

DR. RUTH SEAMAN



Dr. Ruth Seaman has spent her career trying to heal others, but the Oklahoma City psychiatrist finds her own relief in cycling.

“It’s good for my physical and mental health,” Seaman said. “Exercise, across my life, has been very helpful. It brings me back to a good place, balancing myself, feeling good, helping with resilience in general.”

Seaman remembers her first race bike. She was young and she loved riding long distances. It was fun to go fast.

She lost touch with cycling in the late ‘80s but picked it back up nearly 30 years later after she grew bored with swimming and a knee injury left her unable to run.

“I fell in love with it all over again,” Seaman said.

About a year after she returned to cycling, Seaman joined U.S.A. Cycling where she said she was “destroyed” in her first race. But she loved it anyway and gained a new motivation continue training.

The 52-year-old competes in 5k, 10k, 20k and 40k cycling events at the Oklahoma Senior Games, as well as the shot put and long jump. But her passion is cycling.

“There’s a purity in it,” she said. “There’s an incredible freedom, and all the garbage that does exist in the world goes away. It’s good for the soul.”

Last summer, she went back to the U.S.A. Cycling competition and was much happier with her results, though she still has a lot to learn.

Seaman said she over-trained last year and overexerted herself chasing competitions, which caused her to plateau. So this year, she is changing things up.

She still rides year-round between 10 to 15 hours a week, but she allows her body to rest when she needs to and is more aware of the signs of overdoing it.

“When you train at my level of intensity, you’ve got to respect the recovery cycle,” Seaman said.

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 or call (405) 821-1500.