



10 QUESTIONS (6/9/09)

1) NAME & NICKNAME(S):

Thomas Joseph Jodoin

Big Bird or Birdman

2) AGE (OR AGE GROUP):

28 years old

3) FAMILY / PETS / LOVED ONES:

The lovely and talented Talia. Two cats (Angelo and Benny), one chocolate lab (Coco), and 5 chickens.

Younger brother and sister, and all the rest of the family are back in San Diego.

4) SCHOOLING:

Mira Mesa High School, San Diego, California '99

United States International University, San Diego, CA '03

University of Montana School of Law, Missoula, MT '06

5) OCCUPATION:

Helena Deputy City Attorney

6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE 2007 , AND GOT INVOLVED BECAUSE: It's mandatory isn't it?

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

37<sup>th</sup> place 1998 California Cross-Country State Championships Division II.<sup>1</sup>

Best one day performance-3:52 1500m, 1:54 800m, 49.2 4x400R split

NAIA Academic All-American

3<sup>rd</sup> Place 2008 Montana Cup

PERSONAL BESTS:

100-11.6 (CSU Long Beach All-Comers 2002)

200-23.3 (CSU Northridge 2002)

400-49.7 (San Diego State Invite 2002)

800-1:51.4 (Occidental Last Chance Meet 2002)

1500- 3:52 (UC Irvine Steve Scott Invite 2002)

5000-15:25 track (UC San Diego 2002), 15:14 road (Mission Bay, Ca Super Run 2002)

8000-26:12 Icebreaker (Great Falls MT 2009)

10000-32:53 Governors Cup (Helena, MT 2009)

½ marathon 1:15:33 (Silver Strand Half, Coronado, Ca 2000)

8) GOALS (RUNNING OR OTHERWISE):

Run under 2:00 for 800 meters every year until I am 40.

Publish *The Red Army Workouts*. Essentially a memoir of workouts and the training philosophy of my coach Mark Dvorkin (from Belarus and former USSR team coach).

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

Illegitimi non carborundum

10) OTHER INTERESTING TIDBITS:

When I was a kid I wanted to be an NFL wide receiver like Jerry Rice. Then in junior high school I wanted to be an NBA forward like Scottie Pippen. After discovering I was not very coordinated, too skinny, and too slow to play football or basketball. I took up one of the few sports where the uncoordinated, slow, and skinny can do reasonably well.

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<sup>1</sup> <http://www.dyestatcal.com/ATHLETICS/XC/1998/stateres.htm#Boys2>