

FOCUS ATHLETE:

TIM MCRAE, SR.



Competing in a bodybuilding show was a childhood dream. I am 53 years old and last year I was finally preparing to make that dream come true. I was getting ready for The NPC Clash at the Capstone in Tuscaloosa, AL. I had trained for 6 to 8 months for the competition and three days before the show, I started having major stomach pain. Next thing I knew, I was at the ER at Saint Joseph Hospital and 45 minutes later, I was in emergency surgery.

For seven days, I laid in the hospital bed with a suction tube through my nose that led into my stomach. The surgeon said that my small intestines had twisted and were about to burst; although it caused a lot of trauma, they caught it in time. The surgeon said, because I was in shape, it made it easier for them to perform the surgery.

After a short break to heal and recover, I started training again and pursuing that childhood dream by competing in the Alabama State Championships. The good Lord was looking out for me and here I am really excited at my age to have the opportunity to do this.

 timmcrae@bellsouth.net

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