

National Team Athlete Profile:



Name: Rory Kelly

Age: Almost 40

Hometown: Boulder, CO

Sponsors: STRAFE, Dynafit, CAMP, EK Endurance Coaching

Website:

Facebook Athlete Profile:

Instagram: @rck1138

Home club/team: STRAFE

What racing accomplishments are you most proud of in the last 5 years?: There are a few things that sound good on paper - Pan American Champion in Vert, Podiums at Nationals, top overall in the USSMA rankings (I raced a lot, don't judge me). But the thing I'm most proud of is probably 18th in the Font Blanca World Cup vertical. It's my only World Cup top 20, and it was a legitimately hard effort that probably took a year off my life. More importantly, I beat my European skimo nemesis in that race and he wasn't happy about it (buy me a beer and maybe I'll tell you who that is).

How/when did you start being an endurance athlete? : After college. One of my coworkers noticed I was putting on a lot of weight and made me buy a bicycle. It kind of just snowballed from there.

Favorite U.S. Skimo Race: Shedhorn Skimo Race

What are your nutrition principles?: I'm pretty chill with that stuff, no particular rules. I try to eat things that are delicious.

Favorite training venue: Eldora or my NordicTrack depending on my mood.

What are your favorite mantras during a race or hard workout? “If you’re 2nd to Gaston, you’re first!”

What do you do in the summer to train for skimo? Lots of MTB and road biking, some running, and a bit of gym time. I also do a lot less competing in the summer to give my brain a break from race stress.

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

- 1) Extra long charging cable
- 2) Boot dryers
- 3) Books

What inspires you? There’s nothing that I’m the best at, but there are a lot of things that I’m trying to be better at. I’m inspired by all the people that do all of those things better than me - it’s a long list full of cool people.

What do you do to relax? Ski sans competition, cook, read books, hang with friends and family.

What else should we know about you? Know that I’m surprised if you read this, and that I’m proud of you.