

## **Outstanding Male Athlete Award – 2016 – Delmer Wolkow**

**I have participated in Senior Games for about 15 years. All three of our sons had participated in Track and Field at the High School and College level. After our youngest graduated from SDSE I asked my wife, “Now what do I do for excitement?” She suggested the South Dakota Senior Games.**

**I started with the distance running events, bowling, as well as T & F events and basketball shooting. As the knees wore out I tried race-walking where I discovered I was even more competitive than as a runner. I have also competed well in the jump rope holding an age group record in the 2 minute event.**

**At the 2016 State Games I won all four race-walking events, won the 2 minute jump rope, and won a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>, in bowling events. This past June I participated in the 1500 meter and 5000 meter race-walk events at the Nat’l Sr. Games in Birmingham, AL, earning 8<sup>th</sup> place in both events.**

**I am not a great athlete. I’m just an average guy who works hard to stay in shape and be as competitive as I can.**