



## 10 QUESTIONS (515/08)

1) NAME & NICKNAME(S):

Tammy Copenhaver

2) AGE (OR AGE GROUP):

38 – for couple more weeks

3) FAMILY / PETS / LOVED ONES:

Fellow Bircher – Mark – also my #1 supporter  
Jacki – 12, likes to be active – Can't sit still for very long and can't wait to grow up.

Jeri – 9 in a few days, She just wants to be a kid forever! (I think she has the right idea)

Cat/Sara, age/unknown – Most times she is a pain in the A\$\$ but the family loves her.

SCHOOLING:

Helena High School – 88'

Anytime I attempt to run or swim. Since I haven't actually seen my new bike – that will be a huge schooling for me! If you live anywhere near the vicinity Custer Ave., you may want to avoid that area for a few days.

5) OCCUPATION:

Mom and wife then...

Secretary, Montana Medical Association/MMLP, since 2-1989

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

2008, So far I have only been to 3 work outs... actually only signed in for 2... but my husband and running partners (Mike and Connie Jacobson) think it will be good for me and I thought it would be nice to actually meet those that I see running around town and/or at races.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Greatest accomplishment – my two daughters!

Bloomsday 2007, my first running race

Completed ½ marathon 2007

Filled a Mountain Goat tag 2006

8) GOALS (RUNNING OR OTHERWISE):

Queen City Tri – June 1

Grizzly HM - August

Possibly Billings Marathon or HM – September

Maybe give a couple of other Tris a whirl.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

Have Fun- Life is short – Enjoy each day!

**I run to eat!**

10) OTHER INTERESTING TIDBITS:

I was never a runner in school or otherwise – I did anything to avoid it. This all started in May 2006 because the seed was planted from a personal trainer at the Broadwater. I told her I couldn't run, but she kept at it and the personal challenge began... Now, she is my running partner and a great friend! On most runs I complain about the miles, hills, training plan, etc., but when it is all said and done, I am thrilled when I am able to meet a challenge.

I enjoy spending time with my family and friends; Girls trips to great destinations; Sun, sand and bottomless drinks in Mexico!