



10 QUESTIONS (5/14/08)

1) NAME & NICKNAME(S):

Russ Gates

I have a few nicknames and have been called a few others, but probably shouldn't repeat any of them here.

2) AGE (OR AGE GROUP):

29 (for 6 more days at least)

3) FAMILY / PETS / LOVED ONES:

Don't even have house plants, but I do have roommates, which from what I can tell is just like having to clean up after children.

4) SCHOOLING:

High school in Spokane, WA then Carroll College from '96-2000

5) OCCUPATION:

DNRC Water Resources Specialist and waiter at Bullman's Pizza

6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE 2004, AND GOT INVOLVED BECAUSE:

Sara Slanger talked me into it during a Piyo class. Thanks Sara!

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Seem to be able to run a decent Tri on a Rainier hangover.

8) GOALS (RUNNING OR OTHERWISE):

To make it to Montana Cup this year and actually be ready to run.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

“Thinking causes stress, and that’s bad for you.”

10) OTHER INTERESTING TIDBITS:

I obviously have way too much time on my hands right now.