

## National Team Athlete Profile:



**Name:** Sara Kadlec

**Age:** 34

**Hometown:** Boulder, CO

**Sponsors:** my job in orthopedics/sports medicine

**Website:**

**Facebook Athlete Profile:**

**Instagram:** @swkadlec

**Home club/team:**

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

A Power of Four skimo and 50k podium in the same year, winning Imogene Pass, qualifying for the US National Skimo Team, a fast(ish) marathon

**How/when did you start being an endurance athlete? :** Middle school was so awkward, running gave me confidence so I just kept going. Then in my mid 20s, my husband Ben made me do Power of Four as my first ever skimo race, I had no clue what I was getting into but we finished (in the dark) and I'm pretty sure I was crying, but hooked.

**Favorite U.S. Skimo Race: I like the verticals! Maximum suffering with a low time commitment**

**What are your nutrition principles? I eat all the things and try hard to never be hungry**

**Favorite training venue: the trails of Boulder, the mountains around Breckenridge**

**What are your favorite mantras during a race or hard workout? I usually get a peppy Sia or Gloria Estefan (seriously) song stuck in my head and just play it on repeat**

**What do you do in the summer to train for skimo: Run and lift my children multiple times a day**

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

- 1. My husband and kids**
- 2. Espresso**
- 3. Gummy worms**

**What inspires you? Without a doubt, my one and four year old daughters**

**What do you do to relax? Drink wine, eat ice cream, spend time with friends and family**

**What else should we know about you? I think the human body is the coolest and get to work in orthopedics/sports medicine and spend long days in the operating room replacing knees and shoulders, building ACLs and fixing broken bones!**