

Senior Athlete Randy Stafford

Where do you live? Monroe Park; resident of Palo Alto for 26 years.

Motivation? I'm an older father of two daughters who are now 8 and 13. Both of them enjoy sports and being outdoors. Cycling as a family of four is something that all of us greatly enjoy. I also want to be able to keep up with Zosia and Marissa for at least the next decade and a half.

Most Unusual or Memorable Ride? In 1992, I did my solo "5 states in one-day" ride. I started in Boston and 20 hours later I had bicycled in Massachusetts, New Hampshire, Maine, Connecticut and Rhode Island. On the other extreme, with more than 3000 starters for the 2003 Tour de Tucson, I completed the 109 mile ride in 5-1/2 hours.

How did you get started? Growing up in Palo Alto, as an adolescent I rode my bike everywhere. Bicycling up to Foothills Park was one of my favorite after-school rides. By the time I was 14, I had bicycled back and forth to Pescadero Beach and gone bicycle camping at Big Basin.



Training ? Due to ankle problems over the past few years, my cross-training is minimal. In the past I have enjoy hiking, race-walking and swimming.

Your Inspiration? I am always inspired by cyclists who are faster than me despite being 20 years older. Fortunately for my ego, I don't encounter them everyday.

Why the Senior Games? I need something that will be a long-term motivation for me to keep in shape. I also enjoy the camaraderie of being with others who care about their health and are intent on preserving their quality of life as they grow older.

Advice to other Senior Athletes? Keep doing what you love doing for as long as you can. Eventually, however, you may need to switch to bicycling or swimming!

Any other Words of Wisdom to Share? I work with many patients who struggle with multiple chronic diseases. Eating a diet rich in fruits and fibrous vegetables with limited processed foods combined with daily physical activity could go a long way towards preventing many of these problems. Even for people who have developed problems with high blood pressure, high cholesterol and diabetes, physical activity still plays a key role in managing these conditions.