

It's all about motivation and consistency

1981 S-G graduate writes book about athletes over age 50 and what makes them keep going

Scotia-Glenville graduate Don McGrath, class of 1981, has published a book of interviews with athletes who are over age 50.

The Colorado resident, who has sisters in Scotia and in Niskayuna and grew up on Glen Avenue in Scotia, said he never thought he would write a book – especially since he had to drop out of his grade 9 honors English class.

“I never, ever envisioned myself writing a book,” said McGrath, 46, who has been director of engineering at LSI Corporation in Colorado since 2001. Before that, he worked at the GE Corporate and Research Center in Niskayuna.



Don McGrath

In high school, McGrath was co-captain of the cross country running team and also played freshman football for the Tartans. While his running career has slowed down, he is active in rock climbing.

But his interest in athletes in general – what makes them successful at what they do and why do they keep doing it? – is what prompted him to write *Dream It, Live It, Love It – 50 Athletes over 50*.

The book is due out completely by March and is published by Wise Media Group. So far, he has published the first 10 interviews with athletes. The book is available on line at his Web site, athletes.50interviews.com, or at www.50-k.net. It will also be available on Amazon.com soon.

Eye-opening interviews

The 95-page book of interviews features in-line skater Carl Bamforth, endurance cyclist Gale Bernhardt, hurdler Jim Broun, sprinter Gary Leigh, shot put/discus/javelin thrower Bob Meluskey, cyclist Sandy Scott, mountain unicyclist Terry Peterson, high jumper/javelin thrower Weia Reinboud, distance runner Jane Welzel, and pole vaulter Bret Williams.

The interviews with the athletes have been eye-opening.

“I’ve learned all kinds of lessons from them,” he said. “They have a lot in common. They all talk about motivation, inspiration and consistency. You see consistency all the time. When I was younger, I would take big blocks of time off (between sports), but they invariably say not do to that. It becomes too hard to get going again.”

He also said he realized that many of the athletes pursue a different activity in their later years than they did at the beginning of their careers.

There is one key lesson he has learned from the book. “If you do something

that you love, then it isn’t hard any more; if it is too hard, you won’t do it and won’t be good at it,” he added.

McGrath, who attended St. Joseph’s School in Scotia in grades kindergarten to 8, holds three degrees in electrical engineering: a bachelor’s the Rochester Institute of Technology, a master’s from Purdue University and a PhD. from RPI.

He and his wife, Sylvia, have two adult sons. 📍

October 10, 2010 – A fitness challenge

Don McGrath has issued a challenge to America.

Based on the lessons he learned from the interviews with athletes, he has begun the *50,000 Athlete Challenge*.

It is an effort to recruit 50,000 people by October 10, 2010 to adopt the five healthy habits he has seen in the athletes he interviewed for this book.

The habits are:

- ✓ **Finding an activity you love;**
- ✓ **Define a goal for that activity and write it down;**
- ✓ **Define a plan on how to reach the goal, and write it down;**
- ✓ **Define a way to hold yourself accountable; and**
- ✓ **Execute the plan, be accountable, and have fun!**

To register along with hundreds of others across the United States and the world, go to www.50-k.net for more information. 📍