

Walker Barr will be back in '10

The regional Ontario Senior Games will welcome a number of first-time participants this year as some turn 55 and qualify to enter for the first year, and others simply catch the spirit.

At the other end of the spectrum is Ray Barr, 77, of Almonte, Ont., a walker, bowler, swimmer, curler and skater in the amazing total of 21 district Senior Games competitions, both summer and winter.

Barr, retired from the Armed Forces in 1981, has made fitness a lifelong pursuit dating from his school days. Today, in a typical week, he goes curling twice, bowls once, plays shuffleboard and goes to the gym three times. "I am in good shape," he allows.

Forever Young caught up with Barr in 2006 when he was profiled as an avid walker. He still is, with plans to enter the walking competition at his local district games in 2010 in hopes of qualifying for the province-wide Actifest. It would be his sixth Actifest if he makes it.

"Walking is such a good activity because it is something you can do almost any time," he says. "Anyone can do it and you don't need any special equipment."

In total, Barr has won 23 district Games medals and has four top-10 finishes in Actifest, with one silver medal in walking. "There is still a gold for me to win," he chuckled.

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