

## **CLARENCE L. BRAXTON — FIT AND READY!**

A proven swimming champion at 74 years of age, Clarence Braxton is fit, conditioned and ready to take on the competition at the 20<sup>th</sup> National Veterans Golden Age Games.



A native of Newport News, Va., Braxton entered the Army in 1954 and served for six years, holding a number of positions within the U.S. and in Germany including battalion commander. After his military service, Braxton pursued a 30-year career in education, first as an industrial arts teacher and later in high school administration.

A resident of Hampton, Braxton has competed in the Golden Age Games since 1997, claiming both gold and silver medals in the 50 and 100-yard freestyle swimming competitions. He stays physically fit by swimming regularly at the local YMCA. The training helps him stay competitive at the state-level Virginia Games as well as the National Senior Games. At the 20<sup>th</sup> National Veterans Golden Age Games in May, he will also enter the shuffleboard and croquet events this year.

When he's not competing or training, Braxton can often be found buried deep in dusty records at the local courthouse, pursuing the painstaking task of researching his family genealogy. Both he and his wife plan to volunteer during the Games and look forward to the busy weeks ahead.

Clarence Braxton does not take his good health for granted. He is thankful for it every day, and admires the other veteran champions who are coming from all over the country to compete regardless of their abilities -- or their disabilities. He is anxious to show them all around his home town, saying "I look forward to showing veterans from across the country just what southern hospitality is all about!"