



10 QUESTIONS (5/19/08)

1) NAME & NICKNAME(S): Keith Carparelli, Nicknames are numerous but most of the one's my wife has come up with are not fit for family publication. After our recent trip to Disney, Grumpy kinda seemed to stick though.

2) AGE (OR AGE GROUP): 6 in dog years, and behavioral tendencies.

3) FAMILY / PETS / LOVED ONES: 2 very spoiled weiny dogs named Taz and Daffy (like the duck he waddles) expecting one more this month. 2 even more spoiled girls Anna (8yrs old) Maria (12 years old).

4) SCHOOLING:

House broken and domesticated! 15 years of obedience training by my master, spouse, and accountant, Laren.

5) OCCUPATION:

Public Servant- Montana Guaranteed Student Loan Program. Thank you tax-payers! for allowing me to feed my kids and keep a warm home in the winter.

6) HAS BEEN RUNNING WITH THE VIG GROUP sporadically SINCE 2003 or so, AND GOT INVOLVED BECAUSE:

1. I'm too lazy to do speed and interval work by myself.
2. I also need something to force me to be somewhat social that doesn't involve eating or beer. (for those that know about Myers Briggs personality typing INTJ with a CAPITAL I) which mostly means I'd rather sort bolts in my garage than be forced into a social situation.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Getting out of bed each morning.

8) GOALS (RUNNING OR OTHERWISE):

Complete a sprint and olympic distance Tri in 2008. Complete a Marathon and Half iron-man in '09

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

My wife thinks it's "Anything worth doing is worth doing obsessively".

10) OTHER INTERESTING TIDBITS:

Mick insisted that I send a picture. See what happens when you mix beer and late nights at the lake.

Don't be looking for the red hair at the track, it's usually the shiny low maintenance gelled black/brown.