



Name: Nikki LaRochelle

Age: 34

Hometown: Breckenridge, CO

Sponsors: CAMP, Salomon, Strafe, SWORD, Hagan USA

Website: www.nikklarochelle.com (it's art, not sports!)

Instagram: @niklarochelle

Home club/team: Summit Skimo Club

What racing accomplishments are you most proud of in the last 5 years? : Qualifying for the US National Team in 2016 and 2018; three Grand Traverse podiums (one with my husband); mostly consistent racing with relatively good results all while smiling/grimacing.

How/when did you start being an endurance athlete? : I played soccer in high school and started running in college. Then I moved to Breckenridge and realized I was slacking at endurance life so I kicked it into gear.

Favorite U.S. Skimo Race: The Five Peaks

What are your nutrition principles?: I'm sticking with my devout belief that one should not eat inanimate objects. Ritter Sport is a great alternative.

Favorite training venue: Breckenridge Ski Area and my backyard.

What are your favorite mantras during a race or hard workout? Do what you can with what you've got in that moment.

What do you do in the summer to train for skimo: I run and bike and enjoy snow not being present.

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

- 1) husband**
- 2) money for cappuccinos**
- 3) money for croissants**

What inspires you? Kindness, big picture thinking, wit, hard work, accountability.

What do you do to relax? Watch The Good Wife and fantasize about being a lawyer in a name brand pant suit.

What else should we know about you? I want to be balanced. Racing is fun, but so is a lot of other stuff in life - stuff I don't want to miss out on, so I try to stay in touch with the big picture of life and maintain perspective.