

Jog/Walkers not only look good they defy age

By GLENN B. SANBERG
Guest columnist

SUN CITY — Get up early enough any Tuesday, Thursday or Saturday morning and you can see 40 or 50 Sun City Jog/Walk members humping along one of our city streets.



They may not be in a single group but you'll know them by their slick satin-white jackets and matching jogging pants. You won't know whether they are 60, 70 or 80 years old; you just know they're enjoying life, living longer and cheating the doctors.

Sun City's Jog/Walk Club has come a long way since Helen Budde issued a call in 1978 to anyone interested in joining a

fitness club suited to runners, joggers and walkers. Still going strong, the club boasts 80 members, many of whom are charter. While most have given up 10-k marathons they still participate in Senior Olympics and have medals to prove it.

To test the Sun City fitness climate, I joined the group last week and got a liberal education. Fitness enthusiasts Reba and Rupert Brewer invited me to join their Tuesday morning walk and Ed Deuss, a recent past president of the club, backed it up with a promise to pick up the breakfast check after the walk. The offer was too enticing to turn down.

We met in the Country Cupboard parking lot just as the roosters were crowing at 6:15. That's a.m. Even with spring on

the way it was still dark enough to call for headlights. A brisk wind out of the north met us as we worked our way up Lake Forest Drive, past Burns and on toward Hutton. My morning fitness walks have mostly been solo when it is easier to saunter than to throw out the chest, swing the arms and challenge nature. Now, however, it was all business.

My group was considerate. Being a first-timer I think they slowed the pace a bit to suit my age, but the exhilaration of humping along with the blood circulating joyously soon gets to you and you begin to wonder why more people don't join this kind of fun.

After a 30- or 40-minute jaunt, we were back at the starting gate where other members of the club were waiting for Country Cupboard doors to open.

This was a special day for Jog/Walkers. It was their 10th anniversary and there was more than enough hugging to go around. Faces flushed with fitness good news, they greeted one another with high school reunion enthusiasm.

President Frank Stazio held up a large picture album with a simple "78" on the cover. I browsed through it after breakfast and what a fascinating picture story it told.

Beginning with the first 5,000-Meter Run in February 1978, which drew 437 participants on through to the Senior Olympics in 1983 and a Jogging Club picnic in Thunderbird Park, the club's heroes were all there:

- William Minturn, Sun City's running doctor comes back from Hawaii after finishing in the top third of 7,000 participants in a 26-mile plus marathon.

- The Sun City-Sun City West Masters "Run With The Sun" with 5,000- and 10,000-meter events co-sponsored by the Kiwanis Club of Sun City Agua Fria and the Sun City Jogging Club attracted runners of all ages, including two 80-year olds.

- That never-to-be-forgotten dinner dance at the old Fountainbell Restaurant where ladies exchanged jogging suits for long dresses brought another dimension to the club.

- Senior Olympic winners of 1982 displaying their medals: Ann Snyder, Marion Markey, Andy Wagner, Mia Wilshusen, Ed Deuss and many others.

When you look through a picture album like this it may give you a hint of the enjoyment of group physical fitness activity but behind it is a more important story. Exercising

muscles judiciously, expanding the lungs, swinging the arms sends a message to your body that you're serious about living longer.

Combine that with the sheer joy of being with people who hug, laugh and care, you have a winner at any age.

Chat with the likes of Marion Markey for a few moments and you begin to feel the exuberant dimension of the Sun City lifestyle. A brisk walk, breakfast with friends sets you up for another happy day. You don't have to win an Olympic medal; you're already a real winner.

If you're interested, just show up at the Country Cupboard parking lot 6:15 some Tuesday morning. You'll enjoy the company and somebody might even buy your breakfast — the first time.

Retired in style

Senior Olympian credits good health to lifetime of physical activity

By WALTER DOZIER
News-Sun staff

SUN CITY — Senior Olympian Maria "Mia" Wilshusen is a firm believer in the axiom "if you've got your health, you've got everything."

Once you've got your health, she also believes there is no excuse for not keeping it.

"If you have your health you can do anything," she said.

One good look at the 84-year-old Sun Citian and one can hardly doubt her words.

The bright-eyed and bubbly German-born Sun Citian of 14 years won a silver medal in the 10K run of the National Senior Olympics in St. Louis, Mo., in July.

Wilshusen began running only nine years ago when she ran in a 5K run in Sun City. Since that time she has won more than 43 medals, trophies and ribbons.

"I was always sports-minded so running is just another sport for me," she said. "I've been healthy all my life."

Wilshusen, who was born in Villingen, a small town in the Black Forest, came to the United States in 1924 and settled in St. Louis, where she met and married her German-born husband of 54 years, Martin Wilshusen. The couple celebrated their anniversary on Oct. 21.

Attending the Senior Olympics was like going home, Wilshusen said.

"We rented a car and went to see our old friends," she said. "We were only there for nine days though, and time was just too short to see them all."

Wilshusen said her race turned out to be a bit of a disappointment.

"I ran the race in 82 minutes," she said, proudly showing her medal. "But I ran it in 76 minutes for the tryout. It was too humid in

1987

Wilshusen said she doesn't do any special training to prepare for her races except her regular physical activities, which include swimming every day, playing tennis three times a week and a lot of walking.

"The walking will do," she said with a twinkle in her eyes.

Wilshusen also belongs to the Sun City Walk-Jog Club. Club members walk four miles, three times a week.

Wilshusen's husband agreed with his wife's ideas on fitness but said he hasn't been able to keep pace with her for the last three years.

He also credits her untiring and inexhaustible get-up-and-go attitude to a lifetime of physical activity.

"We are the same age but I can't keep up with her," he said. "My wife wore me out."

Both of the Wilshusens have been avid hikers and she also belongs to a hiking club that has taken several walks into the Grand Canyon.

"One time my wife took me back to Germany and we hiked in the Black Forest," Wilshusen said. "Then we came back and hiked in the Grand Canyon. I'm all worn out now. She's too much."

Both know that activity is essential for good health.

Mrs. Wilshusen recently returned from a trip to Germany for a high school class reunion.

She brought out a small photograph of herself and several ex-classmates, some standing with the aid of canes.

"That's me standing there," she said pointing to the most youthful-looking person in the photo. "I'm not making fun of any of them but you see how much younger I look compared to them."

"Don't sit around. Be active. It's good to be in Sun City."



Sun Citian Maria Wilshusen, 84, says her good health and happiness are the result of a lifetime of physical activities. (News-Sun photo by Mollie J. Hoppes)

Exercise changed my life, Sun Citian says

By KATHY GILLESPIE
Sports editor

SUN CITY — To look at him now, one would never know that just a few years ago he was an overweight diabetic with high blood pressure.

After being diagnosed as having type II diabetes at age 50, his daily regimen consisted of taking an assortment of pills to control the diabetes and high blood pressure.

At its worst, his blood pressure was 190/100 and his resting pulse was 80 beats per minute.

He drank too much, he ate too much and now he knows that at that point in his life, if he had not done something, he would be dead.

The same man who once had an aversion to exercise has become an avid racewalker at age 78 — and when he misses a day of training he calls that abusing his body.

"My primary reason for exercising is my health," Sun Citian Reggie Arnold says. "I'd be dead now if I hadn't done something. Now when I don't racewalk, I feel like I have abused myself."

Arnold, a former employee of the Vermont Highway Department and later a consulting engineer in Vietnam, does a lot more than just exercise. He competes on the state and national level and has done quite well.

In October, at the Phoenix Senior Olympics, he placed first in the one-mile racewalk and finished sixth overall in a field of 20 walkers.

In November, he competed in the Rockport Grand Walk Series 5K racewalk and placed second in the 60-and-over age-group with a time of 36:53.

Over 400 participants competed in the event held at the Rose Bowl in Pasadena.

"When I came here in 1975, I heard about the Del Webb Fitness Festival and decided to see what it was about. I started jogging in 1976 until 1981 when I started having knee problems. My doctors told me to walk. Then I began racewalking in 1982 and entered my first race that year," he said.

Like Arnold, many runners turn to racewalking because the sport puts less pressure on the joints. For example, when a 160-pound runner strikes the pavement with his heel, he is doubling or tripling the weight the heel absorbs. But in racewalking, when the heel strikes the pavement, it absorbs only 1½ times the participant's weight.

In racewalking, the object is to walk briskly, utilizing a heel-to-toe action without allowing the knees to bend. In addition, one foot must be on the ground at all times.

Arnold says although the correct form is not easy to master, practice makes perfect.

"The theory is to keep everything in line; that's why the hips swivel so much. I think the sport is catching on," he said.

Arnold trains four miles daily at the Marinette track and says he sees improvement in his times even at his age.

"In a mile I can't beat the young people but if you put me in a three-mile race I come closer to them," he said. "I started to beat the 13-minute mile and now I want to try to break a 12-minute mile."

He says most people balk at the suggestion that they exercise, because it means a change in lifestyle and for many, that's simply too much to ask. Arnold



Sun Citian Reggie Arnold going through his daily training regimen recently at the Marinette track. (News-Sun photo by M.J. Hoppes)

finds not only an inner urge to exercise but he also gets encouragement from his wife, Evelyn, an avid runner and former state department employee he met in Vietnam.

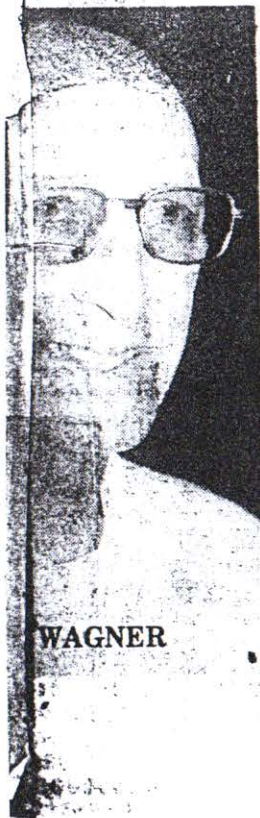
"You can't smoke and drink if you're going to exercise and I think that's what deters people. I know I'm healthier now than I was 10 years ago and very few people think I'm as old as I am," he said. "Competing takes

the monotony out of training and you get to meet a lot of different people."

His goal for the next five or six years is to continue race-walking until he can't do it anymore.

"When it doesn't work, I'll do something else. I'm never going to sit still. I want another gold medal at the Arizona Senior Olympics and I want to qualify for Nationals."

Active Sun Citian enjoys various sports



By STEVEN SEXTON
Sports Editor

SUN CITY—Although Andy Wagner didn't move to Sun City until 1962, it would be safe to say he still qualifies as a pioneer of this retirement community.

Or as Wagner puts it, "almost" a pioneer.

Since Sun City opened in 1960, Wagner officially missed being a pioneer by a couple of years. Even so, he has devoted a lot of energy to the community.

For example, Wagner was the first sports editor of the Sun City Citizen weekly newspaper. He volunteered his time for two years writing for the paper and during that time started a softball league.

Later on in 1979, he restarted the softball league, using women umpires and served as the league's first commissioner.

Besides being a softball player, Wagner also plays a good game of golf.

Considering his background, it's easy to see why. Before retiring to Sun City, Wagner was a professional golf instructor as well as a member of the PGA for seven years.

His involvement with golf included designing the Half Moon Bay Golf Course in the British West Indies.

"It was all done by hand except one bulldozer," Wagner said about the course. "We had 200 men working on the course."

Wagner also competed in the West Indies Antigua Open in 1958 and served as the assistant golf professional at the Sierra Estrella course in Phoenix.

When the 72-year-old Wagner isn't shooting his age on the course, he is bowling.

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When the 72-year-old Wagner isn't shooting his age on the course, he is bowling.

Wagner, who was a candidate for the Sun Cities Bowling Hall of Fame, has a 178 average. His best series is a 265.

Wagner can remember bowling in Glendale and Phoenix before Sun City got any bowling alleys.

"We got lanes in 1972," Wagner said.

Of all the sports Wagner competes in, the senior athlete says he enjoys golf and also running and walking.

Wagner has won numerous medals in racewalking and track

and field events in the Phoenix and Arizona Senior Olympics.

He plans to compete in the shot put, discus, 50 and 100 meter dashes and the 5K race on March 2 in Sun City West.

"I get great pleasure out of walking with members of the Sun City Walk/Jog club and competing," Wagner said.

Wagner's weekly schedule includes running and bowling twice a week and golf on Wednesdays.

Wagner is also a spokesman for physical fitness. In the early days of Sun City, he said noted speakers came out to talk to the Sun Citians.

Now, Wagner says it is up to Sun Citians themselves to encourage each other to stay fit.

"It is worthwhile for Sun Citians to join a club," Wagner said.

June 13⁴ 1978 h/s

HELEN BUDDE FIRST PRESIDENT

Sun City Jogging Club moving before meeting

Helen Budde has been elected president of the Sun City Jogging Club that will meet officially for the first time in September but is already out and active.

When she calls her first membership meeting to order, Mrs. Budde can expect to find more than 150 jogging enthusiasts in her audience, with more certain to join once activities start rolling.

A spokesman for the young organization said

that the idea of a Sun City jogging club was spawned when more than 400 entered last winter's first annual Sun City 5,000-Meter Fun Run.

Joining Mrs. Budde as the Club's first set of officers are Chuck Littrell, vice president, Edith Wendt, secretary, and Walt Junker, treasurer.

IT ALREADY has been determined that club activities will include learning about, discussing and

participating in walking, jogging and running as well as sponsorship of seminars, lectures and films on these various fitness activities.

The club further plans to conduct competitive walking and running events and will offer instruction for beginners that will include warm up and cool down exercises.

Membership dues has been established at \$2, and can be paid to the club in care of Mrs. Budde, 10821 Boswell Blvd.

The club asks that prospective members discuss their membership with their physician before joining the club. Members are

asked to sign a waiver holding the club and its officials officers harmless in the event of accident or illness.

MRS. BUDDE said that club is considering working with the Arizona Heart Institute and Scottsdale Health Evaluation Longevity Planning Foundation.

Interestingly, despite the hot weather, several members aren't waiting for the first official meeting, but are gathering in the early hours each Tuesday, Thursday and Saturday to talk and jog together. They meet at the area just north of Bell Recreation Center.