

# Orinda Police Officer Takes 6 Medals at State Games

By Jennifer Wake



Dean Kimball

Photo Tod Fierner

If Orinda Police Officer Dean Kimball, 54, tells you he works out, you had better take him seriously. Kimball was one of 3,000 police officers and fire fighters from 10 U.S. states who competed in the 2007 Western States Police and Fire Games on Oct. 6-14 in Mesa, Ariz. He won six medals, including a silver medal for the "Toughest Competitor Alive (TCA)" event.

The TCA lasted nearly 12 hours for Kimball, starting with a 5K run at 7 a.m. and finishing with a brutal obstacle course at 6:30 p.m. Part of the TCA event includes a shot put competition, a 100-yard dash, a 100-meter swim, a 20-foot rope climb, a bench press competition, and a dead-hang pull-up competition. The obstacle course starts with a 145 lb. dummy drag before scaling an 8-foot-high fence and vaulting over a 5-foot-tall wall before the monkey bars, running through tires and a zigzag pattern to the finish (all of which needs to be completed in under two minutes to qualify).

Kimball said he could barely make it to the end of the TCA four years ago.

"The swimming part just killed me. I was stuck in the water," Kimball said. He went to Heather Farms and asked coaches and swim team swimmers for help. "I

learned to swim. It was nice to come to the end [this year] and not be gasping for air."

The day after taking the silver at the TCA in Mesa, Kimball entered the 50- and the 100-yard freestyle swimming competitions and took the bronze, missing second place by just 0.07 seconds.

A long-time competitor and master of Karate, Kimball started competing in the Games in 1981. Since karate wasn't included at the Games this year (something that Kimball would medal in every year), he decided to try something new by entering the swimming competition.

"Ten years ago, I thought I'd like to do something where I don't get kicked in the ribs or kicked in the face," he said. "So I added weight lifting and later the TCA."

Kimball finished the Games with two silvers for the TCA (one individual, one with a female partner), a gold in the Bench Press, a gold in the Push Pull, and two bronze in swimming.

"My wife thinks I'm crazy, but it's only once a year," Kimball said. "In the police games, my competitor is out there rooting for me. It's good competition, but very friendly. I'm looking forward to next year."



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