



10 Questions (8/19/08)

1. Name/Nicknames

Demaris Taylor

Clients and some friends call me D or De-monster or De-meany etc...

2. Age/Age Group

47 3/4 Masters Division

3. Family/Loved ones

Husband- Brian married almost 21 years (non-runner) :-)

Daughter-19 Going to MSU to study Art/Japanese

Son-18 Senior at Helena High School

Dog-8 Blind but can still sniff out your crotch!

4. Schooling

Rio Grande High School (1978) Albuquerque, New Mexico

Adams State College (1982) B.A. in Physical Education with emphasis in Nutrition and Cardiology

Personal Training Certificate 1993 and 2000

5. Occupation

I have my own small business Taylor-Made Fitness. I have a gym attached to my home and run one-on-one and group fitness sessions. I have had good success with this business and enjoy my job!

6. Member of the Vig group

I have been fairly consistent with the group since 2005 and had a few showings possibly in 2004. The group has helped me immensely in becoming a better runner and person.

7. Notable accomplishments

I have a knack for sometimes showing up at the right race at the right time. These are the races I have won due to this :-)

Mt. Helena 1993

America's Day run (Missoula) 1984

Evano Mt. Challenge 2007

I have run 5k's to Ultramarathons and my favorite distance is the Half-Marathon

8. Goals

I am running the Madison 1/2 Marathon in August and hope to enjoy the race. I would like to get my "game on" and start training seriously again after this long over-a-year break. I would like to run a relay race someday. I hope to have a nice party Sept 6 and that people come!

9. Philosophy

Run because you can! I know people who are unable to because of disease or circumstances and would give anything to run or even walk. Honor those who can not run.

Run so you can inspire! Someday someone just might see you out there and say Hey-I am going to do what they are doing. Inspire the ones who won't do it on their own!

10. Other interesting tidbits

I was a average gymnast in a small college but it taught me how to work hard, work out and develop great friendships.

After College I competed in Weight Lifting in Helena and benched 155 that's probably more than what Jeff Thomas weighs and squated probably (well alot) and Dead Lifted well I will not go into that either. Yet, running took over that passion and I keep at it and hope I can for many years to come..