

# Going the Distance for Portland Harbor and Team USA

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We caught up with Heidi Bullock this month to ask about her important work on the Portland Harbor and her involvement with Team USA. Here's what she had to say about both.

**How would you describe your job to a first grader?**

It's similar to the Golden Rule. I am trying to figure out how to ensure everyone is treated fairly when it comes to the sediment cleanup in the Portland Harbor.

**What's the coolest part of your job?**

Working alongside my colleagues. Getting to come to work every day and enjoying who I work with is something I do not take lightly. We have a great team. We are working to move cleanup forward in Portland Harbor. Cleanup will benefit the environment and people and can also boost the economic engine of the working harbor.

**What's one thing about you that would surprise people?**

I am the oldest of six kids from southeastern Idaho. We lived on a small farm where we grew and raised a lot of our own food. I have many memories of either chasing or being chased by livestock. That very well could have been how I got my start in running.

I qualified for the duathlon world championships last year in Bend. I knew I was part of something special once the parade kit and Team USA uniform started arriving. Competing in August in Penticton, Canada was an amazing experience and opportunity—one that I will always remember.

**How do you balance your work life with the training demands of your personal life?**

I complete most of my workouts in the morning before work. I also enjoy an occasional midday workout with colleagues that might include my core/Pilates class, weights or a bike ride. There are definitely efficiencies to be gained by having the opportunity to combine what you enjoy with your friends at work. I also find the midday workout to be very energizing and a good way to break up the work day.

**What did you want to be when you were growing up?**

The Boss!