

SPORTS

A fire within

*Local athlete Adrian Kalil is driven to give his all—
as a competitor and as a volunteer*

by Jill Schuldt

On Oct. 7, 1995, Adrian Kalil of Team Portland Aquatic Club realized the completion of a dream. Adrian was one of 1,441 men and women who began the 1995 Hawaiian Ironman World Championship Triathlon in the warm waters of Kailua-Kona.

The day would involve a 2.4-mile ocean swim, followed by a 112-mile bike trek through the lava fields along the west coast of the Big Island, and would finish with a 26.2-mile run. Every year this prestigious event attracts people from all over the world—amateurs and professionals alike—each with his or her own goals, dreams and stories.

Kalil's athletic roots are worth noting: He swam during high school and college and later picked up running during his graduate studies in the late '70s. Cycling came later, with his interest in the then "new" sport of triathlon, which came to Oregon in 1982.

Throughout the past 13 seasons, Kalil has completed 25 triathlons, including five Ironman events. In the process he's covered four countries and three continents. He participated in the 1990 Gay Games in Vancouver, B.C., and swam with and coached for Team Portland Aquatic Club at the 1994 Gay Games in New York. In addition, he has completed dozens of 10k and 15k road races, four marathons, and countless masters swim meets over the years.

Not bad for an individual who considers himself a recreational athlete and participates for health, peace of mind, and the camaraderie these sports can bring.

"Training and competing bring me a sense of satisfaction I cannot find anywhere else," he says. "It also requires an enormous dose of self-discipline and helps to bring structure to my life."

Life is busy for Kalil, who is a practicing anesthetist for a large hospital in Portland.

"Work clearly comes first," he laughs, "as I couldn't make it as a professional athlete if I tried!"

The combination of work and sport brings balance to his full life, but it does not stop there.

"The sports have been very good to me, and I have always felt strongly about giving something back," Kalil says. Since 1986 he has been a volunteer for the Portland Marathon, and over the last five years he has helped to coordinate the medical services at the finish line.

Every October he volunteers at the Hawaiian Ironman finish line, and this year he will travel to both Ironman Germany and Ironman Canada to offer his talents there.

"The work is extraordinarily satisfying, as most volunteer work can be. Having been both

the recipient and provider of finish-line medical care, I can appreciate how much is involved. But when just one person turns and offers their thanks, every drop of sweat is worth the effort."

Kalil plans to take a year off from competition before returning as coach and swimmer for Team Portland. He plans to attend the 1998 Gay Games



Adrian Kalil at the Ironman triathlon in Hawaii

*Throughout the past 13 seasons,
Kalil has completed 25 triathlons,
including five Ironman events.*

*In the process, he's covered
four countries and three continents.*

in Amsterdam, and to continue to volunteer when and where possible for future marathons and triathlons, including each year in Kona.

In the same manner that Kalil has received encouragement through his association with other athletes throughout the years, he continues to be an inspiration to his fellow volunteers and teammates. Being an endurance athlete reflects a commitment to a certain lifestyle and attitude toward one's self.

It is an endeavor that draws together the elements of body, mind and spirit, all driven by a fire from deep within.

"Getting back to Hawaii as a competitor was a dream come true," he says. "I had done the Ironman in Australia this last April, so I was in pretty good shape. When I received my letter of acceptance [for Hawaii] in May, nothing else mattered but the finish line and the experience."

We should all feel so good.

POSITIVE REINFORCEMENT

HIV UNIVERSITY

January 21
Survival Skills:
long term survivors talk about getting there.

January 25
"Who's the Boss":
negotiating with your doctor.

February 5
HIV & Dating:
consumer workshop.

A course of classes designed to train, inform and support people living with and affected by HIV. Free classes start at 6:30 pm. Reservations: **HIV U Infoline** at 503-223-6339, ext. 111.



HIV University is funded by the Ryan White Care Act (Title I)

Catholic?

*Gay? Lesbian? Bisexual?
Transgender? Fallen-away?
Lapsed? Alienated?*

You're welcome at
The Downtown Chapel
(St. Vincent de Paul Parish)
601 W. Burnside

**Come join us as we affirm and
celebrate the beautiful diversity
of God's creation.**

HIV POSITIVE?

The Russell Street Clinic at Oregon Health Sciences University needs HIV participants for an oral health care research project to study the overall health effects of regular dental care for people with HIV.

For more information, call:
494-6300

An affirmative action institution.



TRAVEL AGENTS INTERNATIONAL

CORPORATE
LEISURE
DOMESTIC
INTERNATIONAL

Serving Our Community ...

- **Designated Agency** for Team Portland to Gay Games IV
- **Designated National Agency** to 1994 Lavender Law Convention
- **Designated National Agency** for Dignity '95 Convention
- **Official Agency** for NW Women's Trade Show, Oct 1995
- **Bonus Dollars** issued for all Travel
- **HIV Community Support Program** through donated **Bonus Dollars**

... By Meeting Your Needs

917 SW Washington
Portland, Oregon

503-223-1100 • 800-357-3194