

Meet New Strider Max Siu

Max Siu, 65, from Irving, Texas, joined the Striders while participating in the National Senior Games in Birmingham, AL, last summer. So far, he has nine national titles from indoor and outdoor track meets and National Senior Games events. He won gold medals in the long jump and triple jump at the 2017 National Masters Outdoor Championships in Baton Rouge, La. He also picked up a pair of silver medals in the 100-meter hurdles and the 4x100 relay. At the National Indoor Championships in Landover, MD in March, Max won the triple jump, finished second in the 60M hurdles and long jump, and also got a fourth in a very competitive 60 meter dash. He currently holds the National Senior Games records in the triple jump in M65-69. Siu also has competed internationally the past few years winning the long jump and the triple jump at the 2014 Asian Masters Athletics Championships. In 2016, he won the 100-meter hurdles at the AMAC.

"I enjoy getting to compete," Siu says. "You have a chance to be the best at whatever you can do. Now I'm raising the bar. I feel like I have a lot of room to grow."

Siu enjoyed track growing up in Hong Kong, but he didn't pursue sports when he arrived at UT-Arlington to study Business Administration. "I was 5-foot-7, skinny little guy, and I didn't think I could measure up," he said. "I shut the whole thing down and never thought about it until I turned 55 or 56," when he was introduced to the senior games by his younger brother, a marathoner who lives in Kentucky.

In addition to his degree in Business Administration, Max also has a Master's degree in Computer Science. He currently works as the IT director in a hospital in New Jersey, and has two grown children, a boy and a girl. Max credits his wife of 34 years, Thanh-Nha, for his ability to work and compete as she makes all his travel arrangements and accompanies him to his meets. "I am a very lucky guy," he says.