

Al Fiori

You'd be excused for thinking an 89-year-old man with over 50 active years in a variety of sports and enough awards to adorn a trophy wall, would be slowing down to rest. But you'd be wrong. Al Fiori is as active today as when he turned 75, 80 and 85 – competing in the 50-yard dash at the Huntsman Senior Games in St. George, Utah.

But first, more about his accomplishments. Al was born in Sebastopol, California, and raised in Occidental. He's of Italian descent, and his grandparents were born in Italy. Today, he and his wife live in Windsor, as do his two daughters, one who works in a veterinarian's office, and the other in an organization that finds homes for lost or stray dogs.

He worked 25 years for locally owned Clover Milk Company, first as a driver and then as a shop foreman. In fact, he won many awards for safe driving. Then he worked for 25 years at American Consolidated Industries (ACI), the largest glass distributor in the country. ACI supplied every kind of glass, including glass for windshields. With Al's 50 consecutive years of work for two employers, one has to stop and think: How many people in the workforce could claim that distinction?

On the side, he volunteered at three fire stations over a period of 55 years. "As a board member, I also played softball, when I could fit it in!"

In his teens he attended Tomales High School and lettered in four sports: basketball, baseball, tennis, and track and field, where he ran short sprints. He also coached Little League. "I don't think I've missed a year of playing baseball or softball until lately." In fact, he won medals in softball when he was 65, 70, 75, 80 and 85." Much earlier in life, he was a world-class arm wrestler, reaching a pinnacle in 1976 – when he was just 30. His feats were highlighted in a cover story in the local newspaper, the Petaluma Argus Carrier.

But his prowess in sports hasn't stopped there. He has competed in the Huntsman Senior Games – the largest annual multi-sport senior competition in the world. For 24 years he competed in softball at Huntsman, and today he competes in the 50-yard dash.

"I don't have a hard time sitting down," he said. "It's just that I'd rather be busy and keep growing. Right now, I need to run and meet my wife at the pickleball courts."

At 89, Al reminds us that health is timeless — it's a commitment, not a limitation.