

Name: Jaime Brede

Age: 41

Hometown: Breckenridge, CO

Sponsors: Honey Stinger & my family

Website: www.summitenduranceacademy.com

Facebook Athlete Profile: Jaime Brede

Instagram: @bredelady

Home club/team: Summit Endurance Academy/Summit Skimo Club

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

Besides being a USSMA team member in 2017 & 2019.....

4th place pro women @ Xterra National Champs 2015

2nd place GC @ Haute Route Rockies 2018

3rd place Vertical & 4th place Individual @ ISMF Pan Am Champs 2018

How/when did you start being an endurance athlete?

I was 6 when I realized that I could ride my horse, go to swim practice AND jump on the trampoline for two hours in the same day!

Favorite U.S. Skimo Race: Shedhorn @ Big Sky

What are your nutrition principles? Eat food with as few ingredients possible

Favorite training venue: Breckenridge Ski Resort, Baldy 2.0

What are your favorite mantras during a race or hard workout? "FLOW" "Don't think, just (insert sporting activity here) ."

What do you do in the summer to train for skimo: Ride bikes! And SwimRun.

Other than your race gear, what are three things you pack for racing trips? French Press, homemade recovery shakes, journal

What inspires you? Athletes that I coach, My husband Sam for his unfailing optimism and good attitude

What do you do to relax? Obsess about skiing + cycling, and cooking.

What else should we know about you? My alter-ego is Mabel - a wily toothless mountain woman that always wears an apron, lives in a shack in the hills and mines for gold.