

Angela Staab - Track & Field



In Angela Staab's opinion, it's not how old you are; it's how you are old. And Staab, 73, is adamant about being a healthy and active older adult. But it hasn't always been that way.

As a child, Staab wasn't athletic. Even as an adult, she sat on the sidelines while her children became runners, swimmers and baseball players. When Staab turned 50, though, her children banded together to help her get more active.

At first, Staab started running up and down the driveway of her North Carolina farm. Soon she progressed to running longer distances – 5Ks, 10Ks and half marathons. After watching track and field athletes compete at the N.C. Senior Games one year, Staab realized she could do that, too. So she did.

However, running a 1500m on the track was different than running longer road races. Staab frequently over trained. As a result, she experienced several torn hamstrings and IT band injuries. On the advice of her sports medicine doctor, Staab found a trainer. He developed a training schedule for her and recommended she transition to shorter distances, prompting Staab to take up the 200m, 400m and 800m.

Although Staab competed at multiple distances, she found the time lag between races to be long and boring. So she started looking at field events to fill the gaps. Over time, she added shotput, discus, javelin and weight throwing to her repertoire.

But running is still her first love. Staab competes with the Piedmont Pacers running club, participating in multiple road and track races throughout the year. In fact, she has earned a coveted Gold Phidippides Award from USA Track & Field for the past six years for long-distance running.

What's her secret to success? Staying active. Although Staab know she's not the youngest or skinniest athlete on the block, she doesn't care. To her, being conditioned is much more important. So her weekly training regimen includes speed drills on the treadmill, workouts with her running coach and pickleball games, plus a smattering of swimming, biking, weight lifting and aerobics thrown in for fun. And every Saturday, she runs a longer 5K for endurance.

That's the advice Staab has for any adult looking to get healthier – find something you love and just do it. Whether you're interested in the competitive aspect or just want to have fun, there's a sport – and new friendships – out there just waiting for you.

And she can't wait to do what she loves with all of her friends when she competes at the USA Masters Games this July.