

### **Peggy Moyer - Swimming and Track & Field**



Get healthy and have fun – that’s Peggy Moyer’s motto. And it’s served her very well as she prepares for the inaugural USA Masters Games this summer.

Now 69, Moyer took up her first sport – swimming – seven years ago after battling weight gain and some health issues that required a growing number of prescription medications. A former swimmer and diver in high school who now battled bad knees and shoulders, Moyer knew the sport was a great low-impact way to get some exercise. But she didn’t realize how hard it would be to get started again.

In the beginning, Moyer could barely swim from one end of the pool to the other. But she kept up with it. And as her distance increased and her times dropped, so, too, did the number on the scale. Over time, Moyer went from 200 lbs. to 165 lbs. And she set her first goal – to compete in the Georgia Golden Olympics.

After that first competition, Moyer was hooked. She continued to swim competitively – entering heats for the 50m all the way up the 1,200m – and also started cycling and weight training to cross-train her muscles. And she looked for more sports that could help her continue on her path to wellness. That’s how she discovered javelin.

Unlike swimming, which she’d been familiar with as a teen, javelin was something completely new. But it looked interesting and didn’t require pounding of the joints. So Moyer decided to give it a try. And she fell in love with the sport.

After attending several meets and watching some of the other track and field sports, Moyer quickly added shotput and discus to her repertoire. Today, she and her husband travel all over the country, attending meets and connecting with other athletes. She’s also planning a 100-mile bike ride from Atlanta, Ga., to Anniston, Ala., along the Silver Comet and Chief Ladiga trails with her grandson, Daniel.

And while Moyer enjoys competing against her friends, the real competition is against herself. Watching her times go down, her distances increase, her body get stronger and healthier – that’s the real joy Moyer gets from competing. And that joy will drive her straight to Greensboro in July!