

Name: Rory Kelly

Age: 38

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What racing accomplishments are you most proud of in the last 5 years? I'm happy any time I manage to sneak onto a podium, but one that stands out is placing 2nd with Michael Barlow at the 2015 Wasatch Powderkeg Team Race. We had a really fun back and forth battle that day with the 3rd and 4th placed teams, and eventually made a move that stuck on the last climb. I always look back fondly on the way we raced that one.

How/when did you start being an endurance athlete? I started bike racing around 2004 at the urging of some co-workers. They noticed me slipping into a sedentary lifestyle and basically forced me to buy a bike and start pedaling. I really owe those guys - shoutout to Chuck and Rodney - thanks!

Favorite U.S. Skimo Race: There are so many good ones, but I guess I'll go with the Rio Hondo Rando Raid at Taos Ski Valley. It was a really challenging race that had it all this year - big bootpacks, technical skinning, and great ski descents.

What are your nutrition principles? I don't take supplements, I just eat food. I eat to taste, meaning I only eat delicious things, never something yucky just because it's "good" for me. In order to prepare for racing in Europe I've been eating a lot of cheese.

Favorite training venue: Eldora. And I am thrilled to finally be able to say that, as 2016/2017 is the first season they've allowed uphill skiing. It has become an excellent training resource for the Front Range skimo community.

What are your favorite mantras during a race or hard workout? "Run! Go! Get to the choppa!". I should explain - sometimes it helps me keep moving if I pretend I'm being hunted by the Predator.

What do you do in the summer to train for skimo: A little trail running, a lot of road bike racing.

Other than your race gear, what are three things you pack for racing trips? Music, Books, extra long charging cable.

What inspires you? All the guys that keep beating me and the mountains we get to play around in.

What do you do to relax? My ideal way to relax is a just quiet evening around the house cooking dinner with my wife Natasha.

What else should we know about you? Well, for starters, if you're behind me at a ski race, don't just assume I'm going the right way. Those flags are hard to see and I get distracted.