



Ed Whitlock – PERFORM Graduate Student Scholarship Award 2017

Introduction

Ed Whitlock is a consummate competitive runner who happens to be over 85 years old and for the last 20 years has consistently broken every long distance record in his age group. He is the only living person who at 70 was able to run a marathon in under three hours. He has repeated the feat a few times since breaking his own records. With this award, Ed would like to encourage researchers to further investigate the benefits and risks of wellness programs for older adults.

Eligibility Criteria

The Ed Whitlock – PERFORM Graduate Award is given to a student registered at Concordia University in either the MSc or PhD program. The total of the award is \$5000 with preference being given to candidates who have a demonstrated interest in conducting research in areas that will help seniors improve their quality of life through active living.

Application deadline is **March 3rd, 2017**, and the following documents are required by the applicant:

- A cover letter describing how this award will serve their interests and career goals
- A CV which includes evidence of extensive involvement in their community in the areas of health, fitness, wellness and/or coaching
- Two letters of reference
- Academic transcripts

Please submit applications by email with the subject heading: “**Ed Whitlock application_2017**” to pc-research@lists.concordia.ca

