



10 QUESTIONS (12/29/09)

1) NAME & NICKNAME(S):

Kyle Strode, aka "Grind it In" (ask Pat about an old derogatory nickname)

2) AGE (OR AGE GROUP): 46

3) FAMILY / PETS / LOVED ONES:

Julie and Clare, brother Paul, sister Susanna and parents Scott and Joanna

4) SCHOOLING:

1978 – 1982: Manchester (Indiana) High School

1982 – 1986: Manchester College – B.A. Biology and Chemistry

1988 – 1993: Montana State University – Ph.D. Chemistry

## 5) OCCUPATION:

current: professor of chemistry at Carroll College (since 2000)

a selection of interesting former jobs:

Peace Corps Volunteer in Togo, West Africa: 1995 – 1997

Night-shift doughnut fryer: 1986, Burnt myself so many times that I only lasted one week.

Veal barn operator: 1986 – 1987, Made sure 500 calves in a tiny little barn stayed extremely anemic (so their meat would eventually be pleasingly pale pink) while still keeping them more or less alive, dumped hundreds of bottles of antibiotics into their feed, injected them with growth hormones, kept their 3 ft by 6 ft stalls clean. Ask me how I feel about concentrated animal feeding operations (CAFOs).

Rendering plant operator: 1982, Took delivery of dead animals, chicken parts and roadkill from nearby farms, chicken processing plants and law enforcement, chopped everything up into tiny little bits and cooked it (along with large populations of maggots) for three hours, separated the bone/protein meal (sold to Ralston-Purina to make cat and dog food) from the grease (sold to cosmetics firms to make soaps and make-up).

## 6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE 2003, AND GOT INVOLVED BECAUSE:

Pat had started a gathering of a few runners at Vigilante Stadium and he tricked me into coming.

## 7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

PRs:

high jump: 5' 10" – 1980

pole vault: 11' 00" – 1980

800: 2:11 – 1981

1500: 4:14 – 1984

mile: 4:30 – 1982

number of brats (in bun with mustard) in a single sitting: 7 – 2002

3000: 8:53 – 1985 (indoors)

free throws in a row without missing: 32 – 1989

3000 steeple: 9:27 (missed making 1984 NAIA national finals by one place – got passed as I stumbled over the last barrier with 80 meters to go)

5K: 15:16 – 1990

5K pushing Clare in stroller: 19:12 – 2005

free throws made out of 100 shots: 92 – 1990

5-mile: 25:51 – 1984 (Purdue University XC course); alternate 5-mile: 25:30 (bottom of Doomsday Hill in 1989 Bloomsday)

holding breath under water: 5:12 – 1988 (no joke!)

10K: 32:31 – 1989; alternate 10K: 32:20 (top of Doomsday Hill in 1989 Bloomsday)

12K: 38:56 – 1989 Bloomsday

most beers in one 24-hour day: 35 – 1986

20K: 1:10:00 – 1990

half marathon: 1:15:02 (2<sup>nd</sup> half of PR marathon at Coeur d'Alene)

best bridge contract made: 7 hearts redoubled (vulnerable)  
marathon: 2:32:04 – 1989 Coeur d'Alene

8) GOALS (RUNNING OR OTHERWISE):

running: beat my half marathon PR, be able to keep running into old age without too much pain

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

I suppose my favorite poem sums it up:

since feeling is first  
who pays any attention  
to the syntax of things  
will never wholly kiss you;  
wholly to be a fool  
while Spring is in the world

my blood approves,  
and kisses are a better fate  
than wisdom  
lady i swear by all flowers. Don't cry  
—the best gesture of my brain is less than  
your eyelids' flutter which says

we are for each other: then  
laugh, leaning back in my arms  
for life's not a paragraph

And death i think is no parenthesis

*e.e. cummings*

10) OTHER INTERESTING TIDBITS:

- 2007 World Champion in “Squeak Piggy” using strategic, original lap sitting technique: “Grinding it In,” which is the source of my nickname in question 1.
- Never ended a single Vig interval in any workout as the first finisher.
- Ran 5 miles outside at -35 deg F on Feb 4, 1989 in Bozeman.
- Had a single stool sample in 1995 test positive for three nasty parasites at the same time: giardia, amoebas and shigella.
- Started running because I sucked at team sports – especially basketball.
- Ran 9 marathons before graduating from high school in 1982 with encouragement from HS coach.
- Once went swimming in a 15' x 10' vat full of millions of squirming maggots (1982 – see Rendering Plant Operator under question 5).