



2008 Anaconda St. Patrick's Day Run

back row: dude in green ear warmer, Todd Y., Tom F., Sean S, Emmerson, front row: Traci R., Peggy S., Jen G., Steph Y., me and Ann S.

10 QUESTIONS (6/13/08)

1) NAME & NICKNAME(S):

Sarah Kristine Slinger; no nicknames-ever, despite Tom's desperate attempts

2) AGE (OR AGE GROUP):

33

3) FAMILY / PETS / LOVED ONES:

Hubby Sean (14 years and going strong) two wonderful daughters Addie (8), Ashlin (6). Two little blondies that I waited a long, long time for.

4) SCHOOLING:

I grew up in the Bitterroot Valley, graduated from Darby High School. BS in Chemistry from Montana Tech in Butte. MS in Toxicology from U of M. I received my master's while working at the state crime lab in Missoula in the forensic toxicology division. My thesis was the development of a protocol for the extraction of drugs from the human hair follicle.

5) OCCUPATION:

stay at home mom, u-turn wizard, want-to-be-artist, condoner of button-pushers, part time triathlete, skeptic of modern communication (or lack thereof), and all-purpose ring bearer (even if it is only Sean's)

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

I think it was 2006. Ann Gilbert encouraged me to join the master's swim group and as a result I found out about the track group. Ann Seifert and I spent the winter running together and since then I was hooked. I completed my first triathlon as a way to lose the weight I had gained from Ashlin, got through the swim by alternating 25 freestyle and 25 backstroke.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

I learned to swim when I was 30 years old, until then I didn't even put my face in the shower spray. Last year when Sean was racing IMCA, I swam the course in the roughest water I have ever been in. That was a huge accomplishment for me.

Convincing Sean to finally date me. It took 8 attempts, but once he said yes, he was hooked!

8) GOALS (RUNNING OR OTHERWISE):

Sean and I would like to take dance lessons one day. I would like to see Machu Pichu (is that in Peru?), the pyramids, and the cliffs of Dover. I think I would also like to write a book. Every year I think will be my last year racing triathlons, but I suppose I would like to qualify for National's again.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

Take time for the people in your life, let them know how you feel.

10) OTHER INTERESTING TIDBITS:

Sean and I were engaged to each other 2 months after we met.

In high school I played the tuba, flute, piccolo, and piano.

I went to Europe with a US track team my senior year in high school (and ran the hurdles). I have never in my entire life been hung over.