

Senior Athlete Theresa Wilkinson Carey

Neighborhood? Crescent Park; Palo Alto resident since 1978. Kids graduated from Paly (2003, 2007)

Qualified Events? Volleyball (50+); Track 100m, 200m.

Motivation? Diagnosed with rheumatoid arthritis at age 38, I had fallen into some bad habits. At age 48, I dropped 40 pounds and started working out with a personal trainer. I got into seniors athletics after turning 50, and have enjoyed making new friends and staying healthy. Participated in the Hunstman Senior Games in Utah for 3 years, and will continue to do so until I can't any more. I also play volleyball at the USA Volleyball National Championships with my 50+ team.

Training? Working out four times a week including: Interval training, weight lifting and as much volleyball as I can fit into my schedule. I have also been coaching the Stanford Men's Club Volleyball Team, and we made it all the way to the national championship match at the NCCS Tournament in April.

Attitude? Staying fit and healthy helps me avoid being ruined by rheumatoid arthritis. I refuse to let the disease dictate what I can and cannot do.

How you got Started? I loved volleyball from the day I first played, back in 7th grade at Covington School in Los Altos. Thank you, Mr. Nillson! I get a great deal of joy from coaching and passing on my love of the game.

Why the Senior Games? Because I can! I enjoy being with people who stay in shape and maintain their competitive natures.

