



10 QUESTIONS (5/24/08)

1) NAME & NICKNAME (S):

Barb Furlong aka Martha, or the bride

2) AGE (OR AGE GROUP):

50 and who would lie about that age?

3) FAMILY / PETS / LOVED ONES:

Happily married to Tom Furlong and we live in castle, where he has a throne. I have two great kids Haley (19), who is a shining star and a runner, and Nolan (16) shows up to use the computer from time to time. We have two cats in our yard and life isn't all that hard.

4) SCHOOLING:

University of North Dakota (VC branch) and University of Colorado.

5) OCCUPATION:

Budget Analyst for Fish Wildlife and Parks – a great place

6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE 2007, AND GOT INVOLVED BECAUSE:

Tom was key; he kept repeating if you want to get faster you have to train. I started last year, and hope to reappear this year.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

My favorite would be that I turned 50 while I am still very active and healthy. I somehow won the master division in the 2007 Mt Helena run.

8) GOALS (RUNNING OR OTHERWISE):

To improve, improve in all aspects of my life and in my friendships and possibly learn to swim.

9) Philosophy's:

-Don't give up 5 minutes before the miracle.

-Never run with out wearing a visor.

10) OTHER INTERESTING TIDBITS:

I enjoy all of the outdoors. Wish I could trail run everyday.