

DON BISCHOFF (5/20/08)



Summer look



Winter growth

1) NAME & NICKNAME(S) :

Don Bischoff, "Biz", "Mr Don", "Padre"- (my sons use this)

2) AGE (OR AGE GROUP) :

Born Dec 14, 1955 in Tacoma, Washington.
At 52, I am in the best fitness level of my life and I love the title "Super Master". I stay young chasing my kids.

3) FAMILY / PETS / LOVED ONES:

My Wife of 27 yrs Kathy (she is a swimmer), Sons - Luke 24, Joel 20, Daughters- Amy 17, Ellen 13 and Mary 11.
Pet: Dixie, a mini dachshund

4) SCHOOLING:

High School - Ben Lomond HS Odgen, Utah
College - Utah State University Logan, Utah - BS Forestry 1978

5) OCCUPATION:

3 yrs as Forestry Tech with US Forest Service
27 yrs as Hydrographer w/US Geological Survey- Water Resources
Spend many field days on streams in East Glacier National Park and have to visit Grinnell Glacier three times a year
Job title nicknames - Creek Freak, River Ranger

6) HAVE BEEN RUNNING WITH THE VIG GROUP SINCE 2007, AND GOT INVOLVED

BECAUSE: Jeff Thomas invited me to give the track workouts a try and I wanted to Run in the Montana Cup for the Helena team. Am running because after watching my two sons run X-Country and track in High School for Helena High, I wanted to be in on the fun and fitness. Now all of my three daughters are running as well. Even my "Special Olympian", Ellen.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE): Have run in only a few races but my 5K time is ALWAYS between 20:20 and 20:32. Ran the Railway 8k last year in 33:46 but I'd never run that distance ever, even in workouts. Best known in the group for serving beer to others. Although I did want to ask Evan Eck for his ID last year on the Bus trip!

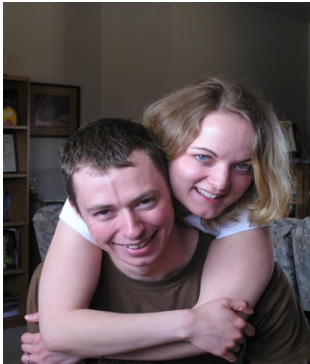
8) GOALS (RUNNING OR OTHERWISE): To continue running to stay in shape, have fun during those event runs:ie - My three daughters all high five'd me 2/3 of the way through the Race for the Cure, run through all the water sprays during the Gov Cup, thank those cheering me on and encourage other runners onward to the end. Would love to do the Pole-Pedal and Paddle in Jackson Hole someday.....

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:
Enjoy every day and when your served lemons make lemonade!

10) OTHER INTERESTING TIDBITS: Played High school baseball. Started running in college to get away from the books for awhile. Ran in Converse hightops, thinking that running a mile was a good thing. Spend may field days on streams on East side of Glacier National Park. Enjoy: Hiking, skiing, biking, dark chocolate, photography, anything outdoors, taking naps, trees



Most of my family



Luke and wife Joanna