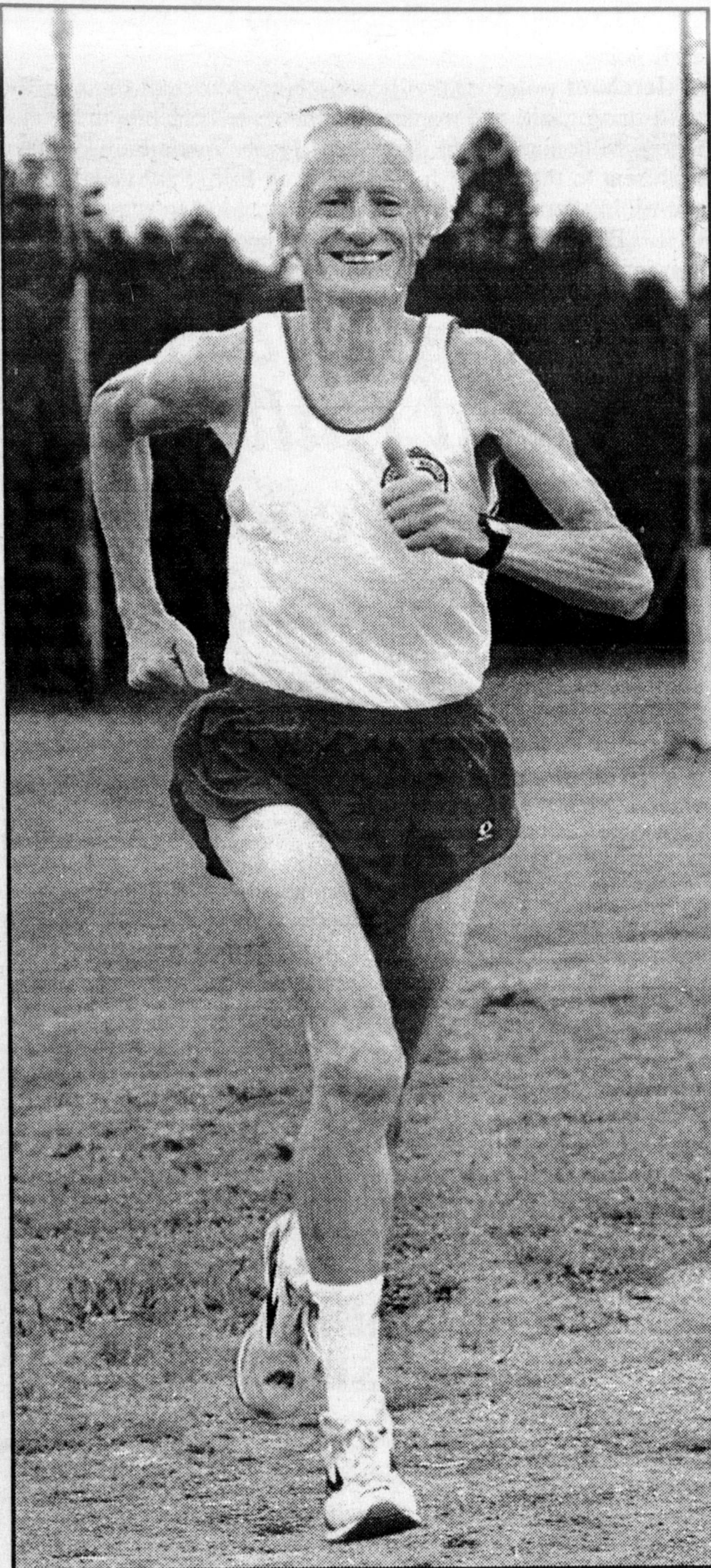


# Ed Whitlock is shattering the age stereotypes



At 68, Milton's Ed Whitlock retains a sharply competitive edge in short and long distance running. He trains up to two hours a day.

By **STEVE LeBLANC**  
*The Champion*

**F**ather Time may be gaining ground on Ed Whitlock — but as things stand, the speedy senior still holds a firm lead.

At 68, Milton's most seasoned runner trains up to two hours each day and maintains a championship calibre edge in both short and long distance competition.

And while he has only so many more years of racing left, the lifelong athlete hopes to chase down one more title before hanging up his sneakers.

#### Wants to be first

"Nobody 70 or older has ever run a marathon in under three hours. I want to be the first to do it," proclaimed Whitlock.

To say the least, this goal seems highly ambitious — even for the most accomplished of runners. Judging by the local seniors' recent results though, it's certainly not out of the question.

Whitlock completed a standard marathon — 26 miles — in a sizzling 2:51 flat just last year in Columbus, Ohio. He placed first in his age class and since then hasn't felt like he's slowed down much at all.

#### Avoids 'mayhem'

"I tend to stay away from the bigger marathons in Boston and New York. They're absolute mayhem," he explained. "At my age, you have to accept that each passing year you can't run quite as fast as you once did. However, I'm not slowing down that seriously."

At least not in shorter distance racing.

On Sunday, Whitlock ran a 10km event in 37:52 — needing just one more minute to finish the race than he did last year. And this after taming the 1,500m in 4:58 the day before for top spot at the Canadian Veterans Championships in Toronto.

Prior to that, he took his skills to the international front, winning both the 1,500m and 5,000m — in 4:54 and 17:56 — at the World Veterans Championships in England.

#### Won't push too hard

Surprisingly enough, the local senior says his secret to success is to not push himself too hard.

Staying away from running clubs and not going all out during training sessions, usually through the path near Evergreen

Cemetery, has allowed him to minimize injury and stay on track

And at this point, that might be the stiffest challenge in achieving his big goal.

"I wouldn't say it's all that important to me, but it would be nice," said Whitlock,

of reaching uncharted territory in the marathon. "Many 70-plus runners have tried and it would be an ego trip to actually do it. You have to expect to slow down over the years. I've just got to fight against that as much as possible."



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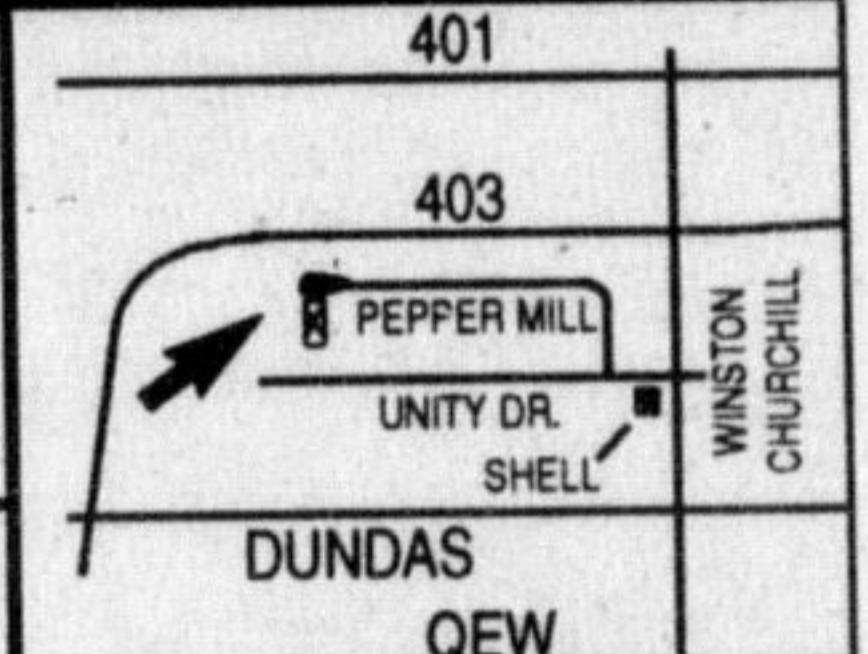
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## Co-ed volleyball

Co-ed volleyball is being offered at Acton's McKenzie-Smith Bennett School this fall.

Starting September 24, recreational level competition will be held every Friday from 8 to 10 p.m.

Call Bonnie at 873-7125 or John at 854-0755 for more details.



## 5th Annual Fall Pig & Corn Roast

Saturday, September 18th

7 pm - 2 am \$10 Per Person

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## Milton Youth Soccer Club WINTER INDOOR SOCCER PROGRAM

Registration is  
Saturday September 25  
at **LOBLAWS** from  
10:00 am - 4:00 pm  
Ages 5 - 12

(\*\* Not in the Milton Mall\*\*)

## ANNUAL GENERAL MEETING

Please plan to attend this meeting on  
Wednesday, **October 13**  
at 8:00 pm.

Please watch for next Friday's Foot Notes for location. It will not be at the Police Station.