



10 QUESTIONS (5/29/08)

1) NAME & NICKNAME(S):

Sara Murgel. Boot camp participants may have some nicknames that I hear spoken under their early morning breath.

2) AGE (OR AGE GROUP): Age 31

3) FAMILY / PETS / LOVED ONES: Husband – Justin Murgel
kids – Madelyn, turns 6 on June 30th she is a diva, god bless her. Grace, turns 2 on August 9th and is anything but a diva...more like a bull dog.



Dogs – Jesse, 5 year old black lab, my husband's hunting companion and my running partner. Tucker, 3 year old yellow lab, who we "rescued" he has bad knees, doesn't quite get the point of bird hunting, and is more into laying around.

4) SCHOOLING:

High School- Columbus, MT class of 95.

College- Carroll College class of 99. BS in Psychology with a Sociology Minor.

USMC- Officer Candidate School, The Basic School and Combat Engineer School.

My time in the Marine Corps was short, but I gained so much from the experience;

Lived in Quantico, VA. Jacksonville, NC and Yuma, AZ.

5) OCCUPATION:

Case Manager at Intermountain Children's Home. Instructor at Crossroads, teaching Bootcamp and Sports Conditioning.

6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE 2007, AND GOT INVOLVED BECAUSE:

Ann Seifert first talked to me about the group and since she is my idol I had to come try it out. I love the challenge of the workouts.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

- My healthy family is the one accomplishment that I am most proud of.
- Teaching at Crossroads and helping people achieve their fitness goals.

Running: I love the heat of competing and try to jump in the races that are in and around Helena.

8) GOALS (RUNNING OR OTHERWISE):

To run stronger and faster. To achieve Pacing. To be like Ann Seifert. Someday I would like to run a marathon- when the girls are a bit older and I feel I have the time to commit. Get my personal training certification. 10 year plan, open my own gym.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO: Dream Big... "Do your best and forget the rest."

10) OTHER "INTERESTING" TIDBITS:

In college I boxed in the Tech vs. Western "smoker" (my husband went to Western). I got a TKO. It was a huge adrenalin rush and I would love to get back into boxing in my spare time...Also my brother and father are both pilots, hence the picture in the cockpit.

