

# Kevin McCalla Takes On the Triathlon

By Shanna Howard

Before he could compete in his first triathlon, OLS Division Director Kevin McCalla had to learn how to swim all over again. Despite having been certified as a lifeguard in his teens, and swimming on the intramural team at UT, the first time he got into Stacy Pool in January of this year, he realized it was going to take a lot of work. So the next day in an executive meeting, he jokingly told the story about how a 65-year-old woman was lapping him and how he ended up practicing in the kiddie pool, when Mark Vickery suggested the Total Immersion Swimming Program.

Kevin's racing career began a month prior, when his girlfriend Suzanne Yashewski asked him to join her in running the Trail of Lights 5k. Up to that point, he was lifting weights and walking two miles three times a week, with the occasional round of golf; he hadn't considered himself a runner since college. He began his training with workouts of alternately running then walking until he was ready to run the 3.1 miles for the 5k.



Kevin and Suzanne at the Capitol of Texas Triathlon on May 29, 2006. The medals are for completing the race.

After the Trail of Lights, Suzanne suggested they compete in the Capitol of Texas Triathlon (CapTexTri) on May 29, which led to the Stacy Pool incident. Kevin got the Total Immersion swimming materials Mark had recommended, joined 24 Hour Fitness and headed back to Stacy Pool, and began swimming three to four times a week for a month and a half. He also began cycling and took part in a three-month Rogue Training Systems program for triathletes. On March 1, he ran/walked his first 5k in 31 minutes. Then, on April 29, he completed The Texas Round-Up 5k in only 27 minutes, running the entire way.

However, on March 22, he had suffered a setback in his training when he was hit by a car while cycling, which broke his clavicle. He couldn't swim for five weeks or cycle for three weeks.

"I missed so much training because of the accident," he said.

It was only a week before the May 29 Triathlon, in a practice session, that he was able to swim the 400 meters required for the CapTexTri, which also includes a 10k bike, and a 5k run. His times were 9:42, 20:55, and 30:22 respectively, with the highest rank in the biking event, which is also his favorite of the three.

"It's the most satisfying and exciting thing. I recommend it to anyone at any level of fitness," he said. "The sense of satisfaction and gratification for finishing that goal was incredible... And it was fun."

He's since competed in the Boerne Triathlon on July 2, completing the biking portion, while Suzanne swam, and his son, Christopher, 12, ran the 10k.

He also completed the Aquarena Springs Sprint Triathlon on July 23. Kevin and Christopher are planning to complete half marathons during the Goofy Marathon in January 2007 at Disneyworld, and Suzanne will run a half and a whole marathon on consecutive days. Kevin and Suzanne have also been considering the 2007 Vineman Ironman 70.3 Triathlon, comprised of a 1.2 mile swim, 56 mile bike, and 13.1 mile run, in Sonoma County, California, next summer. 🌳



Left: Kevin at the Boerne Triathlon on July 2. He completed the 21-mile ride with a time of 1:13:15 and an average speed of 17.2 MPH.