Neighborhood? Mid Town; Palo Alto resident since 1984.

Qualified Events? Badminton; Men's Doubles and Mixed Doubles Motivation? Playing and competing is a lot of fun. Badminton is one of the fastest racquet sports. The game requires skill, speed, fitness, and finesse. You can smash with full power on one stroke and gently drop on the next. No wonder it's the second most watched sport (after soccer) in the world!

How I started? My doctor said I needed to get some exercise, so my wife and I took some classes at Foothill College. We started competing in badminton tournaments. She now prefers aerobics, but I could not be separated from my racquet and shuttlecocks, and continued to compete in Men's doubles. With two small kids I haven't played in many tournaments lately. But I'm making a special exception for the Senior Games!

Training? I play 3 times a week.

Your Inspiration? We attended the Beijing Olympics in 2008 to watch a variety of sports including badminton. Wow! The athletes were terrific!

Why the Senior Games? It's wonderful to have the games right here in town!

Advice to other Senior Athletes? Enjoy your sport. Strive to improve, listen to your body, do your best.

Senior Athlete Don Chin

