



10 Questions (28 December 2008)

1) Name and Nickname(s):

Meghan Trainor

Meg

Megs

M-dog

2) Age: 31

3) Family/Pets/Loved Ones:

Sister, Whitney - also a runner. She lives in Menlo Park, CA. My parents are in Twin Falls, ID – where I grew up. And Greg.

4) Schooling:

B.S., College of Idaho; and

M.S., Montana State University, Bozeman

5) Occupation:

Vegetation ecologist, WESTECH Environmental Services, Inc.

- 6) I have been running with the Vig Group Since ____; And got involved because__:
I started in July 2008. I got involved because I was “plateauing.” I needed a challenge and to change-up my training routine. I finally got involved (after knowing about the group for 4 years) thanks to encouragement from Greg.
- 7) Notable Accomplishments (Running or otherwise):
I was on the volleyball team my freshman year in college. After figuring out how hard it is to be a student athlete (and have fun and try new things), I didn’t play after my freshman year. So running became a way to stay in shape. I really like trail running and half-marathons. I’ve finished two marathons: 2004 San Diego Rock n’Roll Marathon and 2007 Grizzly Marathon in Choteau. I finished first in my age group in the Grizzly Marathon and 6th female overall. My time was nothing to write home about. (It was very smoky that day and I think affected runner turnout.)
- 8) Goals (Running or otherwise):
- Run the 2009 Prickly Pear Don’t Fence Me In 12K faster than I have in previous years;
 - I started swimming this fall. I’ve been curious about triathlons for several years. Thanks to the Vig group, the Great Divide Cycling Team, and Masters’ swim group I get to work out with triathletes and am learning about the sport of triathlon. I’m planning to do the Queen City Triathlon and the Spring Meadow Triathlon (Olympic distance) in 2009.
- 9) Philosophy of Life/Personal Motto:
Well, I’d much rather philosophize about life over a beer or good wine. I have many mantras that I recite during various situations in life.
To try to boil it down: Don’t sweat the small stuff. Have fun. Cultivate friendship, love, and laughter. Stay fit and strong.
- 10) Other interesting tidbits:
I love rivers. The photo above was taken on the Colorado River in the Grand Canyon in 2006. I get to raft through the Grand Canyon again in September 2009! I also like to telemark and backcountry ski. I want to learn how to skate ski this winter.