

Competitor Profile

Bernard Gibson: Former Senior Olympian Goes for the Gold in Hampton

Ten short years ago, Bernard Gibson underwent triple bypass surgery for blocked arteries caused by high cholesterol. Today, he's an exceptional athlete and maintains his steadfast commitment to healthy living.

Only a year after his surgery, Gibson was competing again in the U. S. Senior Olympics. In May 2006, he'll compete in another national event, this one for the seventh time, the National Veterans Golden Age Games.

At the Golden Age Games, the 70-year-old Gibson, who lives in Washington, D.C., will compete against other veterans in his age group in table tennis, bowling, bicycling (1/4 mile) and discus. A true athlete, Gibson participates in the Games because "it keeps me in good condition and good health," he said. "Competing makes me healthier!"

A retired Washington government worker, Gibson has traveled throughout North America competing in senior sports. Asked why older veterans should get involved in VA's national programs 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!"

According to the comments of hundreds of repeat competitors registered for the 20th National Veterans Golden Age Games, Bernard Gibson is definitely not alone in that sentiment. "Participating in the Golden Age Games helps me stay focused on my health, but it also provides the opportunity to meet new friends from across the nation," he said. At the 2006 Games in Hampton, Va., he'll be able to meet at least 600 new friends who are all signed up and ready to compete in the 20th annual event.

