



Chelsee Pummel National Team Athlete Profile:

Name: Chelsee Pummel

Age: 34

Hometown: Current: Bozeman, MT; Originally: Belle Fourche, South Dakota

Sponsors: Alan Adams :-)) and my paycheck as a Physical Therapist

Website:

Facebook Athlete Profile: <https://www.facebook.com/chelsee.pummel>

Instagram: @chelseepummel

Home club/team: Team Montana Skimo

What racing accomplishments are you most proud of in the last 5 years? 2nd Place Rut VK 2018; Completed Rut 50K 2018; Qualify for Skimo World/National Team 2018/2019

How/when did you start being an endurance athlete? Grew up playing soccer and basketball. Walked on the cross country team my sophomore year of college, while attending Univ of Hawaii, just so I could have priority registration for classes. Then, while in PT school and into starting my career, started running longer distances, for sanity sake and because I didn't have enough money for a mountain bike. Then, 3 years ago, Michela gave me a terrifying skimo set up to use for a year before I decided to buy my own.

Favorite U.S. Skimo Race: Whitefish Whiteout

What are your nutrition principles? I have BS in Nutrition and I can let this get out of hand, but when it comes down to it... JERF (Just Eat Real Food); that includes beer and wine :-)) and homemade cookies

Favorite training venue: Cooke City, MT

What are your favorite mantras during a race or hard workout? Maybe I should get one of these, I think I do best when the thinking gets turned off

What do you do in the summer to train for skimo: Run, Baldy laps; and Mountain Bike!

Other than your race gear, what are three things you pack for racing trips? Coffee, Aeropress, Give-ups

What inspires you? Finding more ways to push my comfort zone

What do you do to relax? Hang out with that pup, Pili! And Yoga

What else should we know about you? I've been known to be sarcastic