

HANNAH RUDD



NAME: HANNAH RUDD

AGE: 21, WILL BE 22 JUNE 9TH THOUGH :)

NUMBER OF YEARS SKIING: 20

HOMETOWN: PLYMOUTH, MINNESOTA

FAVORITE BLIZ GLASSES: MATRIX

GREATEST SKIING HIGHLIGHTS/ACHIEVEMENTS:

- REPRESENTED TEAM USA AT THE 2018 JUNIOR WORLD CHAMPIONSHIPS IN SWITZERLAND
- 4TH PLACE FINISH IN RMISA 5K CLASSIC
- 1ST PLACE FINISH IN TOUR OF ANCHORAGE 50K

HOBBIES: I LOVE TO TRAIL RUN, MOUNTAIN BIKE, BACKCOUNTRY SKI, COOK, AND PLAY UKULELE

FAVORITE BOOK: I HAVE HONESTLY ONLY BEEN READING SCIENCE TEXTBOOKS FOR THE PAST 4 YEARS, SO HOPEFULLY I WILL BE ABLE TO BRANCH OUT NOW THAT I AM GRADUATED!

FAVORITE PODCAST: I AM A BIG FAN OF THE TED TALKS DAILY

FAVORITE FOOD: EVERY KIND OF CURRY

FAVORITE HASHTAG: #ENJOYWINTER

INSTA HANDLE: @HNRUDD

PETS?: I HAVE BEEN A PROUD OWNER OF 15 BETA FISH FOR THE PAST FEW YEARS, BUT SADLY HAD TO LEAVE THEM IN ALASKA WHEN I MADE THE MOVE DOWN TO BOZEMAN.

IF YOU HAD TO CALL YOURSELF AN EXPERT IN ANY ONE THING IT WOULD BE: MAKING THE PERFECT CHOCOLATE CHIP BANANA BREAD

GETTING TO KNOW HANNAH

BSF, EnjoyWinter Athlete

Main goal for the 2021 season?

Consistent top 10's in super tours, qualify for U23's

Main training goal for spring/summer 2020?

Keep improving my fitness and increase my speed for sprinting

Race you are most excited for in 2020-2021?

Birkie Supertour

Why did you first choose skiing, and what formative experiences in the sport kept you coming back?

My parents had me on skis ever since I knew how to walk, however, my passion really began to grow once I started skiing with my friends in middle school. As most skiers would attest, this sport allows you to make so many amazing friends from all around the world which is an aspect to the sport that I love and that keeps me coming back. When I finished my four years racing for the University of Alaska Anchorage this spring, I knew that I had not reached my full potential yet, which left me with the passion to continue skiing and the desire to get faster!

If you weren't an athlete, what do you suspect you would've become?

I would probably be pursuing a career as a physician assistant, and maybe living out my lifelong dream of being a food blogger on the side

Why is achieving your goal(s) important to you? What keeps you focused on achieving them?

I've always been a person that commits 100% to whatever I'm doing, and I want to continue this as I start my professional ski career. I aim to give this next adventure in my life everything I've got in order to reach my goals. My inner drive for success, along with my team, family and friends keep me motivated every day to reach these goals.

What has been your greatest training challenge in the past five years, and how is the progress to overcome said challenge been going/gone?

This past fall I got really sick and the doctors couldn't figure out what was wrong with me. After taking off many months of training without any improvement in my health, I was finally diagnosed with pneumonia and was able to get on a medication to treat the illness. This long chunk of time without training not only set me behind in my skiing but was also really hard on me mentally. The return to skiing was hard, but I tried my best to keep my hopes up for the racing season and set out to do the best training and racing that I possibly could given the circumstance. I ended up having my best collegiate seasons this winter, which, as cliché as it sounds, reinforced the importance and power of believing in myself, even when the odds were not in my favor.