

Good for You

Palm City man places at Senior Games

When Ray Bowles retired and moved to Florida 10 years ago, he wasn't looking for a "waterfront home" in the traditional sense. The 75-year-old avid swimmer was searching for access to a 25-yard swimming pool where he could perfect his swimming strokes.

Bowles finally found the ideal spot at Martin Downs Sports Resort where he swims an average of 50 laps every day. His intense practice paid off when Bowles won a bronze medal in the 500-yard freestyle at the National Senior Games in Houston from June 28-30.

The national event is the third tier in the competition that begins at the county and then state level. Bowles' 9-minute, 13-second time was enough to secure the bronze medal — and bragging rights.

"This is the second year I've participated in the senior games. It's been an exhilarating experience," Bowles said.

Bowles began swimming competitively in high school before joining his college team at Manhattan College. Since then, swimming has continued to be a passion.

"It's a great way to stay healthy and in shape without wearing out your joints," Bowles said.



CONTRIBUTED PHOTO

Martin Downs Sports Resort Member Raymond Bowles displays his bronze medal from the National Senior Games.