

National Team Athlete Profile: Grace Staberg



Name: Grace Staberg

Age: 17

Hometown: Silverthorne, CO

Sponsors: CAMP, the Stabergs

Website: Nope

Facebook Athlete Profile: Nada

Instagram: @grace.staberg

Home club/team: Summit Endurance Academy/ Summit Skimo

What racing accomplishments are you most proud of in the last 5 years? : This is only my second year racing, but I'm proud of my national titles in 2018 and 2019 and honored to be granted a spot on the National Team to race at Worlds this year!

How/when did you start being an endurance athlete? : I've always loved running and cycling but didn't get into skimo and true endurance running until we moved to Summit County. Then it was just too beautiful to NOT be outside for hours on end every day.

Favorite U.S. Skimo Race: Abasin Rise and Shine- I mean who doesn't love getting up at the crack of dawn to race with other badasses before school every week.

What are your nutrition principles?: Eat real foods and eat enough to support endless outdoor adventuring!

Favorite training venue: The Basin (or pretty much anywhere in my backyard)

What are your favorite mantras during a race or hard workout?

I like to remind myself that there's always someone out there training more than me, and that the faster I finish my workout the faster I can get to my post-ski coffee!

What do you do in the summer to train for skimo: I like to run up mountains, a lot.

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

1) Coffee and dark chocolate

2) A sketchbook (although racing usually wipes me out enough that no creativity is flowing)

3) A down blanket because you can usually count on me being cold (apart from the numerous times I wear shorts in the winter)

What inspires you? I am constantly inspired by the skimo community in Summit and by the amazing moms, dads, professionals and students who get out into the mountains whenever they can but never let other responsibilities go wayside. I am always motivated by reminding myself that there will ALWAYS be someone training more than you and there will ALWAYS be someone with more going on in their lives. The brisk sunrises really choke me up too and keep me coming back for more at 5am.

What do you do to relax? I love to get outside to ski or run, spend time with my dog or the horses at the ranch where I work or sit down with my family to cook and watch TV after a long training day.

What else should we know about you? My terrible balance is only rivaled by my terrible sense of direction, and I absolutely love being outside.