

Never Too Old for Gold

ATHLETES AGE 50-PLUS WILL COMPETE THIS AUGUST AT THE 2009 SUMMER NATIONAL SENIOR GAMES IN SAN FRANCISCO. HERE ARE COMPETITORS TO WATCH:



KAY GLYNN, 56, of Hastings, Iowa, recently set the world **indoor pole vaulting** record in her age group, clearing nine feet seven inches. A high-school state record holder in the long jump (her record held up for three decades), Glynn, a dance teacher, returned to track at 48 when her daughter persuaded her to compete in a local meet. Expect this vibrant grandmother of three to excel at the vault—and with the long jump as one of her planned events, she could pick up multiple medals.



DANIELA BARNEA, 65, broke records in her age group for the **100- and 200-long-course-meter butterfly** at the 2004 U.S. Masters Swimming championship. She's since added modeling to her résumé, appearing in the buff (and looking fabulous) in a Dove ad campaign. But don't think photo shoots are her focus—this resident of Palo Alto, California, swims almost two miles daily and sometimes works out twice a day before major meets.



SUN AND GAMES
Kay Glynn soars over the bar in the pole vault event. *Inset: Charles Modlin, center, runs for a record.*



CHARLES MODLIN started his track career in 1989 when he was a young 64; his wife would drive him to a town nine miles away, and he'd run all the way home.

Now, at 84, Modlin has battled prostate and colon cancers, but he's still America's fastest man for his age. At the 2005 games, the New Castle, Indiana, resident broke records in his age division for the **100-, 200-, and 400-meter sprints**—at 15.65 seconds, 32.97 seconds, and 1 minute 17.59 seconds, respectively. His times remain unbeaten. —Audrey Goodson

SWAP AND SAVE

Penny-pinching shoppers now are getting stuff the old-fashioned way, by bartering. The twist? They're swapping online. Bartering postings on Craigslist.com have doubled in the past year. And older traders can barter their experience for almost anything: We saw one listing offering pet-sitting services for fillings and veneers. Ready to swap—for free? Popular sites include BarterQuest.com, Swaptree.com, and Craigslist. —Laura Kiniry

