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a swimming coach for the Master program since its first years of existence. During those early years, however, Edwards didn't compete.

Edwards, now retired, clearly remembers his early refusals to participate.

"I know exactly what I said: 'I don't want to go out there with those old folks,'" he recalls. "But I was surprised by the activity and competitiveness of older people."

Eventually, Edwards was persuaded to compete by another program member, Edith Glusac. A swimmer since high school, Glusac, 75, competes "in everything — golf, volleyball, Frisbee...my husband thinks I'm nuts."

According to Edwards, Glusac "has more energy than you and me put together." Glusac, proud of being selected as the first woman official in the Catholic League, says she chided Edwards on his attitude: "Don't be an old couch potato," she said. "I've got 10 years on you."

#### Medal Winners

So three years ago, Edwards finally relented, going to St. George, Utah and competing for

the first time in the annual World Senior Games. He returned with four golf medals. A year later, he won eight more.

"Now," Dilworth laughs, "we can't keep him away."

***"Work at your personal best. It doesn't matter if you beat anybody."***

But the competition is getting tougher, even for the seasoned veterans.

"Last year, the other teams were waiting for me," Edwards recalls. "I even ran into a guy I used to swim against 40 years ago."

He still brought home two gold medals, a silver and a bronze, but, Edwards admits, "I swim harder than I did when I was a kid."

All the medal winners in the program, however, are not lifelong athletes. Grace Wallace, for example, waited 45 years before picking up a golf club.

"All my life I sewed — sitting all the time," she says. "When my stom-

ach got messed up, my doctor told me to get up and do something."

Today at 82, Wallace has earned the distinction of being the oldest gold medal winner in America. She has accumulated more than 200 trophies from golf tournaments all over the world.

"I love it," she says of her favorite sport. "I wouldn't trade nothing for it."

Dilworth, Edwards, Glusac and Wallace all agree that sports is an essential element in their formula for staying health and happy in their golden years.

Wallace adds that she tries to eat right. Glusac maintains that it doesn't matter what activity you choose, as long as you do something.

"Go out and work at your own capacity," she advises. "Work at your personal best. It doesn't matter if you beat anybody."

Edwards' advice is the most fundamental.

"Work out every day — walk or swim — but do something," he says. "Use it or lose it."

For more information on the Detroit Master Sports Program, call (313) 876-0877.

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