



10 QUESTIONS (5/29/08)

1) NAME & NICKNAME(S):

Rhonda Safford – Not any real nicknames that have stuck

2) AGE (OR AGE GROUP):

43

3) FAMILY / PETS / LOVED ONES:

Girlfriends! I am the one in the middle top row – you may recognize some of the other faces! Other photo is boyfriend of 3 years, Todd and myself. Below is photo of my daughters and me. They are ages 18 and 15. I also have a 13 year old yellow lab – Duke that is awesome too!

4) SCHOOLING:

Columbus, MT High school then graduated from Carroll College in 1987 with a degree in economics

5) OCCUPATION:

Foster Care Education Advocate at Student Assistance Foundation. Been there 14 years and have the best job in the world! (ok - most days) ☺

6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE 2004? – I don't know – when did it start?, AND GOT INVOLVED BECAUSE:

Used to race and it was my “speed workout”. Did not come for a year or so but then started coming again when Karen Powell started up the Cedars. Yahoo! Thanks a ton Karen – so good to be back with everyone and not injure myself!

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Been running for about 25 years now – minus a few times of injuries. Started running track and cross-country in junior high. It is my first love even if I like to bike and ski and hike, etc.

8) GOALS (RUNNING OR OTHERWISE):

These days - just to run until I am 90 years old if I make it that long!

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

This is kind of long but I like it!

Oh the joy -
The inexpressible comfort
Of feeling safe with a person
Having neither to measure words
Nor weigh thoughts
Pouring them all out just as they are
Chaff and grain together
Certain that a loving hand will sift through,
Keep what is worth keeping,
And with a breath of kindness -
Blow the rest away

- Dinah M. Craik, Adapted from an Arabian Proverb

10) OTHER INTERESTING TIDBITS:

I love to read, hate TV, not really into movies much either, love to listen to jazz and drink martinis.

