

Lifestyles

Goals ageless for marathon runner Whitlock

By STEVE LeBLANC
The Champion

He doesn't do it to inspire. He doesn't do it to impress. For Miltonian Ed Whitlock, there's only one simple reason for pounding the pavement two hours daily and subjecting himself to grueling marathons year after year.

"I just enjoy racing," said the soft-spoken runner.

Having recently turned 70, Mr. Whitlock can still be found hoofing it through the beaten path of Evergreen Cemetery almost every day — under any kind of conditions except a torrential downpour.

Most would consider this a big enough accomplishment for a man well into his golden years. But Milton's ageless wonder has a loftier goal than simply staying active.

He hopes to become the first 70-or-older runner worldwide to complete a marathon (42.2 km) in under three hours. Many — including Mr. Whitlock — have managed this feat in their '60s, but thus far none have overcome the seven-decade barrier.

Nevertheless, Mr. Whitlock doesn't see it as an insurmountable task.

"It shouldn't be that tough," he said. "Somebody should have done it by now."

The local senior will look to do so later this spring in London. Success, he noted, will rest heavily on rectifying the mistakes of his previous marathon — which he finished in under three hours, but not in great shape.

"I went a bit too fast early on, and you can often pay a horrible price for that at the end. That's the key, judging how fast to run early in a

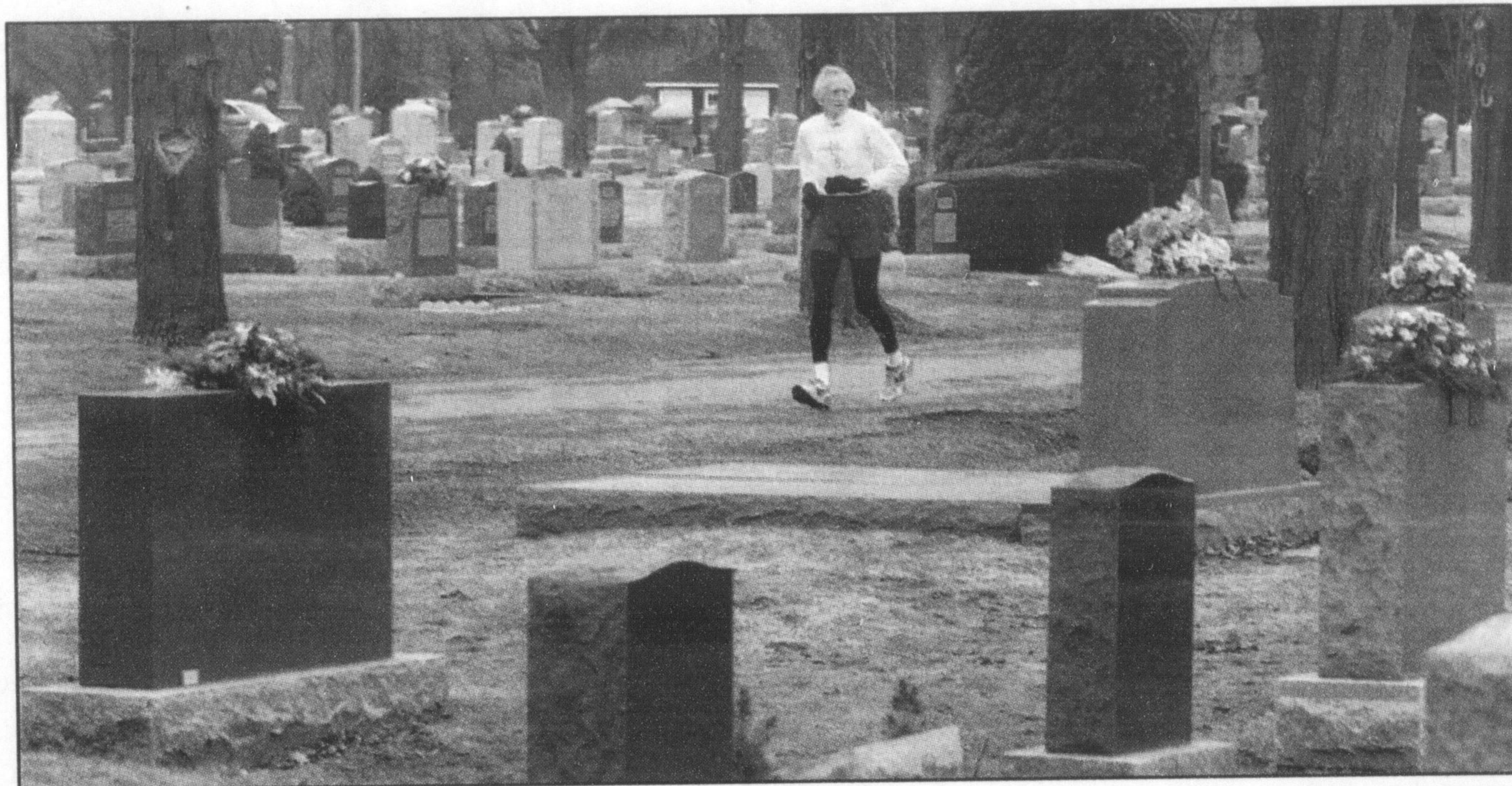


Photo by GRAHAM PAINE

Milton's Ed Whitlock, 70, takes his daily run through Evergreen Cemetery.

marathon," said Mr. Whitlock, who holds 21 Canadian masters running records and races about three dozen times annually at distances ranging from 800 metres to marathons.

Mr. Whitlock began running as a boy in his native England, but took a lengthy hiatus after injuring his Achilles tendon while he was at university.

Almost two decades later he was given the

opportunity to coach a running club. He never accepted, but resumed running anyway.

Said Mr. Whitlock, "I'm sure I'm a much better competitor than I'd ever be a coach."

The Milton racer admits that to "some extent" he's obsessed with running — but adds he's not overly health conscious.

"I don't take any supplements and I eat plenty of food that's bad for me, like fish and chips," he

quipped.

Perhaps it's this easy-going approach to the sport — with no emphasis on counting laps or any great concern for memorizing records — that has lent itself to success for Mr. Whitlock.

"I just keep running laps (in the cemetery) until I figure it's time to stop."

Judging by his drive and determination, that time doesn't appear to be coming anytime soon.

If it's been seen on television, it must be good, right?

I'm fascinated by those miracle inventions. As soon as I see something in a store that has those words, "as seen on TV," I need to look at it. If it's been on TV it must be good, you know.

I don't buy them very often, but I figure I should because they're, well, miracle inventions.

A couple times I have. These miracle dusters had been reduced to almost nothing. All for the low low price of one dollar. That was a miracle in itself, I figured, so I had to have one.

One of the dusters had an attachment you could pull out to double its size and reach those high places, so that's what I did. Within five min-

utes it had broken.

Another time I bought these snap hooks I had seen on TV. The secret was in their powerful vacuum locking system, and they were so incredible they could lift a bowling ball. I wasn't sure what I'd use it for, I don't have a bowling ball, but I had to have a miracle invention like that, especially since they gave you eight in a package. I could put them anywhere and attach things to their hooks.

As soon as I got these amazing things home I started putting them on walls to get them ready until I could figure what to hang on them. They



On the loose

with MURRAY TOWNSEND

stuck like glue, just like they said... for about five minutes. Then they all started falling on the floor. Good thing I didn't attach a bowling ball to

one of them.

I find watching those infomercials fun for their entertainment value alone. The hosts are enthusiastic and dopey, but it's the audience I like. Those people had to have been paid to deliver "oohs" and "ahhs" on cue, don't you think? It's not like people would actually want to attend a taping of a commercial for free. It's no David Letterman Show, that's for sure.

The testimonials certainly appear real, as if these are just regular people who were amazed

• see WE'VE COME on page 20

Setting the record straight about indoor tanning

Some misconceptions may be out there.

Unfortunately there might be some confusion about indoor tanning and ultraviolet light. False information may be circulated by people new to the industry with lack of experience and lack of knowledge in the field of indoor tanning. This is of great concern to me and I would like to try to clear-up the confusion.

Allow me to introduce ourselves, my name is John Phillips and my wife Dawn and I own Sun Haven Tanning Spa here in Milton, where we have enjoyed servicing the people of this community and teaching the benefits of smart indoor tanning for the past four years. We offer a variety of indoor tanning equipment and have had over 6000 clients experience our spa. Also we are members of the International Smart Tan Network.

Recently I have had some clients raise concerns about our equipment and the light energy they emit. Lets start with ultraviolet light. Ultraviolet light is responsible for tanning our skin. UV light is broken down into three categories, defined by their wavelengths. The three types are UVC, UVB and UVA. The sun emits all three, but the ozone layer blocks out the shortest wave-

length, UVC. This is a good thing because UVC is extremely dangerous and harmful. Tanning equipment is manufactured to emit only UVB and UVA. A client would never be exposed to UVC rays not in our spa or any other indoor tanning salon.

UVB and UVA are the two types of rays that are responsible for tanning our skin. UVB (the shorter of the two wavelengths) will start the tanning process more quickly and is also our primary source of vitamin D (which helps in the absorption of calcium; osteoporosis prevention), but UVB overexposure will cause sunburn. UVA (the longest wavelength) tans our skin much slower with less chance of burning and turns our skin a deep brown colour. Knowing the characteristics of UVB and UVA, tanning equipment is carefully manufactured to emit limited doses of UVB, to start the tanning process and higher concentrations of the gentler UVA to tan us to deep golden brown. This is why indoor tanning is a much more consistent way of developing a tan. Outdoor tanners experience higher levels of UVB plus other variables such as time of day, time of year, cloud coverage and wind that can not be controlled.

Now let's look at tanning bulbs. There are two types of tanning

bulbs, known as low pressure and high pressure.

Low pressure bulbs are long white tubes (they look just like fluorescent tubes), these are phosphor type bulbs. They come in a variety of wattages (100w, 140w and 160w). Generally "regular" or "power" beds have 100 watt low-pressure bulbs. "Super" or "turbo" beds (as they are often called) have 140w to 160w low pressure bulbs, which simply provides shorter sessions. Stand-up booths also utilize 160w low pressure bulbs and create a comfortable no-sweat environment for tanning. There is a fallacy being spread that this higher wattage equipment is going to be banned or is already banned in Europe, this is totally untrue. No matter what the wattage of the bulb the tanning technology is the same, the only difference is the length of session. These higher wattage units do cost considerably more money and some salons choose not to offer this more sophisticated equipment, we feel our clients deserve the choice.

High pressure units, also known as facials, use quartz bulbs and sophisticated filters to allow for even more of the gentle UVA wavelength to reach the skin. High pressure units vary from 400 watt to 2000 watt, which enables us to establish a base tan in

fewer sessions with less chance of contracting a sunburn (less UVB). Again this technology is more costly, but the results are worth it.

Another fact I should mention is that all indoor tanning equipment and bulbs sold in North America must meet with FDA and CSA regulations. Responsible salon owners should also maintain their equipment and provide regular bulb changes for consistency.

Again, Dawn and I have greatly enjoyed meeting and servicing our clients over the years and I hope this information will clear-up the confusion anyone may have about indoor tanning and our spa. Please feel free to ask us or our experienced staff any questions you may have about indoor tanning. If we can't answer your questions confidently, we'll find the industry experts who can. So if you have decided to indoor tan please consult a reputable tanning salon and be cautious of any false information that may be circulating.

Thank-you.