



NEWS RELEASE

Orange County Fire Authority
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For Immediate Release

Subject: OCFA Firefighter Wins Triple Iron Man Competition

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Orange County, Ca: Orange County Fire Authority (OCFA) Firefighter Steve Teal is a true "Man of Steel"! Firefighter/Paramedic Teal, a six year veteran from Station 32 in Yorba Linda recently won a Triple Ironman Competition in Virginia.

The event that occurred on October 9th included:

- 7.2 Mile Swim
- 336 Miles of Cycling
- 78 Mile Run

Firefighter Teal finished in an impressive 44 hours, 39 minutes which was a full six hours before any of the forty other competitors. He finished the race so soon in fact, that the race directors were not even prepared with the finish line tape and other festivities.

Firefighter Teal is a twenty year fire service veteran that has always taken fitness and exercise seriously. In the past, he has finished four "Bad Water", 135 mile marathons, and four "Furnace Creek", 508 mile cycle races. All of these previous races were held in Death Valley. "I trained well over 1,000 hours for the better part of a year in preparation for this race", says Teal, "For me, this was one of the toughest things I have ever done".

For interview opportunities or more information about the OCFA, please call Captain McKeown at 714-402-3739.



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The Orange County Fire Authority is a joint powers authority that serves more than 1.3 million residents in 22 cities and the unincorporated areas of the county.