



10 QUESTIONS (5/23/08)

1) NAME & NICKNAME(S):

Adam Kopczuk – Pronounced (Cupchuck), and yes you can have some fun with my name. My poor wife. Here are just a few: upchuck, copper, crapchuck, and the current one which is Kopolansky (given to me from a telemarketer 7 years ago but hasn't taken off until the last 6 months).

2) AGE (OR AGE GROUP):

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3) FAMILY / PETS / LOVED ONES:

Family – My awesome and amazing wife Heather, and four kids, Isaiah (7), Elaina (5), Lukas (4), and Scarlett (16 months). No Pets...poor Lukas loves cats and Heather is allergic to them, we might get one anyway once Scarlett is out of diapers.

4) SCHOOLING:

The University of Montana School of Business Administration B.A. Management Information Systems – 1999 (I did attend MSU for one year so I have a little Bobcat blood in me too)

5) OCCUPATION:

Sales Engineer Senior, Qwest Communications. My job is difficult to explain. Basically I design and help sell all the physical infrastructure required to run corporate data and voice networks.

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

2006 when Todd Younkin talked me into giving it a try. What a great group of people you all are. We are truly blessed to live in Helena and be in contact with such friendly and welcoming people.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

I'm not sure I can call myself a "runner", more like someone who runs enough to get by. I run in trail shoes everywhere...even on Tuesdays...am I the only one that does that?? The first time I ran more than 5 miles in my life was with Todd and Steph the Wednesday before the Don't Fence Me in Race a couple years ago...since then I have only done a couple races including the Ridge Race and the Great Divide Hill Climb (both last year). My passion is motocross and I'm currently leading the 30+ Intermediate class in the High Country Motocross Accusation point series. This is big fun, very dangerous, but unfortunately I don't think I will ever give it up. My longest jump on a dirt bike was 140 feet in a race down in New Mexico. I will be in the 30+ Pro Class later this summer.

8) GOALS (RUNNING OR OTHERWISE):

I really don't want to get fat, and I sorta like being in good enough shape to smoke a majority of the people in the 400m at the end of some of our track workouts. So far this year though I am way off pace...that's why it's a "goal". I'm blaming the weather...I don't like to run in the cold/snow/wind/rain...or by myself....

9) Philosophy's:

I really have no idea besides trusting in God. I have a large young family that takes priority over everything else, a ridiculous work schedule, and a very time consuming favorite hobby...my wife is awesome, without her I couldn't do what I do. I like the following saying which I try my best to follow: *The smallest deed is better than the greatest intention.*

10) OTHER INTERESTING TIDBITS:

I met my wife on an airplane in college and the rest is history (she had to sit next to me). I knew she was the one I was going to marry the minute she said she didn't have a boyfriend. Here's a few more pics!

