

## Former college lineman loses weight, wins races

**A**mong the behemoths will be a triathlete. When former Stanford football players get together outside their stadium for a tailgate party before Saturday's game against USC, they may see what they think is an impostor. But upon closer inspection, they will recognize former Cardinal left offensive tackle Jeff Bailey as one of their own — only now there is just a lot less of him to love.

Over the last several years, thanks to a lifestyle change, Bailey has transformed himself from a 340-pound gargantuan who protected quarterback Steve Stenstrom's back side, and opened up holes for running back Glyn Milburn in the early 1990s, to a 90-pounds lighter, Clydesdale of a triathlete.

"When people ask me what I have done, I tell them it's from chasing two daughters all over the place," the father of Mary Jane (six) and Vivian (five) said on Wednesday.

In truth, Bailey followed the lead of his wife, Beth, into the multi-sport world. Since 2003, the 39-year-old has competed in dozens of triathlons, often placing in the Clydesdale (over 200 pounds) division. This was a far cry from 1991 when he was recruited by then-assistant Brian Billick to play for Denny Green, who left the Cardinal



### LIFESTYLE SPORTS

Mike Takeuchi

one year later.

"It was pretty upsetting, because we had a good season (8-4)," Bailey said. "In January, our athletic director (Ted Leland) called us in a meeting and someone slipped into the back of the room."

That someone was three-time Super Bowl champion coach Bill Walsh. As Walsh walked down the aisle to many cheers, Bailey recalled the electric atmosphere. He gained a starting position for a team that beat Penn State 24-3 in the Blockbuster bowl to finish at No. 9 and played one more year for Stanford.

While a pro career was desired, Bailey knew that it wasn't realistic.

"I saw the writing on the wall pretty early," Bailey said on Sept. 26.

While finishing his degree in economics, he met his wife, a former diver who was doing triathlons and marathons.

Looking for a challenge, he started working out, albeit differently, on his own. After alternating running and walking around San Francisco's Nob Hill in five-minute increments for 20 minutes, he stepped up his game to triathlons. And although he missed the swim cutoff time in his first triathlon in 2003, nothing has deterred him since, completing races such as the 1.2-mile swim, 56-mile bike, 13.1-mile run Vineman Half

Ironman Triathlon.

"I didn't want to be the guy who had permanent pain for the rest of his life, so I started doing races," Bailey said. "Plus, I had to figure out a way to keep up with my wife."

Bailey still weighed 290 pounds during his early years in the sport. He broke through three years ago, however, when he bought a racing bike.

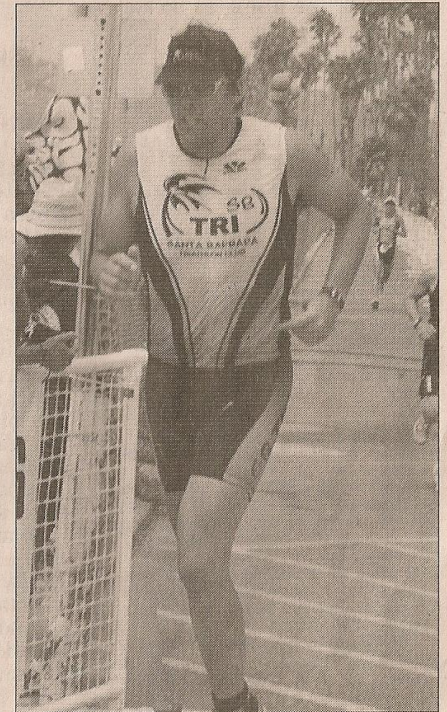
Since then, he has had a weekly regimen of swimming, biking, and running three times each, including a long weekend ride with Beth. Also, thanks to his wife, a nutrition expert who has her own organic nutrition company (kiddofood.org), Bailey has lost an additional 50 pounds. He works as a local company's chief financial officer.

"When Jeff was playing football, he wasn't fat by any means, he was just a big guy who could bench press 385 pounds," Beth Bailey said. "And then when he altered his lifestyle and started training for triathlons, he really retransformed his body."

In recent years, he has also changed his mindset from participant to Clydesdale-division competitor. After winning the bracket at the Carpinteria Olympic Distance race last year, he realized that he was not alone when he placed third in September.

"I found out at the Santa Barbara Triathlon that there are a lot of fast, big guys out there," Bailey said. "Maybe they could add a 250-plus division. But then again, I may be the only one in it."

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Former Stanford football lineman Jeff Bailey won his age division at last year's Carpinteria Triathlon.