



10 QUESTIONS (5/15/08)

1) NAME & NICKNAME(S):

Mark Copenhaver

2) AGE (OR AGE GROUP):

43, but when I try and keep up with Sarah S or Mike J, I feel much older

3) FAMILY / PETS / LOVED ONES:

Tammy, spouse and recent vigger

Jacklyn (12) 6th grade at HMS, ran X-country and currently running track

Jerilyn (8) would much prefer hanging out with her cat rather than doing anything, especially if it requires physical activity, exclusive of riding horse

4) SCHOOLING:

1983 Blue Sky High School, Rudyard Montana

1987 Western Montana College, Dillon--BS Education

Obedience training 1990 to present (interestingly those dates correspond with my marriage)

5) OCCUPATION:

I give away money!! (Not mine and I don't get to keep any for myself)

6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE ____, AND GOT INVOLVED BECAUSE:

2008, Mike Jacobson shamed me into it by telling me that I needed to get out of the office more often!

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Honestly I'm not much of an athlete, running or otherwise, however I was a pretty good coach before moving to Helena. Ran my very first mile within the last 1 ½ year (hey I grew up on a farm, why run when nothing runs like a **Deere**...:-)

Male Valedictorian, Western Montana College 1987

8) GOALS (RUNNING OR OTHERWISE):

2008 3 or 4 Sprint Tri's + a half marathon, maybe two

2009 2 or 3 Olympic Tri's

2010 Half-Ironman (I **need** long term goals)

Hunt every minute that I don't have to work, train or be a dad!

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

In every adversity there lays a seed for equal or greater accomplishment.

10) OTHER INTERESTING TIDBITS:

I love all things outdoors! In the past I've been a member of the Outdoor Life Optics Team. Honestly, I run to get in shape for hunting season.

Passionate, Tammy might say fanatical, big game hunter.

Recent expeditions to British Columbia, Alberta, Saskatchewan, Alaska, Wyoming, Idaho and throughout Montana. (I don't work in November!)