Senior Athlete Beth Guislin

Neighborhood? Crescent Park; Palo Alto resident since 1997. It is one of the few places that feel like home to me.
Qualified Events? Track and Field; 100 meter sprint, 200 meter sprint.
Motivation? Running helps me manage stress levels, clears my head and gives me more energy. And you can run almost anywhere.
Most Unusual or Memorable Race? I ran a 10k in the highlands of West Papua, Indonesia. The local runners were mostly male and almost all were barefoot.
How you got started? I am from the pre-Title 9 era so there were few sports programs for girls. In high school I worked out with the boys' gymnastics team. I began running in the 1970's when I was a Peace Corps volunteer in rural Thailand. It was an additional way to be seen and make the village aware that I was now part of the community.
Training? I run at the dish, on the Stanford track and work out at Equinox.
Your Inspiration? At the Nevada games, where I qualified, I met outstanding athletes who are also great people. My goal is to compete against myself, targeting continual improvement of my times.
Why the Senior Games? I am not sure why they call it the Senior Games; I don't feel like a senior! The competition gives me additional motivation and I really enjoy meeting fellow athletes.
Advice to other Senior Athletes? Train regularly. Find a coach who understands how to monitor joints under stress from your sport. Listen to your own body.