



Iowan's Shine on the National Scene

Athletes from the state of Iowa have had an outstanding summer while competing in National and Regional competition. Kay Glynn, Dorothy Whitehead and Gary Patton led the way with individual titles at the National Senior Games Championships in Houston. George Long contributed another Gold Medal as part of a winning 3 on 3 BB team. Many of the people who won awards at the Iowa Senior Olympics added to their medal collection at the Iowa Games in July. Softball standouts from the Senior Olympics have also won titles at major tournaments during the summer.

Kay Glynn (58) became the poster girl for the National Games when the picture below was taken as she cleared 10-1 ¼ (3.08 m) to destroy the meet record, set an American Senior Record and establish a **WORLD RECORD !!!** The picture appeared on the front of the National Senior Games website and later was the lead picture for CBS coverage of the Games.

Kay didn't start competing in the vault until well after most people would retire from the event. When she first got "hooked" on the pole vault she would travel from her home of Hastings, IA to Grinnell, over 3 hours one way, to get coaching. She would also travel to Des Moines, over 2 hours, so that she had a place to practice. Her perseverance has certainly paid off. Look for a more in depth story in a future Newsletter.

One amazing performance wasn't enough for Kay. That would be boring. In addition to the vault she brought home gold medals in the High Jump (4-5), Long Jump (14-8), Triple Jump (27-8), Hammer Throw (82-6) and Javelin Throw (83-11). In addition to all the gold medals; Kay was 7th in the 100 with a 15.42, 6th in the Shot Put with a throw of 28-8 ¼ and 4th in the Discus at 69-1. She also made the finals of the 400 Meter Dash with a 1:17.99 clocking. She must have finally been tired because she did not run the finals of the 400. Congratulations Kay on one of the most outstanding meets in any major track and field competition anywhere, anytime.



Kay Glynn

The performances of Rock Rapid's 66 year old **Gary Patton** and Indianola's **Dorothy Whitehead** were also in the "outstanding" category. Patton stamped himself as one of the top distance runners in the US Masters Divisions. He set a meet record in the 1,500 Meter Run in the dangerously hot / humid weather in Houston with a 5:00.77 clocking. Patton added the Gold Medal in the 800 Meter Run, destroying his competition with a 2:21.79 time to win by over 14 seconds. Gary displayed his endurance and speed on the roads also, winning both the 5 K (3.1 miles) and 10 K (6.2 miles) Road Races. Gary's time of 19:25 in the 5 K was the 4th fastest of all the competitors in the race. The three runners who placed ahead of him were all at least 10 years younger than him. He was just as impressive in the 10 K, his 41:42 time was the 5th fastest overall.

One of the few who did finish ahead of Gary in the 10 K was **Jim Quigley**, 54, of Johnston. His 41:16 earned him the Silver Medal in the 50-54 age group.

Dorothy Whitehead is one of the most dominant swimmers in the history of the Iowa Senior Olympics. She owns 12 individual records in the Iowa Senior Olympics in 4 different events. Her dominance extended all the way to Houston this June as she took home 3 Gold Medals and led a strong contingent of Iowa Swimmers. Dorothy won titles in the 100 Yard Backstroke (1:45.44), the 50 yard Backstroke (47.41) and the 200 Yard Backstroke (3:53.50). She was clearly the strongest swimmer in all of her events as no one could come closer than 5 seconds in any of the races. Dorothy started competing at the Iowa Senior Olympics in 1990 and was inducted into the Hall of Fame in 2008. She has shown that there are still a lot of swimming strokes remaining in her career.

Ruth Johnson also had a great meet at the Aquatic Center. The Davenport athlete took Bronze Medals in the 75-79 division of the 200 Yard Freestyle (3:30.68) and 100 Yard Freestyle (1:34.56). Ruth also made finals in three other events, taking 4th in the 50 Yard Butterfly, where she missed getting on the medal stand by less than a fingertip, 57.55 to 57.53. She was also 4th in the 500 Yard Freestyle (9:40.34) and 5th in the 50 Yard Freestyle (43.02).

George Long, from Urbandale, came home with a Gold Medal in 3 on 3 Basketball. He was a member of the We Five Team in the 75+ age bracket. Most of the team was from Virginia but obviously knew a ringer when they saw one and recruited George for their team.

Other Iowan's that we know came home with medals were **Bob Easton** and **Paul Straub** in the 75+ Doubles Tennis. The Cedar Rapids men were the Bronze Medal winners. **Julie Herdliska** and **Shirley Sprague** stood one step higher on the awards stand. Herdliska, of Norway, earned the Silver Medal in a hard fought match in the 55-59 Bowling Singles. Her games of 167 / 161 / and 166 (494 total) earned her 2nd in a match where it came down to the final frame and any of 4 women could have won. The Horseshoe competition was even closer. Shirley Sprague, of Berwick, finished with the same 6 – 1 record as the eventual winner but lost out on the tie breaker while earning the Silver Medal in the 70-74 Age Bracket.

We are sure there were more Iowa medal winners in Houston but very few of the other events listed the states in their results. If you, or someone you know, earned a medal at the National Games please let me know and I will give you the proper recognition in the next Newsletter.

The Iowa Games were held about a month after the Iowa Senior Olympics. Many of the athletes who were successful in West Des Moines made their way north to Ames and came home with hardware. Check the results for the Iowa Games at: <http://www.iowagames.org/Sports/SummerGames.aspx>

Softball tournaments are highly competitive around the Midwest, much less Nationally. One of the teams who has had success both regionally and nationally is the Midwest Express. This team is made up of members from the Iowa Senior Olympics, Gold Medal winning, Salty Dogs; **Leo Hensley**, **Billy Cole**, **Paul Stoll**, and **Ron Peterson** and individuals from Nebraska. The Midwest Express recently won the

SSUSA Midwest Nationals in the 65+ age group, beating a team from Arkansas in the finals. This qualified them for the Tournament of Champions in Florida this February. Good luck getting your outfield practice in on a diamond in Iowa or Nebraska in January. The team has also qualified for the Softball Players Association (SPA) National Tournament in Dalton, Georgia in early September.



Salty Dogs

2012 Dates for Iowa Senior Olympic Games:

Mark your calendars! The second 25 years of the Iowa Senior Olympics will start on Friday, June 1 with the Softball Tournament and Cycling on Saturday the 2nd. The bulk of the events will start Thursday, June 14 and run through Sunday, June 17. There will be some minor changes in the schedule but it will be very similar to this years. You will receive information during the upcoming months on events, facilities and venues, any changes in events and previews of the Games. It is a qualifying year and our goal is to break the all-time participation record. We look forward to having you be part of it.

Pictures:

Check out the pictures from the just completed Games at the "Photo Gallery" tab. More photos will follow in upcoming Newsletters.

In Honor of:

One of our long time athletes passed away July 20. Denise Miller, of Vail, competed in the Iowa Senior Olympics for many years. She still holds records in the Softball Distance throw with an outstanding 180-0 and the Football Accuracy Throw. In 2010, despite fighting health problems, she competed in 14 events at the Games. She won 2 Gold Medals as well as 3 Silver and 3 Bronze Medals. Her husband, Jim, and her family made a financial donation in her name to the Iowa Senior Olympics. She will certainly be missed. If you wish to send a note to her family the address is: 3395 "K" Avenue, Vail, IA 51465.

Gold Sponsors

The sponsors who support the Iowa Senior Olympics help make the Games possible for everyone. We try to highlight these sponsors throughout the year. **United Healthcare Medicare and Retirement** has been a major supporter of the Iowa Senior Olympics for many years and has become one of the very few Gold Sponsors. They support the Iowa Senior Olympics with volunteers as well as funding. You can receive more information about them by e-mailing lisa_a_rinehart@uhc.com

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