



(at the Capitol, 2007 Legislature)

10 QUESTIONS (12/12/08)

1) NAME & NICKNAME(S):

Patrick Judge

“rick” -- http://www.montanacup.com/ResultsPages/2004/rick_judge.htm

“Eggbeater” -- high school nickname, due to “silky-smoothe” form (not)

“KPJ” -- college nickname for “Kooky Pat Judge” -- probably because I was rather serious

“Blood & Guts Judge” -- coined by college coach

“Crash & Burn Judge” -- Peter Dan’s perversion of college coach’s nickname for Pat

“Frothy” -- tends to foam at the mouth during intense competition

“The Archivist” / “Spam-Boy” -- for obvious reasons

“Bear” -- invented by Elaine while hiking “hey bear!” -- unfortunately NOT a reference to Bear Grylls

“Snuffleupagus” -- also invented by Elaine, to indicate “friend of Big Bird (Jodoin)”

2) AGE (OR AGE GROUP):

39

3) FAMILY / PETS / LOVED ONES:

girlfriend Elaine Dahl, mom Carol Judge, brother Thomas Judge, cat Jake

4) SCHOOLING:

Helena High School (1988) -- go Bengals!

Colorado College (B.A. Physics, 1993)

University of Montana (M.S. Environmental Studies, 2000)

5) OCCUPATION:

Montana Energy Efficiency Advocate, NW Energy Coalition (www.nwenergy.org)

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

Time Immemorial -- destiny!

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Governor's Cup participant since 1980 (individual wins in Marathon, 20k, and 10k)

Montana Cup participant since 1994 (http://www.montanacup.com/HOF/rick_judge.htm -- but don't believe everything you read!)

Enjoyed many a good battle with Jeff Thomas up Mount Helena, back in the day.

P.R.s (from a former life -- it was interesting for me when I recently noticed that most of them were set in different / unique states):

Marathon 2:33 (Portland OR, 1995)

1/2 Marathon 1:14 (Seeley Lake MT, 1995)

20k 1:08:10 (Missoula MT, 1996)

12k 39:07 (Spokane WA, 1994)

10k 31:46 (Lincoln NE, 1993)

8k 25:53 (Winfield KS, 1991)

5k 15:15 (San Diego CA, 1993)

3k 9:11 (Pocatello ID, 1999 & Boulder CO, 1993)

1500 4:08 (St. Paul MN, 1991)

800 2:04 (Colorado Springs CO, 1993)

Nowadays, I really enjoy team relays and events (Governor's Cup Relay, Wolf Creek Relay, Carroll Open, Montana Cup) -- this year's Gov's Cup was especially fun:

http://helenair.com/articles/2008/06/07/sports/top/50spl_080607_gov.txt

8) GOALS (RUNNING OR OTHERWISE):

Right now? To have as much fun running in 2009 as I did in 2008, but without the accidents / injuries!

While I have many other items on my long-term "bucket list," I will be satisfied if I can:

A) generally be a "good person" (considerate of and useful to friends, family, and society at large)

B) continue to enjoy running and competition for many years to come.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

Mens sana in corpore sano

also: minimalism & simplicity -- "less is more" (at least when it comes to material stuff)

10) OTHER INTERESTING TIDBITS:

Owner of Helena's most modest (and least used?) sail craft (14-foot Laser -- I know, I know, so much for simplicity!)

Enjoys teaching (former adjunct posts at Carroll, UM-Helena, and Colorado College) and coaching (Helena High assistant cross country coach for three years).

Likes to make lists.

Passionate about hockey (both air AND yard!).

Boxers or Briefs? neither -- by using running shorts for underwear, you're prepared for a run at all times and at a moment's notice!



(5000 m. PR -- at Jodoin's home track)



(with "smallish" wind turbine in Canada)



(4:55 mile at Hayward Field 7/2/08)



(with Elaine, Bryan Franz, Paul Koch & Coach Ted Castaneda -- Ted was 2nd to Pre in the 1973 NCAA 3 mile nationals)