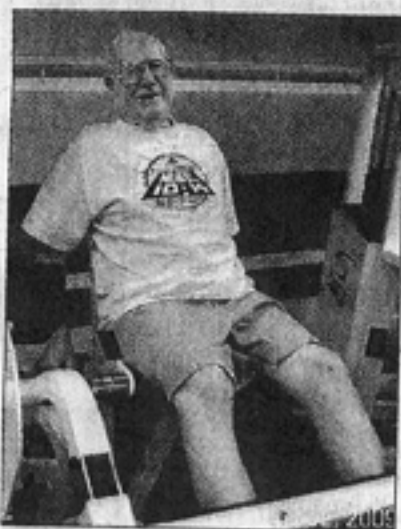


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## MY WORKOUT



**Who:** Clyde Routon, 99, Tigard; 5 feet 5 inches; 160 pounds.

**Workout:** Routon, a retired tugboat captain on the Columbia/Willamette, turns 100 on Saturday. He figures he's been working out at the Beaverton YMCA for 18 to 20 years, and Friday the staff will throw him a party.

He no longer drives, but he works out two to three days a week as long as he can get a ride to the gym. He spends 15 to 20 minutes on a treadmill, 10 minutes on a rowing machine and 30 minutes in a Senior Circuit Weight Training class. Done to music, the circuit includes about 10 weight machines. He takes his "good watchdog," Sadie, on half-mile walks now and then, though he's not fond of

cold weather.

**What's your secret?** Routon is sharp mentally and says the key is to keep busy and exercise. He still takes care of his yard and grows tomatoes, but he says he's "gettin' lazy." He used to tend a much bigger garden containing a little of everything. He retired in 1975, and his wife, who went with him to the gym, died in 1999. He's also outlived one of his two daughters and all of his eight siblings (he had seven brothers). He was raised on a Missouri River houseboat and started working on boats at 9. He's been a deckhand, worked on sternwheelers and plied the Mississippi. But of his 33 years on Oregon tugboats he says, "That was the job for me."

**Nutrition:** Routon lives independently but confesses he's "a poor cook and a poor housekeeper." Meals on Wheels delivers his lunch five days a week, including extras on Friday for the weekend. Breakfast is coffee with toast or a doughnut. For dinner he eats vegetables or chili or maybe eggs and potatoes. He eats dinner out or with relatives now and then. He has five grandchildren and "so many great-grandchildren I can't even count 'em."

— Nancy Dow

*If you'd like to share your workout with readers – or know someone whose workout you'd like to read about – send name, age, daytime phone number and workout details to Nancy Dow, My Workout, The Oregonian, 1320 S.W. Broadway, Portland, OR 97201 or by e-mail to nancydow@news.oregonian.com. We encourage one or two recent, high-quality digital photos sent as JPEG attachments.*