



Finish of Grand Columbian Iron 1

10 QUESTIONS (5/15/08)

1) NAME & NICKNAME(S):

Mike Jacobson

My wife has several nicknames for me, none of which I'll share here.

2) AGE (OR AGE GROUP):

41 and enjoying life, except the sore knees, spare tire and grey hair (what's left)

3) FAMILY / PETS / LOVED ONES:

Connie – 40 on May 30th - crazy running/personal trainer wife

Ian – 12 - smartass middle school student – in track this year, running the mile, high jump and javelin – what a combination. Also, playing baseball.

Chester – 14 - little old dog – not a runner, used to like to chase squirrels but they're too fast now, better to just lay around and watch...

Sophie – 4- bitchy cat – runs from me

Peakabo – 1? - goof ball fuzzy cat – run to me

4) SCHOOLING:

Mullan High School – Mullan, ID

Carroll College – 1985 – 1990 (It took me 5-years to even remotely act like a grown-up)

And I'm schooled at every race, trail-run, noon workout, master's swim practice and triathlon by at least one other member of the VIG group.

5) OCCUPATION:

Bureau Chief at the Department of Justice IT Division – AKA: “reluctant bureaucrat”

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

I think I started with the VIG group in 2004. I was encouraged by Jeff Thomas and Evan Eck to start going to the track workouts. I keep going because they are killer workouts I'd never do on my own.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Completing Ironman CDA is probably my most notable running accomplishment. But since 2002 I've lost nearly 100 lbs.

8) GOALS (RUNNING OR OTHERWISE):

Don't tell my wife, but I'd like to do a marathon this fall, I keep telling her that marathons are only to be done after a nice long swim and bike. Other than that I'd like to place well and possibly PR at Troika this year.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

After training so hard and seriously last year and ending up injured for most of the winter I've decided to just have fun and stay healthy. It doesn't matter if I miss a scheduled run, bike or swim as long as I do something, even if that is playing catch with my son.

10) OTHER INTERESTING TIDBITS:

I'm the newly appointed Race Director for the Spring Meadow Triathlons on July 13th. I also enjoy hunting, fishing, and camping with my son.