

Growing Old In Hawaii No Burden

Youth has no exclusive hold on the athletic prowess of Hawaii. Those who shine in their particular fields are not always of high, preparatory school or college age. From tiny toddlers who gambol on the beaches to the "old folks" of over 45, all the islands can boast of those who are distinguished in one or more athletic specialties as they move through the age groups.

There comes to mind the "toughest" aggregation of athletes over 45 in the United States, claimed by the Outrigger club. They challenge, informally, any similar group in volleyball, handball, swimming, surfboard paddling, bowling, canoe paddling or tennis. One of the best volleyballers is over 50. A former Olympic swimming champ, who can still tangle with those many years his junior, is 54.

Other swimmers over 45 can make youngsters breathe hard to keep near them. In brief, Hawaii is a good place in which to grow up, keep physically fit and have a good time as the years drift away.