

Competitor Profile

Adrienne Mohammed: Pocket Spitfire

If you haven't met Adrienne Mohammed, you're in for a real treat. Just gather at any of the event venues and you'll find this 73-year-old Navy veteran trying the hardest or cheering the loudest. She is a past recipient of the George Gangi Inspiration Award, presented annually to for the competitor deemed to be the most inspirational person to compete.



Originally from New Hampshire, this Navy Wave enlisted in 1953 in Boston, Mass. Her military duties took her from there to Maryland, to the Great Lakes Naval Base, and then to the California Naval Bases in Oakland and San Diego. In the service, she was an occupational therapist.

When asked why she keeps coming back to the Games, Mohammed's warm smile crosses her face and she says, "no one can participate in just *one!*" Her coach describes her drive and enthusiasm as only parts of her "spitfire" personality. She loves the Games so much she says, "I've been telling all my comrades and friends about the Games. I ask them 'what's the use of sitting around –get up and start living!'"

Mohammed, like many of the nearly 600 other veterans expected to attend the event, is hoping that the renewed sense of patriotism in America today will spark hundreds of volunteers to turn out to support the 20th annual Games in Hampton, Va.

While Mohammed is in the next to the oldest age bracket, she competes with the dedication of the younger competitors. She maintains a strict regimen of training for these events, which is now a part of her life. While she's always tried to maintain good health, Mohammed finds that competing in the Games gives her just the right motivation. This year, she will compete in bicycling, swimming and other events.

"You know, you only have one life. I'm going to live mine to the fullest – and I hope all the other veterans will too," Mohammed said.

Regardless of what the individual motivations are, look for this competitive spitfire to get the most out of the 20th National Veterans Golden Age Games.