



NATIONAL VETERANS GOLDEN AGE GAMES

National Competitor Profile

Charles Wynder, Sr. – An Advocate of the Games!

A native of Hampton, Va., Charles Wynder, Sr. is an inspiration to veterans across the country. At age 66, this retired Army Colonel is up at 5:30 a.m. every other day biking to stay physically fit. He is the proud recipient of the 2006 George Gangi Inspiration Award, in recognition of his ability to inspire all in attendance through his sportsmanship, determination, attitude and support of his fellow veterans. The award is given to one competitor who sets an example of one who possesses leadership and motivation traits and shares them with his fellow competitors. Biking is his passion. “I’ve always loved exercising,” he said. “Living is a constant process of deciding what you are going to do, whether it is eating or drinking certain things, or sitting on the couch or staying active.”



Even after Wynder took a spill on his bike this past year breaking his collar bone, he won't be kept from attending his seventh National Veterans Golden Age Games in Houston this year. Attending the Games has been a life-altering experience for Wynder and he does all he can to get the word out to other veterans. The previous year, he helped organize a fundraiser in honor of some fellow veterans from the Gulf Coast states affected by Hurricane Katrina in order to facilitate their trip to the Games.

Last year, Wynder took home three gold medals and one silver. While he may be one of the top athletes at the Games, competition comes second to camaraderie for Wynder. In his spare time, he volunteers for numerous organizations, mentors high school students, competes in lawn bowling tournaments and teaches his four grandchildren how to kayak. He has a very special spirit and an understanding of what is truly important in life.

He'll always be active or striving to be the best. A strong contender, watch for Wynder to bring back medals to Williamsburg, Va., where he currently resides.

