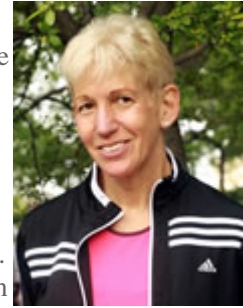


Finding new life at age 60

By Fiona Green

For many people, turning 40 is one of life's significant milestones. It marks a time to reflect and take stock of where they are, what they have achieved and most importantly what kind of shape they are in.

Throw in the prospect of an upcoming school reunion and it can also become a time to start making healthier choices -- eating better, exercising more and drinking less. For some people, like Toni McKenna, 60 appears to be the new 40. With her enviable figure and natural beauty, she could easily pass for a woman in her late 40s.



She has an infectious smile, a good sense of humor and the athletic look of a physical education teacher. Yet, Toni's love affair with running only started when she turned 60, three years ago. Until then, apart from the occasional tennis game and cross country skiing trip, exercise had not been a priority in her life. Her high energy level and great physical conditioning could perhaps be attributed to good genes and the physical demands of working as a nurse for 40 years.

Asked what she enjoys most about running, Toni mentions the social aspect and the fact that the sport requires few expenses other than a decent pair of shoes. She has raced several 5Ks (winning her age division at the Victory Over Violence on April 4) and 10Ks, and one half marathon. Her biggest achievement, she feels, is staying healthy and being able to laugh at the end of each race.

One of her favorite events was this year's Phoenix Half Marathon, an experience she described as 'incredible'. The crowd support was amazing and helped her reach her goal of breaking 2:30. She ran 2:28:58 to finish 33rd out of 290 in her age group -- not bad for a rookie!

While her husband Mike is one of her biggest fans, she in turn supports his passion for racing motorcross bikes, acting as his pit crew chief and major cheerleader. As for future goals Toni would like to stay fit and physically active well into her 90s and, of course, she hopes that she will still be able to finish all her races with a smile.