

Seniors keep fit by competing in 50 & Over Games

By Patrick T. Sullivan
pasullivan@courier-journal.com
The Courier-Journal

Sarah Pait had never seen a shot put or thrown a discus before she entered the Kentucky Senior Games in 2006.

Six years later, Pait, 73, is entered in every track event the Louisville Metro Parks 50 and Over Games has to offer. And despite having little athletic acumen, she's looking forward to her sixth straight competition.

"I didn't really do anything athletically as a teenager," said Pait, who lives in Shepherdsville. "It's great fun."

The annual games, which run from Friday through May 17 this year, will showcase the athletic prowess of 50-and-over participants — most of whom come from the Louisville area, including Southern Indiana, but the competition is open to anyone.

About 200 people usually compete in the games, which include track and field, shuffleboard and basketball.

Events will take place at the University of Louisville athletic facilities, Cherokee Park Golf Course, Manual High School and the Beechmont and Douglass community centers.

When Pait heard that the Senior Olympics were coming to Louisville in 2007, she wanted to get involved. To qualify, she had to enter the Kentucky Senior Games in 2006. She participated in several events and qualified for the Senior Olympics by taking gold in the singles bowling division.

Although she didn't earn gold at the Senior Games that year, Pait has been hooked on competing ever since. And she's gotten her husband hooked too.

Carl Pait, 77, will participate in almost all of the events with a mission — to beat the man who consistently beats him.

"This guy comes every year and he usually beats me," said Pait, who was unsure of the man's name. "I'm tired of him beating me."

To prepare for this year's games, Carl Pait said he works out five days a

METRO PARKS 50 AND OVER GAMES

What: The games include track and field, golf, paddle ball, bowling, billiards, cycling, table tennis, shuffleboard and basketball.

When: They begin Friday and continue through May 17.

Where: Various locations.

Who: Anyone 50 or older.

To register: Go to www.louisvilleky.gov/MetroParks/recreation/fiftyandover-games. Registration ends Friday.

week. He plans on entering every event except swimming and cycling.

Even with a more competitive spirit this year, Pait acknowledges that he participates in the games to have fun.

"It helps me stay in shape," he said. "With my age and bad knee, I'm not setting any records."

Doyle Cunningham won his division in the "spot shot" basketball competition last year, and he learned a lesson he'll keep in mind this year.

"I won't be nearly as cocky as I was last year," Cunningham, 63, said. "I thought I'd win it."

He won the 60-64 age division last year but said it was tougher than he thought it would be. And once he won his division, he was pooled with other shooters and did not do as well as expected.

"There are some good shooters in this competition," said Cunningham, a Prospect resident.

"I played high school basketball at Breckinridge County and I've always been a good shooter," he said.

Cunningham shoots hoops at his church's gymnasium every morning to prepare for the competition. He has to hit eight out of 10 shots before he lets himself go home.

"We're all getting older and I'm going to fight it by doing this," he said.

Reporter Patrick T. Sullivan can be reached at (502) 582-4335.

HAPPENINGS

A weekly listing of events and activities in your neighborhood

Events

Sixth annual Kentucky Women's Book Festival. University of Louisville Ekstrom Library, Belknap Campus, 9:30 a.m. May 19. Various authors and writers conducting workshop sessions on writing and publishing throughout the day along with book sales, signings and luncheon. Free; lunch session, \$16. Reservations required by Tuesday for lunch: 852-8976.

Faith Chapel General Baptist Church fourth annual Car Show. 4720 Dover Road, Shively, 10 a.m. Saturday. Registration from 10 a.m.-noon; judging 3-4 p.m.; awards, 4 p.m. Food and music. Benefit the Family Life Center. \$12 registration fee.

Ascension School "Willy Wonka Kids' Spring Musical." Ascension Catholic Church, 4600 Lynnbrook Drive, 7 p.m. tomorrow-Friday. Art show (6:15-7 p.m.), free or during school hours. \$5; free, ages two and younger.

St. Bartholomew Parish Night at the Races. 2040 Buechel Bank Road, Saturday. In the Magel Center. Doors open, 5:30 p.m. First race, 7:05 p.m. Pari-mutuel wagering available.

Walk MS Louisville. Papa John's Cardinal Stadium, 2800 S. Floyd St., Saturday. Gate 7. Vendor booths and kids area (opens at 8 a.m.); opening ceremonies (9 a.m.); walk (9:30 a.m.); 100 yard dash for children (10:15 a.m.); cookout (10:45 a.m.). Participants collect donations. Kids area (\$1, free for those who raise \$500). walkkyw.nationalmssociety.org.

Beechmont Neighborhood Association Festival of Flowers. Beechmont Gazebo, Southern Parkway and Woodlawn Avenue, 9 a.m.-3 p.m. Saturday. Herbs, perennials and bedding plants will be sold along with gardening items. Crafts for sale, food, children's activities and live music available. Free admission.

Louisville Nature Center Native Plant Sale and Garden Expo. 3745 Illinois Ave., 9 a.m.-3 p.m. Saturday. Garden experts on hand to help with selections of native flowers, shrubs and trees. 458-1328. www.louisvillenaturecenter.org.

Veterans of Foreign Wars Churchill Downs Post 2921 Ladies Auxiliary Plant Sale. 2902 Seventh Street Road, 9 a.m. Saturday. Flowers, vines, gourds and an assortment of organic, non-GMO (genetically

modified organisms) vegetables.

The Stroke Awareness Day Health Fair. Jefferson Mall, 4801 Outer Loop, 10 a.m.-1 p.m. Saturday. Center Court near Macy's. Learn about stroke, the risks, warning signs, prevention, recovery, rehabilitation, treatment and resources. Free stroke risk health assessments and health screenings. Door prizes and giveaways. Free. 499-5757. www.shopjefferson-mall.com.

Movies Under the Stars. Iroquois Amphitheater, 5216 New Cut Road, 8:30 p.m. Saturday. "Soul Surfer." Free. Concessions available.

American Legion Dixie Post 220, 2107 Crums Lane: Fish fry, 11 a.m.-7:30 p.m. Friday.

Karaoke, 7 p.m.-midnight Friday. 448-8082.

American Legion Iroquois Post 229, 800 W. Woodlawn Ave:

Fish fry, noon-7:30 p.m. Friday. Frog legs on First Friday. Carryouts: 368-5125.

Karaoke, 8 p.m.-midnight Friday.

Veterans of Foreign Wars Churchill Downs Post 2921 Karaoke, 2902 Seventh Street Road, 8 p.m.-midnight Friday.

Veterans of Foreign Wars Mill Creek/Bill Pieper Post 5421, 7111 Lower Hunters Trace:

Bingo, 6:30 p.m. tomorrow, preliminary games then regular bingo at 7 p.m.; 10:30 a.m.

Tuesday, preliminary games until regular bingo at 11 a.m.

Band, 8 p.m.-midnight Friday. Music by the Willie Dale and the Country Band.

Karaoke, 9 p.m. Saturday. Host: Chett Pat.

Cornhole, Monday. Sign-up: 6 p.m. First game, 7 p.m. \$5 blind draw.

Business

Greater Louisville Business Association. Audubon Country Club, 3265 Robin Road, noon tomorrow. Dave Mateja, 502-727-3019.

MetroBon Kiwanis Club of Louisville. Audubon Country Club, 3265 Robin Road, noon tomorrow. Brian Taylor, 238-7245. www.metrobonkiwanis.org.

South Louisville Business Networking. Kenwood Heights Christian Church, 5620 New Cut Road, 7:30 a.m. Tuesday. Rick Fears, 502-905-0639 or rfears2000@yahoo.com. www.slbnetworking.com.

Southwest Louisville Rotary Club. Logan's Roadhouse, 5229 Dixie Highway, noon Tuesday.

Gayle Collins, 502-893-6461 or president@southwestlouisvillerotary.org. www.southwestlouisvillerotary.org.

Producers Chapter of Business Network International. Audubon Country Club, 3265 Robin Road, 11:30 a.m.-1 p.m. next Wednesday. Lunch reservations, directions: Jennifer Johanningsmeier, 339-2929.

Classes

Iroquois High Community School "Landscape Design and Installation." 4615 Taylor Blvd., 6-8 p.m. Mondays and Thursdays through May 24. Topics include plant selection, soil and bed preparation and maintenance techniques. Free. 485-6601.

University of Louisville "College for a Day." 8 a.m.-4 p.m. May 19. Open to all area students. Sessions on diverse topics with a focus on science and math. Congressman John Yarmuth will speak at 9 a.m. Co-sponsored by the Lincoln Heritage Boy Scouts of America. \$15, includes materials and cookout lunch. Registration, due by Sunday: 361-2624.

Museum of the American Printing House for the Blind "Blindness 101." 1839 Frankfort Ave., 10:30 a.m. Saturday. Participants will learn what to do when meeting a person who is blind. All ages. Free. Registration due by tomorrow: 899-2213 or kcarpen-ter@aph.org. www.aph.org/museum.

Fern Creek/Highview United Ministries yoga classes. Fern Creek Community Center, 6104 Bardstown Road, Monday. 5-6:15 p.m. gentle yoga; 6:45-8 p.m. beginning yoga. Cost: \$5; includes \$3 for the ministries. 419-0583 or yogamimi@hotmail.com.

Clubs and meetings

National Association of Retired and Veteran Railway Employees. Golden Corral, 4032 Taylorsville Road, tomorrow. Doors open, 11 a.m. Lunch, 11:30 a.m. Entertainment, business session. For active and retired railway employees, spouses and others with railway interests. Reservations recommended: 635-5332.

Women's Republican Club of Louisville and Jefferson County. University Club and Alumni Center, University of Louisville Belknap Campus, 2001 S. Brook St., 11:15 a.m. May 17. \$15. Reservations:

Continued on Page 10