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# Always On The Run

Krissy Moehl travels the world as an ultramarathon runner

*written by* Lauren Kramer

KRISSY MOEHL NEVER takes her running shoes off at work, because for the 41-year-old, running is literally what she does for a living. The veteran elite ultramarathon runner is a professional, sponsored athlete who runs around the world competing, directing races, coaching and public speaking. Her ultramarathons have taken her from Tanzania and South Africa to France, Switzerland, Japan, China and Hong Kong. "Running has allowed me to explore the world," she said.

Based in Bellingham's historic district of Fairhaven, Moehl bought a home on the cusp of the Interurban Trail so she could easily access her favorite trails in the Chuckanut Mountains and the Bellingham Greenway. The Chuckanut 50K, an annual race that she now directs in Bellingham each year in March, was her first introduction to ultrarunning in 2000. Eighteen years later she has participated in more than 100 races, has achieved fifty-five female wins and two outright wins, and holds many of the fastest known times for some of Washington's most epic runs.

As a coach, Moehl travels worldwide to train and inspire other runners for their bucket-list races. Despite the number of races she has completed, there's still advance work to be done and she's first to admit feeling anxious before a race. "I prepare as much as I can, not just with physical preparation but also with spreadsheets, visualization and meditation, to get myself to calm down," she said.

"Ultrarunning is a test of patience, so when I'm out doing these longer distance races I'm constantly shown different ways that patience pays off," she said. "I've also learned that you're going to see the best version of someone when they are given the chance to be outdoors in natural places."

To those who say they could never do it, Moehl disagrees. "It's really what you set your mind to," she said. "Granted, there are some body types that do better for endurance, but it comes down to what you do with your mind. Your mind makes a lot of things possible."

In 2019, Moehl is looking forward to trail running camps in Colorado, New Hampshire and Europe, and will be race directing the Chuckanut 50K for the seventeenth time. "My dad always says, you never have to go to work if you love what you do," she said. "I get to do my passion on a daily basis and it doesn't feel like a job. Yes, there are challenges, but when you love what you do those challenges are worth it."



Krissy Moehl runs along trails near Bellingham.

Brandon Sawaya

## Krissy Moehl

Ultrarunner

**Age:** 41

**Hometown:** Bow

**Residence:** Bellingham

### NUTRITION

**BREAKFAST:** Greek yogurt, Flora Health's omega sport oil, maca powder, granola, fruit and maté tea.

**SNACK:** Trail Butter and a banana ... sometimes wrapped in a tortilla

**LUNCH:** Massive salad or quesadilla. Dark chocolate, always around 3 p.m.

**SNACK:** Chips and guacamole, cheese and crackers, hummus and veggies, or charcuterie

**DINNER:** "I don't limit myself, instead I listen to what my body wants. The more color and ingredients the better. I love trying new things and sharing meals with good people. I also love the simplicity of standing in my kitchen and sharing a meal with my pup."

### WORKOUT

"I love running from my door into the Chuckanut Mountains with my pup. Give me that run any day of the week. Mileage for that ranges from 5 to 15 miles. Ideally, I incorporate one day of yoga a week and two days of strength training. When training for a race, I incorporate more focused workouts to prepare. I have a few key favorites that I share in my book, *Running Your First Ultra*, like 5-minute intervals with 1-minute recovery jogs between repeats, pyramid workouts, ladder workouts, and tempo runs.

Easy runs are a key element of training. I find it is important to not always run at the same pace. Instead I appreciate knowing there are some casual miles in the week and this also allows my body to recover and teaches the variety of paces available to me."

### INSPIRATION

"I love reading, particularly women's running stories. I follow a lot of runners and chefs on Instagram and love the color that each brings to my screen. Mostly I am inspired by passion. I love seeing someone truly loving what they are doing, whether it is driving a bus, cooking a meal, feeding their child or running in the mountains. I can find that same inspiration when I do the things I love and am with the people I love."