

Don Keddell

Love Ya Man!!



What exactly does that mean and who amongst the 822 current TRI FOXES is the only one of us to use that salutation with sincerity and love in his heart??.....that would be the one and only DON KEDDELL...a triathlete since 1999, a TRI FOX since the beginning, and a man who lives "Love Ya Man!" You see, "back in the day", Don had a pretty good party life...full of drugs and alcohol. "I did everything, except needles... I had

issues that contributed to my abuse of the drugs..but what I found on my road to sobriety is that EVERYONE has been affected by drugs or alcohol..either using and abusing themselves or having a friend or relative who has." Don firmly believes that he has been given a 2nd or maybe even a 3rd chance at life and because he has seen both sides of the fence he has become a positive influence and support for those in need of help... whether it is someone in the club who needs mentoring to become a better triathlete or a troubled soul who might succumb to the power of drugs and alcohol. Don is all about giving back...maybe that's because he is one of the lucky ones...you see, 96% of drug users go to jail or die or continue on their destructive paths...only 4% are successful at staying clean and Don has been sober since 1984!!

Don's athletic career started after he kicked the stuff....having hurt his knee in basketball, he took a spin class to stay in shape and loved it! He did his first mini sprint triathlon where many local newbies get their start..at Fremont...he exclaimed, "my heart was popping out of my chest and I swore to myself..NEVER AGAIN!" But like all good triathletes, by the time he got in his car he was already wondering what his next race would be...and now, he has done about 60 sprint tri's, 8 Half Ironman races, and 8 Olympic distance triathlons.

And this writer can place a sure bet that we ALL know what is on the horizon for Don Keddell..that's right, Ironman Wisconsin this coming September! Don throws in a little philosophy with his current training.."whatever I do, I try to do the best I can...that's why I do triathlons and that is why I am pushing myself for an Ironman...when I first started, I couldn't swim or bike or run, but now I do all 3, so I can finish, and then EAT...I LOVE to eat..but even more importantly than that, through triathlon, and through my association with the TRI FOXES and the Y and Midwest Sports Events, it has opened me up to new friends and a new knowledge base about life."

If you have the chance to ride or run with Don, it is an adventure not to be missed: he sings on the bike and knows a pretty extensive playlist of songs..just ask him...he makes training fun and his singing gets tired triathletes to smile..."I know what it's like to be down, but when someone takes your hand and lifts you up, it's makes you feel better...and when I can make someone laugh, it helps me too!" Don Keddell sums up his life very succinctly..."it's all about being in it for the long haul and that is what makes triathlon and sobriety so similar...it's an attitude of gratitude!"

Don, the TRI FOXES "Love ya man!!"