

A man with short brown hair and blue eyes, wearing a cycling jersey with 'CLR TEAM' and blue shorts, stands next to a blue and black road bicycle. He is in a garage with a ceiling fan and a window in the background.

Calvin Zaryski, 38
HIGH PERFORMANCE COACH,
WELLNESS CONSULTANT AND PUBLIC
SPEAKER, CRITICALSPEED.COM

Calvin Zaryski's double-width garage is a teenager's dream. It's got all the party trappings: a professional drum set, a huge movie screen, a surround sound music system and a computerized stationary cycling pad. The only thing is, Zaryski isn't a teen: he's well into adulthood.

"This is my chaos," Zaryski says, scanning his "high-performance studio." This is where he sometimes cranks up the music, and heats the room to 30 degrees Celsius for "training parties" for clients — some who are professional athletes, some who climb Mount Everest, and others who simply want to shed weight and get their lives back on track.

Zaryski, who looks like a tanned California surfer, is a lifestyle coach for Calgarians — many who are cross-training for Ironman triathlons. At first, the regiment seems cruel: all the cycling, pilates, pumping weights, stomach crunches, leg lifts and core-strengthening. But Zaryski, a world triathlete champion of many accolades, practises what he preaches. Last year, he won the World Masters Triathlon Championships in the 35 to 39 age category, finishing third overall. "Life is about challenging yourself," he says.

Armed with a degree in physical education and a master's in kinesiology, "Coach Cal" volunteers his time to patients at the Tom Baker Cancer Centre — researching, advising and public speaking. He is also devising a comprehensive program to transform fatigued cancer patients into individuals with more functional lifestyles through physical fitness.

Born and raised in Prince George, B.C., Zaryski has always been a sports jock, encouraged by his salesman dad. Soccer was his sport of choice, but he started running competitively in Grade 6, preferring cross-country runs through open fields and parks. He moved to Calgary for university in 1994.

As for the drums in his garage, Zaryski, who started banging the skins in a teen rock band, enjoys jamming with his friends. "My neighbours don't like me too much," he says of his practicing. "It's fairly loud."

— Carol Harrington

**"LIFE IS ABOUT
CHALLENGING YOURSELF."**

40 UNDER 40 Brain Waves

- In 20 years I will be retired — but World Champion in off-road triathlon at 58.
- If I wasn't doing what I'm doing, I would be designing homes.