

**Rookie of the Year Award – 2016- Gary Aderhold, Bath**

I've always been interested in sports and I played Football, Basketball, and ran Track at Castlewood High School, Castlewood SD. I continued with Football in college, playing at Northern State University. I got involved in the Senior Games as my wife, Jill, got me involved. (She's a little older than me so she had some prior experience). She's crazy for running competitively and thought I'd enjoy it as well.

I've played full court basketball twice a week for the past 25 years, so I've always been in decent shape. For the Senior Games, I started to run and bike more to try to better prepare for competition. The events I have participated in are Pole Vault, High Jump, Disc Golf, Golf, Billiards, Ping Pong, Jump Rope, Basketball, Racquetball, several Biking and Running events, with Jump rope, Biking, and Billiards being my favorite.

What I have really liked about the Games is the friendliness of everyone. It is amazing!. I had never ridden in a bike race before. I had a flat tire during one of my races and Frank Farrar drove his car back after he finished his race to give me a lift back to camp. Then Randy Turner gave me a new tube, pumped up my tire, and I was on my way for the next race.”!

- Gary Aderhold