



# Don McGrath, Ph.D.

# Speaker and Author



Don McGrath is a leading advocate for those who want to be fit and healthy later in life through exercise and sports.

A lifelong athlete who competed in running at the national level, his current passion is rock climbing in the Colorado Rocky Mountains.

With advanced degrees in engineering, he holds the position of Director of Engineering at LSI Corporation where he leads and motivates engineers worldwide. An inventor, McGrath has over 40 patents to his name.

Don has established the 50k-Active/Athlete Challenge to recruit 50,000 people to adopt five healthy habits observed in athletes interviewed for this book.

Don and his wife Sylvia live in Fort Collins, Colorado.

### CONTACT INFO:

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**Don will inspire, educate and fire-up any audience. He has been featured in many newspapers, radio shows, and is a popular and engaging speaker.**

*Previous speaking engagements and interviews:*

Greeley Tribune

FORT COLLINS COLORADOAN

Scotia-Glenville



### Speaking Topics:

#### 5 Myths About Older Athletes

In the course of completing 50 interviews, Don uncovered truths that dispel commonly held myths about being active when you get older.

#### Over the Hill? ... Which Hill?

For Don, and all the athletes that he interviewed, life is not a hill, but a 3-D landscape peppered with an incredible and diverse terrain. The thought of a steady climb and decent is ludicrous, for all but the most unfortunate.

#### The 50,000 Athlete Challenge

As a result of seeing the incredible health of the over-50 athletes he interviewed, Don McGrath created the 50-k Active/Athlete Challenge. The goal of this challenge is to inspire 50,000 people to adopt some of these healthy habits.

#### Emerge from Your Mid-Life Crisis Better Than Ever

In doing research for his book on masters athletes, Don found instances where the athletes he interviewed started exercising as a result of a mid-life crisis and improved their lives in unimaginable ways.

#### You Have Excuses for Not Exercising? Meet These People!

Don will introduce you a man who lost his leg to an aggressive infection at age 70, and now at age 72 is training to run the Boston Marathon, to a woman who has recovered from a near life-ending accident and now is a 57 year old bodybuilder, and many others, such as the paralympian fencer and down hill off-road wheelchair racer, who wishes everyone was as fortunate as he is.

#### Being Normal is Not Good Enough

The average American is overweight, and on a path to being an unhealthy older American. As a nation, we need to raise the bar for normalcy.

### Don is the author of the book, *50 Athletes Over 50 Teach Us to Live a Strong, Healthy Life*

True stories from these spectacular interviewees, athletes over age 50, will inspire you like no others. Many of McGrath's subjects never imagined that they would be role models for exercise and good health. Still, by applying a common set of characteristics, they have broken remarkable mental and physical barriers to succeed.

McGrath examines the behaviors and attitudes necessary for all of us to have health and satisfaction through an active life. This book shares the secrets of those who are still going strong in athletic activities in their later years.

