



(Photo taken @ 2009 Governor's Cup 10K)

10 Questions (updated 3/12/2010)

1. Name/Nicknames Steve Creigh

“Creature” (old CB handle, and Marine Corps nickname, derived from the pronunciation of my last name)

“The Bull” – per Mark Rabold after 2009 100 x 100 swim

2. Age/Age Group

42 (*in May*)

3. Family/Loved ones

Single, never been married, no children

Sister still (poor soul) living in Wichita, KS

4. Schooling

Coronado High School, Colorado Springs, CO (Class of '86) – *The Cougars*

National University, Vista, CA – programming (*Pascal – and gee hasn't THAT been handy*)

School of Hard Knocks:

- U.S. Marine Corps ('86-'92): Ammunition Storage & Management, Combat Skills & Marksmanship Instructor
- U.S. Army (Kansas Army National Guard) ('93-'99): Company Supply Sergeant/Company Logistics (Active Duty)
- Jack-of-All-Trades, Master-of-None University: a plethora of learning experiences in a variety of occupations including (but not limited to): Private Security, restaurants (pick a job, any job), newspaper delivery, dog grooming, pizza delivery, retail employee, dry-land farming and ranching, commercial Over-the-Road truck driver, custom cabinet manufacturing, CAD design, desktop publishing, and media relations.

5. Occupation

Owner of Up! Solutions, a business development company.

State employee, Montana Department of Revenue (Centrally Assessed Unit: Utility & Industrial)

(I know, I know, not exactly a Dale Carnegie Recommended Top Ten, but what can I say – so far the benefits are hard to pass up)

6. Member of the Vig group

Started with the group in June of 2008, upon the recommendation from fellow Vigger Greg DeWitt. Initially, I looked at participation as a means of meeting folks in the running/fitness community. Nobody told me it was the aerobic equivalent to a gateway drug! Running begat racing, begat triathlons (*and swimming...and biking...and trail running...and Nordic skiing...and snowshoeing*)....

...I've stuck with it because of the camaraderie with a group of the most awesome people I've ever known.

7. Notable accomplishments

2008

- Started running again in mid-March 2008 after an almost 11-year hiatus from physical training of any kind. (*aside from chasing cows, and well, let's face it: if you're tracking PR's in frustration, you have issues. SERIOUS issues*).
- Governor's Cup 10K. (First 10K, first race, first *anything* race-oriented in 19 years). 56:34
- Spring Meadow Triathlon (Sprint). First-ever triathlon; beat personal target and goal times; felt great, wanted more! **PR: 1:32:33**
- Treasure State Triathlon (Olympic) (Bozeman). First Olympic distance tri; beat personal target and goal times. **PR: 2:48:50**
- Garden City Triathlon (Olympic) (Frenchtown) 2:52:46
- Vig Scrimmage, 1 Mile TT (Phase 2): **PR: 7:11**

2009

Officially, at age 42, in better physical condition than at any other time in my life, *including* when I graduated USMC Boot Camp. (*I just wish I was still 10-foot tall and bulletproof...*)

Vig Scrimmage 1-Mile TT (Phase 1): **PR: 6:09**

Governor's Cup 10K – **PR: 44:30**

Completed Inaugural 100 x 100 Swim (10,000 yd = 5.68 miles)

Treasure State Triathlon (Olympic) Bozeman, June **PR: 2:33:44, 2nd in Age Group**

Spring Meadow Triathlon (Olympic) – Helena, July **PR: 2:27:30 2nd in Age Group**

Vig Scrimmage 1-Mile TT (Phase 2): **PR: 5:51** (*first time ever sub 6:00*)

Grand Columbian Half Iron (70.3) Triathlon (*first half-iron tri*) **PR: 5:54:56**

8. Goals (running & related) (*italics indicate tentative events; bold are A-races*)

2010:

OnionMan Triathlon (Olympic) – May

Treasure State Triathlon (Olympic) (Bozeman) – June

Spring Meadow Triathlon (Olympic) – Mid-July

One Helena Hundred (Helena Century) 100-mile Bike

Headwaters Half Iron Triathlon (Three Forks) – Late July

Ironman Wisconsin 140.6 (Madison) –September

Portland Marathon – October

2011:

At least 3 Triathlons – maybe Nationals?

An Xterra-style Tri

Don't Fence Me In 12K

HURL 50K

Hike/backpack in Glacier – FINALLY!

9. Philosophies

1. Embrace the essence of Bushido: experience and live 'Life in every breath.'
2. Champions make decisions; losers make excuses.
3. Pain is the price of victory. It is also the price of complacency.
Choose which you will suffer for.
4. The great, great doors of opportunity swing on the itty-bitty hinges of discipline.
5. Circumstances do not make the man; they merely reveal him to himself. – Epictetus
6. Challenges are what make life interesting; overcoming them is what makes life meaningful.
7. If it's to be, it's up to me.

10. Other interesting tidbits

- Moved to Montana in May of 2007 – the absolute, hands down, no-holds-barred, BEST decision I have ever made. Rudder amidships, full stop, end of story.
- I love to write fiction, primarily short stories in the fantasy genre. Currently working on a novel (*and working...and working...*). Recently re-discovered an interest in writing poetry.
- I enjoy working with wood, and work in my woodshop as time allows; but I *love* working with steel (alas, no metal shop). I also dabble in leatherwork.
- I do drafting in AutoCAD and desktop publishing/design, again as time allows.
- I'm a voracious reader. Favorite authors include (but not limited to): Robert Jordan, S.M. Stirling, Robert Stackpole, Jack DuBrul, Tami Hoag, Robert Parker, Elizabeth Hayden, Tom Clancy, Robert Ludlum, Jack Higgins, Richard Marcinko, Piers Anthony, A.A. Attanasio, Trudi Canavan, Raymond Feist, Robert Kiyosaki, Dale Carnegie, Zig Ziglar, Steven Covey.
- I love teaching and motivational speaking.