

Name: Nikki LaRochelle

Age: 32

Hometown: Breckenridge "The Kingdom" CO

Sponsors: Hagan Ski Mountaineering; Salomon; Kate's Bars

Website: It's art but www.nikkilarochelle.com

Instagram: @niklarochelle

Home club/team: Summit Skimo Club

What racing accomplishments are you most proud of in the last 5 years? Placing second for women and eighth overall in the Grand Traverse with friend and partner Eva Hagen in 2016!

How/when did you start being an endurance athlete? College-ish

Favorite U.S. Skimo Race: The Five Peaks Heyooo!

What are your nutrition principles? I try to avoid eating inanimate objects like cardboard or plastic. Everything else is fair game. At times I also dabble with the Atkins diet and eat sirloin steak morning, noon and night, but that's only when I'm feeling more hefty and need to slim down.

Favorite training venue: Breckenridge Ski Resort; my backyard

What are your favorite mantras during a race or hard workout? Positivity is the key. When things get hard I reflect upon the sage advice of Chumbawamba - "I get knocked down but I get up again".

What do you do in the summer to train for skimo: Saunter up Peak 8, lift weights, eat snacks and get up above treeline as much as possible.

Other than your race gear, what are three things you pack for racing trips? Well for Italy specifically - ziplock bags to take pasta home with me; clothes that make me look more legitimate to the Euros and my husband Brad.

What inspires you? Kind people. Pro-active people. Selfless people. Brave people.

What do you do to relax? Watch The Bachelor because it makes me feel like I'm doing okay with my life thought it does make me feel insecure about my hair (length and sheen specifically).

What else should we know about you? I don't know, what else should I know about you?