

**Name:** Kristi Knecht

**Age:** 33

**Hometown:** Flagstaff, AZ

**Sponsors:** Babbitt's Backcountry Outfitters, Paragon Athletics, Squirrel's Nut Butter, Salomon

**Facebook Athlete Profile:** Kristi Knecht

**Instagram:** Kristi Knecht

**Home club/team:** Paragon Athletics

**What racing accomplishments are you most proud of in the last 5 years?** Qualifying for the 2017 World Skimo championship races for teams and vertical, 2016 2<sup>nd</sup> place US Skyrunning Series, 2016 1<sup>st</sup> place Audi Power of Four Skimo - coed division, 2016 1<sup>st</sup> place Grand Traverse Skimo - coed division, 2015 1<sup>st</sup> place in age division Imogene Pass Run.

**How/when did you start being an endurance athlete?** I have always loved big adventures whether it is on my bike, skis or trail running. I have been competing as an Endurance athlete for the last 2 years. I was hooked after a group of my girlfriends convinced me to go on some longer trail runs with them around our local mountains and into the Grand Canyon.

**Favorite U.S. Skimo Race:** Audi Power of Four, it was my first big winter race and I fell in love with the area and with skimo.

**What are your nutrition principles?** I eat as much real and whole food as possible: Lots of veggies and dark chocolate.

**Favorite training venue:** The mountains, up high!

**What are your favorite mantras during a race or hard workout? You can do it!** I always think of what a friend told me when I first started racing; "Just find that uncomfortable pace and stay there, it will be over before you know it!"

**What do you do in the summer to train for skimo:** I love to trail run in the mountains and have been racing in the US Sky series. When my legs need a break I hop on my mountain bike or road bike.

**Other than your race gear, what are three things you pack for racing trips?** A big puffy coat because I am always cold, duct tape, and lots of yummy snacks!

**What inspires you?** I am inspired by my family. They have always believed in me no matter how whacky my ideas were. They are my rock, and they push me to try and live my best life ever, each and every day.

**What do you do to relax?** I love cooking for my family and enjoying a fantastic meal together.

**What else should we know about you?** I am so excited to be a part of the US Skimo team! It has been a dream come true to race with so many talented athletes and represent our great country!