

National Team Athlete Profile:



Name: Sarah Cookler

Age: 36

Hometown: Brighton UT

Sponsors: Silverfork Skimo

Website:

Facebook Athlete Profile:

Instagram:

Home club/team: Silverfork Skimo

What racing accomplishments are you most proud of in the last 5 years? : US National Team 2015 , 20th place in the individual at Worlds, and making the team again this year after becoming a mom in the interim

How/when did you start being an endurance athlete? : I started racing Nordic when I was about 10, that led to some fun triathlons and longer races as I got older

Favorite U.S. Skimo Race: Wasatch Powderkeg

What are your nutrition principles?: hmmm, eat when I'm hungry and try to pick something somewhat healthy!

Favorite training venue: out my back door in Silverfork , BCC

What are your favorite mantras during a race or hard workout? "Dig a little deeper, go a little faster"

What do you do in the summer to train for skimo: bike, hike, the occasional roller ski

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

- 1) Clif hot chocolate recovery drink**
- 2) my 2 yr old son! And all his stuff!**
- 3) cozy slippers for after the race**

What inspires you? The kids I coach

What do you do to relax? If I can find time to go for a ski tour with friends or my husband, that's a huge win!!

What else should we know about you? I spend the other hours in the day working as a PA in the emergency room.