

**Name:** Najeeby Quinn

**Age:** 37

**Hometown:** Gunnison Colorado girl at heart living in Anchorage Alaska

**Sponsors:** La Sportiva, Skratch Labs, Julbo Eyewear, Suunto, Salomon Running, Skinny Raven and my husband.

**Facebook Athlete Profile:** Najeeby Quinn

**Instagram:** najeebybay

**Home club/team:** Team Raven

**What racing accomplishments are you most proud of in the last 5 years?**

Being named the Alaska Mountain Running Champion in 2015.

Lost Lake race 2015

4<sup>th</sup> place finish at The Rut 28k 2016.

7<sup>th</sup> place Individual and 2<sup>nd</sup> place team race at Skimo Nationals 2016.

Racing with ankle injuries, stomach bugs, bronchitis, dehydration, altitude sickness and still smiling.

Trying new races in difficulty and distance.

Any skimo race. I am proud because it is the toughest sport I do.

**How/when did you start being an endurance athlete?** I grew up in a family of really strong competitive women and starting racing when I was young. I did a lot of sports but didn't add endurance until after college when I began longer trail races and spending more time on my feet in the backcountry. I moved to Alaska and road raced for many years ultimately getting really injured from a road marathon. I switched gears to mountain racing, mountain biking, nordic and backcountry skiing realizing that those activities are really enjoyable and easier on my body. I still run a bit but not like I use to. I have always been an endurance athlete – its kind of in my dna. I like long races and even longer days exploring mountains on foot and by ski. I added skimo to my resume 3 years ago because my sister, mom, and several friends from Gunnison were racing and I got curious. Sort of got hooked.

**Favorite U.S. Skimo Race:** Favorite course is Crested Butte. I like the rope sections. Favorite race is the Grand Traverse. So pretty at dawn.

**What are your nutrition principles?**

I eat a lot of carbs but I don't have a sweet tooth. Low sugar and no junk. I love fresh veggies and Alaska salmon and caribou. My diet is really high in fat which I know is important for female athletes. I have no diet restrictions besides some forms of dairy and I try and limit my processed food intake. I am a bit of a snob wih my wine and coffee. Tonights dinner: moose & veggie lasagna, bread, red wine☺

**Favorite training venue:** Jumping in our super cub airplane with fat skis, flying high into the Alaska mountains and skiing a long spring day in the sunshine with no one around.

**What are your favorite mantras during a race or hard workout?** I don't have any but 2 that I like : If you are not winning you are learning – Pain is temporary but regret is forever. (I might quote Stevie Kremer on that one?) I tend to get songs in my head more than anything and just hope they are upbeat ones!

**What do you do in the summer to train for skimo:** I spend a lot of time running up and down mountains on my feet and on my mountain bike. My summer race schedule starts in May and ends in October/Nov so skimo sort of transitions from mountain/trail racing. This year I will race my mountain bike so hopefully that will

transfer to stronger skiing legs. I play in the mountains as much as I can and my favorite summer training is spending 3-5 days in the backcountry hiking and exploring. I also do strength and core classes year round.

**Other than your race gear, what are three things you pack for racing trips?** Birkenstocks for sore tired feet, a crime novel, and "go fast" eye glitter. I don't race w/out it!

**What inspires you?** Honestly, strong athletic women inspire me the most. The women that beat me in races for one and also my uber athletic grand mother, mother and sister have always been a big source of inspiration.

**What do you do to relax?** Sit by the fire or take a bath. Drink wine. Pet my bunny. Lay in bed and stream Netflix. Play family games. My evenings are my chill time. I rarely workout at night.

**What else should we know about you?** I am an urban chicken farmer/gardener and lover of music. My favorite activity is dancing. My favorite skis are my DPS Zeldas. This will be my 3<sup>rd</sup> trip to Italy. Italy is one of my favorite countries. I have a bunny named bunbun. I am the only athlete on the team that lives and trains at sea level. I did not vote for Trump.