



Fit For Sisters

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Columnist

Pushing back Father Time

An inspiring event happened last week in Bend, as the state's most seasoned athletes arrived for the Oregon Senior Games.

The senior games provide a testament to longevity the athletes possess for an active life. It's a showcase of refusing to succumb to the preconceptions of aging. It's a group of people who don't allow small setbacks or natural declines to stop them from enjoying the game; a pure showcase of sportsmanship.

An aging body begins show signs of wear and tear. Aches, pains, and loss of muscle mass. Decreased performance and sharpness of reaction. While these are all truths, there are ways to slow or halt many progressions which many believe are to be inevitable.

A Norwegian university recently published data that aerobic fitness (heart and lung endurance) is directly

correlated to longevity. They proceeded to develop an algorithm to chronologically score someone's fitness age considering a variety of health markers. This awards an age depending on health and fitness that can be used to figure someone's overall expectation of longevity.

This algorithm was used to look at participants of the Senior Olympics. A remarkable number of data points was selected — over 4,200. The results surprised: with the average age of these athletes being 68, their fitness age score was 43. A full 25 years of youthful health. A remarkable correlation showing that a healthy active life is worth the time and effort.

The authors of this paper also note that many athletes weren't superstars — or even consistently training — until middle-aged. Many existed in busy family life with 9-to-5 workdays. This lifestyle didn't promote structured training. It wasn't until the freedom of retirement that many began to flourish.

How does one continue to stay fit or even compete at a comparable level?

I spoke with local triathlete coach and founder of Lucky Dog Racing Jaime Dispenza who told me: "Racing fast is still a possibility even for the aging athlete. They need a little more recovery between hard efforts in the form of light-intensity work. Many plans prescribe much more intensity than is feasible. This is why a great coach can help

balance this recovery."

Sharon Fetrow, a Sisters woman who didn't start her athletic endeavors until around age 60, has competed in more than 60 organized runs and races in the last four years. Her biggest piece of advice was not to get discouraged.

"The first time I ran, it was agony, my joints and muscles were in such distress," she said. "Now I can't imagine stopping because I don't want to have to start the process (of building fitness) again."

She also recommended that a person speaks with their doctor about medications.

"I battle high blood-pressure, and the meds really make a difference in how I feel running," she said.

Her last piece of advice: "Seek professional help; I have worked with a personal trainer and specialists that have helped a lot. A knowledgeable professional can work within someone's limits, assess their personal needs, while addressing injury prevention and longevity."

More advice, this time from a longtime weightlifter and gym-goer, aged 69 — Frank Deggendorfer.

Frank told me his best asset is a partner he can trust and rely on. He has been working with the same partner for over 12 years. Frank, like Sharon, also echoed the virtue of consistency; they both said someone doesn't need to do a lot, but to take it one step at a time and to listen to the body.

Quilt Show raffle tickets available

The Sisters Outdoor Quilt Show (SOQS) offers several raffles each year, which help support the free event.

This year's raffle quilt, "A Walk in the Pines," was designed and pieced by Teri Wood and quilted by Cindy Young. The quilt is on display inside Stitchin' Post up until Quilt Show day and must be seen to appreciate the exquisite piecing and quilting by these two women.

Raffle tickets are on sale at the SOQS office, Stitchin' Post, and at all Quilt Show and other events throughout Sisters. The drawing for the winning ticket takes place at 4 p.m. at the lawn behind Stitchin' Post on Quilt Show Day, Saturday, July 9.

The 2016 raffle bicycle features the Mystic fabric design by Valori Wells Kennedy. She is collaborating Blazin Saddles Cycle-N-Style, to design another one-of-a-kind cruiser bike. The bike basket will be full of Sisters Outdoor Quilt Show "bling."

"Buy your tickets now and you could be cruisin' down to

your favorite fabric store on this cool ride," said SOQS Executive Director Jeanette Pilak.

Tickets are \$5 each and can be purchased at Stitchin' Post. The drawing for the bike is on the lawn behind Stitchin' Post at 4 p.m. on Quilt Show Day, Saturday, July 9. The winner need not be present.

"We will be happy to ship the bike within the USA, if our winner is from out of town," Pilak said.

Jeanette Pilak, SOQS director, reminds folks that, "The Sisters Outdoor Quilt Show is a 'show-and-tell' exhibit. That means the quilts entered are not judged or juried. We are proud of the 41-year tradition that accepts quilts of any style, with the few limitations. We are proud to display such diverse work, be it a first quilt or an art quilt, providing every one—quilter and visitor—the opportunity to observe, enjoy, and learn," she says.

For information visit SistersOutdoorQuiltShow.org or call 541-549-0989.

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