



“Next Year, the Triple Bypass!”

10 QUESTIONS (5/17/08)

1) NAME & NICKNAME(S):

Todd Younkin

Steph Younkin

2) AGE (OR AGE GROUP):

Todd: 39 (for a couple more weeks)

Steph: younger than Todd

3) FAMILY / PETS / LOVED ONES:

2 boys, Andy (17; runs track, but hates running) and Cody (13; skateboards, also hates running)

1 40 lb lapdog,

1 very needy cat

4) SCHOOLING:

Todd:

Mullen High School – 1st in my class of 16 (including a Mexican exchange student)

Air Force Academy – B.S. in Engineering Mechanics (never to be actually used)

Old Dominion University – M.S. in Education (also never to be actually used)

Steph:

Rapid City Central High School

Nursing Degree from South Dakota School of Technology

Personal Training Certification from AFAA

Daily lessons in surviving a marriage to an obsessive-compulsive, anal-retentive spouse.

5) OCCUPATION:

Todd: Mid-level State Government Manager – living the dream.

Steph: Personal trainer at Crossroads – actually is living her dream.

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

2006, Karen Powell gets credit for yet more Vig attendees. She encouraged Todd to go, and Todd coerced Steph into attending. Now we're hooked, and stay for the camaraderie and social aspect as much as the training.

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE):

Todd: Being in good enough shape to wear Steph's tiny blue shorts at the Halloween party. And look good doing it. Ok, that's probably not notable...or even true.



8) GOALS (RUNNING OR OTHERWISE):

Todd: Primary goal - continue to improve my PRs, at least into the short-term future, until my age catches up with me.

Steph: Survive the upcoming Triple Bypass Bike Ride, and continue to improve my PRs.

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

Todd: "No excuses...but lots of whining."

Steph: "No motto...but lots of whining."

10) OTHER INTERESTING TIDBITS:

Despite being remarkably un-athletic for most of his life, Todd has participated in a plethora of sports (football, basketball, wrestling, mountain bike racing, rodeo, running). Other than running, all have been rather public failures.

Steph – "I actually thought we were supposed to keep our tidbits covered, right Sarah?"