

The Ultimate Senior Sprinter

By Ed Reed

Raymond Cage has an unusual and demanding, but healthy hobby. And he is exceptionally good at it. Besides enjoying fishing and tennis, he is a focused competitive sprinter.

During his service, he actively participated in intramural sports. He played on nine base championship teams: six in flag football, two in softball, and one in volleyball. He also boxed for two years and in 1988-89 was a member of the USAF Boxing Team.

After his discharge, he graduated with a B.A. in Business Management from Texas Lutheran University. He is semi-retired and works part-time for Education Staffing Solutions (ESS) which recruits, hires, and manages substitute teachers for local school districts.

While watching the 2021 Summer Olympics, his



interest in track was rekindled. During research, he discovered the National Senior Games. To participate, one had to be 50 years or older and qualify through a sanctioned Qualifying State Games. He decided to begin training to compete in the 50-meter and 100-meter dashes in the 50-54 age division.

In 2021, he registered for three Regional State Track meets. He won the gold medal in the Kansas and Texas Senior Games, and the silver medal in the Oklahoma Senior Games.

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In 2022, he won the gold medal in the Mississippi Senior Olympics. He also competed in the Texas Senior Games in San Antonio and won gold medals in the 50-meter and 100-meter dashes. At the National Senior Games in Florida, he placed fifth in the 100-meter dash. He plans to compete in the 2023 National Senior Games in Pennsylvania and the 2024 National Veteran Golden Games in Iowa.

Raymond's coach and trainer is his wife, Angela. They have been married for more than 27 years and have three grown children and two grandchildren.

Raymond is proud to be a member of Post 178 and a USAF veteran. As one might expect, he is incredibly competitive and the ultimate senior sprinter.

