



10 QUESTIONS (5/16/08)

1) NAME & NICKNAME(S):

Mick Karls

2) AGE (OR AGE GROUP):

Just turned 44 recently. Oy...

3) FAMILY / PETS / LOVED ONES:

Daughter: Kylie, 8 years old...she's getting curious about all this running, biking, swimming stuff and thinks she wants to do her first kids' tri.

Dog: Belle. A crazy 3 ½ year old Chesapeake. One guess as to who named her.

4) SCHOOLING:

University of Oregon; degrees in marketing and management

5) OCCUPATION:

VP of Human Resources and Marketing for Rocky Mountain Credit Union

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

Started fall 2007. I think Karen Powell introduced me to it...thanks Karen. I got involved because I wanted to become a faster for the run leg of triathlons and be able to show up at work on Monday morning not trashed from playing hockey the night before. Of course, that could be the locker room beers after the game...

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

I started running in January 2007 to stop sucking wind so much when I played hockey. I remember we had a warm spell that Jan. and just dying on my first mile trip around the neighborhood, thinking this really sucks. Now, I get really itchy if I don't get to run 3 times a week at greater distances and speed (for me, anyway). Loving the Tuesday noon runs...they have helped me become faster. Took third in my age group at my first triathlon—last summer at Spring Meadow.

8) GOALS (RUNNING OR OTHERWISE):

Primarily, I'm working on speed for triathlons. I will do my first ½ marathon at the Gov Cup and seriously thinking about the Portland Marathon this October. I plan to do a tri a month this summer, 4 Olympic distances and 1 Sprint.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

1. Take the long view.
2. Collect experiences, not stuff.

10) OTHER INTERESTING TIDBITS: Love to play on water, whether it's frozen, fluffy, or liquid. Love anything outdoors: hunting, fishing, camping, climbing,...oh yeah and running, biking, swimming.