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Ninety-Four Year Old Cherokee Bowler to Compete at the Iowa Games

AMES, IA – On Saturday, July 18, ninety-four year old bowler, Art Ryden of Cherokee, will be participating in the Iowa Games Bowling Finals at 20th Century Bowl in Ames. At this time he is the oldest pre-registered athlete for the Iowa Games.

Ryden began bowling in 1925 at the age of nine. His father owned a bowling alley in the basement of a clothing store in Alta, Iowa. During high school he continued to bowl and participated in cross country at Alta High School. Following his prep years in Alta, Ryden was in World War II and was stationed on Attu Island in Alaska as a supply sergeant.

Throughout his bowling career he has bowled in five American Bowling Congress tournaments in Des Moines, St. Louis, Buffalo, Detroit and St. Paul. In his early eighties after a bout with prostate cancer and radiation treatments, Ryden earned a bronze medal at the Iowa Games. At the age of eighty-five and a battle with colon cancer and treatment he went on to win a silver medal at the Iowa Games.

After a knee surgery and a four year absence from the Iowa Games, Ryden won his first Iowa Games gold medal in 2004. In 2005, he could not compete due to carpal tunnel surgery on both wrists. With a good recovery, he returned to the Games once again in 2006 at the age of ninety-one to capture gold with a personal best Iowa Games three game series score.

Despite continued health problems and the passing of his wife of sixty years this past winter, Ryden continued to bowl with his weekly city team in Cherokee throughout the winter. This summer the Cherokee alley is closed, but it has not stopped him from practicing. Ryden decided he could put a couple of pillows at one end of his kitchen and practice throwing his ball.

“One of the great aspects of the Iowa Games is that we have athletes of all ages,” commented Executive Director, Jim Hallihan. “After hearing this story and all he has overcome, the amazing part is Ryden continues to practice even though his local alley is closed. Talk about perseverance!”

Although age has caused some complications, it is obvious his enthusiasm and love for the sport of bowling remain the highlight of his days.

For more information about the Iowa Games, visit www.IOWAGAMES.org.

The Iowa Sports Foundation (ISF) is a nonprofit sports management organization that helps develop amateur sports in Iowa and promotes positive lifestyles and physical fitness through athletic events and health education programs. The ISF host the Summer Iowa Games, Winter Iowa Games, Live Healthy America, Live Healthy Iowa, Live Healthy Iowa Kids, Go The Distance Day, Hoopin' at the Dome, Net Fest, Fish Iowa Games, ISF Mud Run, and Iowa Games Golf Classic.

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