

Name: Michela Adrian

Age: 36

Hometown: Portland, ME

Sponsors: My boyfriend Joe, student loans, my Dad and the Davison family!

Facebook Athlete Profile: fb.com/michela.adrian

Instagram: @mbadrian

Home club/team: Team Montana!

What racing accomplishments are you most proud of in the last 5 years? Successfully completing the Shedhorn twice, doing well at US Nationals last year and at Sunlight this year were all big accomplishments for me. I really just strive to be better each race and to have fun!

How/when did you start being an endurance athlete? My parents put me on the track team and year round swim team in elementary school to help control my rambunctiousness. This kicked off a few decades of really dedicated running and swimming. My interest in running led me to earn four All- American honors in cross country, indoor and outdoor track and to help win two NCAA DIII National Championships in cross country for Middlebury College. Today I use skimo to burn up all that energy!

Favorite U.S. Skimo Race: The Shedhorn at Big Sky, MT is hands down the burliest race in the country, and my favorite.

What are your nutrition principles? This is not my strong point! I consume a lot of chocolate chip cookies, coffee and beer. During a race I drink very watered down electrolytes, shot blocks and caffeinated gels.

Favorite training venue: One of the best places to train in Montana is Whitefish Mountain, which has a great uphill policy. I also recently discovered that Showdown, MT has an uphill route too and is a great place to train. Really though, my favorite training is doing long backcountry days up in Hyalite Canyon, Beehive Basin or anywhere the snow is good with friends.

What are your favorite mantras during a race or hard workout? I just try to remind myself to smile, look up and enjoy the scenery when I can and have fun on the downhill!

What do you do in the summer to train for skimo: I love trail running and mountain scrambling in the summers, which are both amazing in Montana. I like to compete in off-road triathlons in the summer so I do a lot of mountain biking and swimming too.

Other than your race gear, what are three things you pack for racing trips? Colorful duck tape, medical tape, goldfish crackers.

What inspires you? Seeing really talented people perform in their specialty, whatever that might be, is inspiring to me. This might be in school, at work, or on the racecourse. Having a goal is also inspiring and it's been a goal of mine for along time to qualify for this team. I'm really excited to be a part of it!

What do you do to relax? I enjoy being outside in nature especially if its with friends and family.

What else should we know about you? I attribute my interest in skiing to my father. I have great memories of following him around as a kid when he was ski patrolling in Maine and trying to keep up with him. The apple doesn't fall far from the tree; I spent five amazing seasons ski patrolling at Mammoth Mountain, CA.