



10 Questions (11/5/08)

Name:

Katie (Kathryn) Ann Campbell

Age Group:

Mid 30's

Family, Pets, Loved Ones:

Daughter – Berkalie Campbell-Woods, husband – Sam Woods, deceased dog – Bonzi – while doing sprint workouts across Euclid. Parents, sister & 2 nephews also live in town – Nancy & Jim, Kara, Lenny & Kaleb.

Schooling:

I am a University of Montana graduate, YogaFit – Certified, Aerobics & Fitness Association of America – Group Instructor Certified, American Council on Exercise – Personal Trainer Certified.

Occupation:

I am a Yoga Trainer - like a personal trainer, but with Yoga only.

Vig Group Member & Reason:

Mannny years ago I was told about the Vig group while taking a Sports Conditioning class. However, I did not participate. Then, while reffing volleyball I was invited to run the Carroll College Cross Country Run & was told again about the Vig group. Later, I spoke to a fellow runner who told me to contact Pat Judge, so I did & here I am. I ran with the group for the 1st time in mid – late September 2008!

Notable Accomplishments:

Besides being a Yoga Trainer I am a “Has Been”. In High School- I went to Capital- I was track captain, soccer All State & a varsity volleyball setter. I graduated & became a Wild land Firefighter.

Goals:

Participate as a runner, being more process oriented – for enjoyment purposes. Continue Yoga Training, returning from India more knowledgeable, wise & educated.

Philosophy of Life/Personal Motto:

I like to think - Love, Peace, Bliss & Gratitude - Reaching, Surrendering, Lifting & Holding.

I like to think - Harmony, , Joy, and Love. – Flexibility, Patience, Strength, Grace.

I’m still developing it!

Other Tid Bits:

I am a 5th generation Montanan, daughter also born in Helena.