



10 QUESTIONS (6/17/08)

- 1) NAME & NICKNAME(S): Roger Johnson nickname "Prancher" (SWAT call sign)
- 2) AGE (OR AGE GROUP): 42
- 3) FAMILY / PETS / LOVED ONES: wife Heather, 18 year old daughter Nicole, 16 year old daughter Brooke, 7 cats, 3 dogs, 7 ducks and 8 chickens (all named = not for dinner)
- 4) SCHOOLING: Hibbing High School MN, AA degree Law Enforcement Alexandria MN Tech College
- 5) OCCUPATION: Lt. Helena Police Department
- 6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE 2005, AND GOT INVOLVED BECAUSE: I was going to the track on Tuesdays doing intervals and kept seeing these really fast runners showing up just as I was getting done, Corey Livesay and Scott O'Connell starting attending and encouraged me to attend.
- 7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):
Not so long ago I could not go up a flight of stairs without getting winded and tipped the scale at 243 lbs. I knew I had to do something and forced myself to begin running, eating right and start a strength training routine. Before attending the police academy I never ran further than the length of a football field and never had any interest in running any

further than that. Last fall I ran our department 1.5 mile run in under 10 minutes, slow by vig standards but for me it was a major accomplishment.

8) GOALS (RUNNING OR OTHERWISE):

Continue my commitment to living a healthy lifestyle and set an example for my co-workers. I strongly believe that to protect and preserve life we must be physically and mentally prepared.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO: I really appreciate the opportunity to participate with the group; I am not a competitive runner and struggle to maintain any type of pace or consistency. I run because I know that I have to and I know that I am a better person for it. With that I have received nothing but encouragement from the group and those words have carried me to the end of just about every Tuesday workout.

Still searching for that elusive “runners high” unless side aches and leg cramps count.

I continue to be amazed at the strength and stamina displayed on Tuesdays.

10) OTHER INTERESTING TIDBITS:

I will be leaving July 5th to attend the 10- week FBI National Academy in Quantico Virginia.