch for Wynder to bring back medals to Williamsburg, Va., where he currently resides.

