



10 QUESTIONS (5/16/08)

1) NAME & NICKNAME(S):

Laura Morin a.k.a. LO MO, MO LO, MoLo like the wine (according to Tom), LoDown, L-Mo, LoMoney, PumaLo, LoRaMo, soon to be LoMoHo (err uh...?), LoSocSki, MO, LO, HiLO, GoLo, SLoMo (dang), TriLo, GotLo?, you get the idea... ☺

2) AGE (OR AGE GROUP):

25, going on 18...I dislike growing up!

3) FAMILY / PETS / LOVED ONES:

fiancée-Dave Holien

pet cat-ZIPP (named by Jeff Thomas after my race bike wheels)...unfortunately she is evil and only loves me and hates everyone else...I am severely allergic to her and can't give her up! So I take shots...and have trouble breathing while running...this you know

RENTS-Sue and Fred Stanaway and Brookes Morin

GRENTS-Dr. and Mary Little who I love more than anything!

LOVED ONES- YOU, our club, everyone, your friends, your pets, our kind, your families, well, you get the picture, I am FULL of LOVE!

4) SCHOOLING:

Capital High School, 2001

Gonzaga University, 2005 -pre-med, B.S. in Math and Biology

Clayton College of Natural Health- 2007, Masters in Holistic Nutrition

University of Wisconsin-2008-Certification in Medical Dosimetry (will finish August 15)

5) OCCUPATION:

Medical Dosimetry Intern in St. Peter's Hospital Cancer Treatment Center, and teach bike classes at Crossroads

6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE _____, AND GOT

INVOLVED BECAUSE:

2002, when about 5-8 people total showed up at the track and were called the RABBIT PACK (I was the rabbit and Jeff, Pat, Kyle, Dan, Tom, Jen and Ann were always chasing me), got involved because I was an insecure college sophomore looking for ways to stay fit playing D1 College soccer and Ann Seifert took me under her wing and told me she believed in me...



7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Falling in love with Dave is the greatest accomplishment I can think of...getting married August 30, 2008

Somehow I accomplished being born into a pretty sweet and athletic family who passed on their drive to me (including former Olympic skier, Helena attorney Roger Little)...

-Also...never lost a soccer game in high school for third longest winning streak EVER (69-0) in the nation..

-Got 2nd in Ironman Couer d'Alene 2006 on my first try thanks to all my support

-Competed in Age-group Triathlon Worlds in Honolulu, HI in 2005 with Ann and Greg, and made the national team

-Won state championship Time Trial on the bike in 2006

-Made two junior Olympic ski teams while alpine racing growing up

-Can recite the list of all English prepositions in under eight seconds (one breath)

8) GOALS (RUNNING OR OTHERWISE):

Dave and I are running Grandma's Marathon in Duluth, MN on June 21, 2008...we are looking to enjoy the experience and finish healthy!

I'd like to maybe have a career someday, but I sure like school

I'd like to have my wedding planned this summer before the date

I'd like to do some 24 hour mtn. bike races, trail Triathlons, and group relays!

Someday I'd like to do an ultra I think, I sure like endurance events!

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

"SMILING'S MY FAVORITE" -elf

"The greater an obstacle, the more glory in overcoming."

"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive."

10) OTHER INTERESTING TIDBITS:

I love pictures...so I'll add more!

I should write a book, cause I always do with these things!

I thought Vig was a math club.

There is word on the street that if women run a marathon their uterus will fall out.

Dave taught me to skate ski the right way this year and I love it! And it proves to be excellent winter cross training! ☺



To: [Runner's List](#)

Sent: Sunday, May 18, 2008 8:14 PM

Subject: Re: [vig] meet Laura, a woman of many accomplishments!

Hmmmm, Pat seems to have taken it upon himself to add to my Vig Bio....!!! Stinker!

But one thing I forgot to add is this and I want to share the wealth with all of you Vigers if you are interested:

I have been sponsored by Hammer Nutrition the past 3 years, and surprisingly enough, they are out of Whitefish, MT! I highly recommend their products and if you have competed in any endurance events at all you probably know what I'm talking about. Their website includes tons of research on their products and primary journal articles from top scientists/researchers as to why they make them the way they do. In my Ironman a couple years ago, I just soaked up all this info.

Email me if you have any product questions, especially specific to the events you are training for...

LO MO :)