

National Team Athlete Profile:

Name: Michela Adrian

Age: 38 !?

Hometown: from Portland, ME, live in Bozeman, MT

Sponsors: Joe Magajna, my Dad, my job as a Nurse.

Website:

Facebook Athlete Profile: <https://www.facebook.com/michela.adrian>

Instagram: @michela.adrian

Home club/team: Team Montana Skimo

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

Making it on the Worlds/National Team in 2017 and again this year...this is a dream come true! I am always pretty stoked to finish the Shedhorn which I've done 3 times now. I am very proud of two partner races: the Grand Traverse in 2017 with Lyndsey Meyer which was a major accomplishment for me, the longest race I've ever done. The second was the Teams event with Najeeby Quinn at Worlds in Italy, 2017, it was a really technical course and we crushed it!

How/when did you start being an endurance athlete? At very young age my parents put me on both the swimming and track teams (ie. both practices every day!) to take care of my energy and keep me in line! I ran track and xc in college. I started getting into skimo in 2008-ish when my friend Jon Crowley sold me his old Atomic race skis and taught me how to ski uphill!

Favorite U.S. Skimo Race: The Shedhorn and Cinco de Skimo

What are your nutrition principles? Chocolate Chip Cookies! In a race, I eat whatever I can manage to shove in my mouth, mainly gus and blocks.

Favorite training venue: I mainly ski and train in the backcountry. We (Team Montana Skimo) are trying to get an uphill skinning policy at Bridger Bowl in Bozeman but so far they are not interested. That's a big goal of mine over the next few years!

What are your favorite mantras during a race or hard workout? "Boot-binding-skin". Honestly though my brain typically shuts off and all I can hear is my breathing.

What do you do in the summer to train for skimo: Mostly trail run, mountain bike, swim.

Other than your race gear, what are three things you pack for racing trips? Duck tape, goldfish crackers, coffee creamer.

What inspires you? Seeing other people do well in a race or in an objective really motivates me and makes me think "maybe I can do that too someday!" Also, skiing powder is a huge motivator in my life generally.

What do you do to relax? I sleep a lot because there are a lot of days I don't sleep at all due to working nights as an ER Nurse and I need to make up for it. I can sleep 14 hours easily! I also tend to read a lot to relax.

What else should we know about you? My Dad is pretty much my biggest inspiration and hero and he will be in Switzerland cheering. He got me into skiing and mountaineering as a kid and the obsession continues!



