



# NATIONAL VETERANS GOLDEN AGE GAMES

## Competitor Profile (National)

### Clarence L. Braxton — Ex-Battalion Commander Pushing A Little Harder!

A quintessential swimming champion at a young 75 years of age, Clarence Braxton stands at the ready to challenge the competition at the 21<sup>st</sup> National Veterans Golden Age Games.

A native of Newport News, Va., Braxton entered the Army in 1954 and served for six years, occupying an eclectic number of positions within the United States and in Germany, including one as battalion commander. Subsequent to his military service, Braxton pursued a 30-year career in academics, first as an industrial arts teacher and later in high school administration.



Presently living in Hampton, Va., Braxton has competed in the Golden Age Games since 1999, claiming a number of gold and silver medals in the 50 and 100-yard freestyle swimming competitions. He stays physically fit by swimming regularly at the local YMCA. The training helps him stay competitive, not only at the national veterans event but also at the state-level Virginia Games as well as the National Senior Games. At the 21<sup>st</sup> National Veterans Golden Age Games in August, Braxton will also compete in the shuffleboard and croquet events.

“The National Veterans Golden Age Games confirms my theory that it is better to burn out than rust out,” Braxton says. “Each year, I am invigorated to push a little harder than the year before. I’m excited to see my comrades in competition and association. Nothing is greater than watching, cheering and challenging your buddies. This keeps us young, active and productive.”

Clarence Braxton does not take his good health for granted. He is grateful for it every day, and admires the other veteran champions who are coming from all over the country to compete regardless of their abilities – or their disabilities. “My body stays in shape from training for the Games,” he says. “Added to this is the opportunity to socialize and renew acquaintances from all over the country. I gain a lot of strength from the other veterans, and I enjoy the inspiration of competing because it keeps me young.”

