



## National Senior Games Association

Post Office Box 82059 ★ Baton Rouge, Louisiana 70884-2059  
225-766-6800 ★ Fax 225-766-9115 ★ nsga@nsga.com

★ [www.nsga.com](http://www.nsga.com)



### HUMANA Heroes: March Athlete of the Month

#### *"Senior Games are Keeping Me Alive"*

Sports have always been a saving grace for Hazel Trexler-Campbell of Salisbury, NC. "If I hadn't played basketball in high school I would have flunked out. It kept me interested and active and helped me stay involved until I graduated. I still wear my class ring today."

The 90 year old will compete in shot put, discus and long jump in the National Senior Games Presented by Humana, and she will never stop pitching her beloved horseshoes. "I was one of eight children on a small farm with a lot of brothers who played horseshoes," she explains. "So I had to get pretty good at it. I've done it all of my life." Hazel's husband Vince is 20 years younger and will play shuffleboard in Cleveland.



"When local Senior Games began 30 years ago in Rowan County I got involved and haven't missed one since. And I've been to every National Senior Games since 1989," she says with pride. She's won her share of medals but that's not her motivation. "I thrive on exercise. To get my brain to function I got to be moving. I tell people that Senior Games are keeping me alive."

Hazel also likes to tap dance and has performed at the annual Silver Arts programs in her county. "I wanted to dance again this year, but couldn't get any of the other girls to do it with me. I'm not as brave as I used to be, and I don't want to look like I'm showing off."

It's not showing off if you can still do it at 90, Hazel. The people of Cleveland look forward to welcoming you and witnessing several thousand of your fellow "show offs" doing great things this summer.

