

## Amy Pack



What began as a fun outing with her nephews, quickly turned into a passion for Broken Arrow resident Amy Pack.

In 2015, Pack took her then 9 and 10-year-old nephews to an archery class. Inspired by a surge in the sport's popularity that followed the release of "The Hunger Games," Pack hoped her nephews would trade in their video game controllers for a bow. Instead, she found herself immediately captivated by the ancient practice.

"I loved it the minute I picked up the bow," Pack said. "When I first began, I was lucky to hit the target but I kept going, and as I was getting closer and closer to center, I thought I've got it, I got it."

Within 6 months of picking up her first bow, Pack was crushing the competing. She was immediately successful placing first in her age group at every Oklahoma Senior Games competition that she entered and won a gold medal at the 2017 National Senior Games in Birmingham, Alabama.

With no sights, stabilizers, clickers or other devices to assist, Pack relies solely on her abilities and a traditional bow to make the shot. She calls it "the purest form of archery," and enjoys the additional physical and mental challenges of shooting a clean bow.

“I want to be the best,” Pack said. “That’s what’s driving me. I eventually want to be on the women’s Olympic team to represent the sport at different functions. It’s within my reach and that’s what’s driving me.”

In the National Senior Games tournament in Albuquerque, New Mexico this summer, Pack, 55, received one of Oklahoma’s twelve bronze medals during the National Senior Games. She competed in barebow recurve. And this year, she has a little extra motivation.

Pack hoped to be joined by her 81-year-old father, who planned to compete for the first time in power walking. Unfortunately, a medical issue prevented his participation.

Pack currently lives with her parents and has a very close relationship with both of them. So close, in fact, that she has spent the past two years building a tiny house with her father that Pack will eventually live in on her parents’ land.

For now, her focus remains on the target. Pack shoots two to three hours every day -- which comes out to be about 200 arrows -- in preparation for nationals. Disciplined training and family support have her feeling confident as she sets her sights on her goal.

Oklahoma Senior Games competitions occur annually in September and October. This year, competitions will be held in Oklahoma City, Tulsa, Shawnee, Norman, Yukon and Warr Acres.

Events include three-on-three basketball, track and field, golf, swimming, water walking, 5K and 10K runs, 5K power walk, 5K race walk, bowling, tennis, table tennis, golf croquet, shuffleboard, cycling, cornhole, badminton, archery, pickleball, racquetball, softball and triathlon. Participants age 50 and older will compete in categories by age and gender.

Oklahoma Senior Games qualifies athletes for National Senior Games competition held every two years. About 300 athletes who qualify in 2020 will represent Oklahoma in the National Senior Games competition November 5-18, 2021 in Fort Lauderdale, Florida.

For more information visit [www.okseniorgames.com](http://www.okseniorgames.com) or call (405) 821-1500.