

**Name: Ada Fendler**

**Age: 14**

**Hometown: Brighton, UT**

**Sponsors: Atomic**

**Website: I don't know how to make one.**

**Facebook Athlete Profile: I don't have one yet but I will eventually.**

**Just look up my name sometime in the distant future**

**Instagram: @adafendler**

**Home club/team: Silverfork Skimo**



**What racing accomplishments are you most proud of in the last 5 years? : I actually have only been racing for 3 years and i'm just really proud to have made this team!**

**How/when did you start being an endurance athlete? : I started when I was about 10, before that i just went outside a lot.**

**Favorite U.S. Skimo Race: Wasatch PowderKeg**

**What are your nutrition principles?:Eat healthy and nutritious foods and eat what your body is asking for because in reality, it probably needs it.**

**Favorite training venue: Mother Nature**

**What are your favorite mantras during a race or hard workout? "Pain, Pain, Pain. I love pain."**

**What do you do in the summer to train for skimo: I mountain bike and trail run.**

**Other than your race gear, what are three things you pack for racing trips?**

**1) My favorite snacks**

**2)homework, ( I usually just leave it in my backpack and panic when I get home)**

**3) lots and lots of tape. It's literally more valuable than gold.**

**What inspires you? I am really inspired by my incredible coach and my amazing teammates who have the best attitudes about everything possible. Oh and the mountains are really important too.**

**What do you do to relax? I actually like to go ski at the resort with my friends, I know, such a shocker, go touring or mountain biking, and binge watch the office.**

**What else should we know about you? If you follow me in a race, I might "accidentally" go the wrong way. You've been warned.**

