

## Senior Athlete Daniela Barnea



**Neighborhood?** Baron Park; Palo Alto resident since 1992.

**Qualified Events?** Swimming; 50 and 100 yard Fly. 50, 100 & 200 yard Breast. 100 yard Individual Medley.

**Motivation?** Started swimming as a teenager at a local YWCA. I joined Pacific Masters Swimming when I moved to Palo Alto in 1992. Attending my first swim meet in Berkeley in 1996, I was inspired by a woman, 79, competing in 200 yard butterfly.

**Current ranking?** Ranked in top three nationally in age group for breast stroke and butterfly.

**Most Unusual or Memorable Race?** Competing at the Pacific Masters Swimming championships in April of this year, I celebrated my 65th birthday by winning all seven of my events and setting 3 Pacific Swimming records. (NOTE from editor: Daniella also won the high-point award in the women's 65-69 age division in the event that attracted more than 700 swimmers.)

**Training?** I swim 6 days a week at Stanford, Foothill and Equinox. Complement pool work with circuit training, yoga and Pilates.

**Why Swimming?** Swimming is so good for your body. Many of my friends are on diets but because I burn calories in the pool I can eat all I want!

**Your Inspiration?** The California climate lets you do almost anything year round. I am also trying to beat the swimming records of my kids who were all competitive swimmers.

**Why the Senior Games?** I am stronger today than ever. 50 is not over the hill – I'm still reaching to new heights! Can we call them the "Master Games" instead of Senior Games?

**Any other Words of Wisdom to Share?** It's not about winning – although it feels good and keeps you working hard – it's about participating.