



ELETE Athlete Profile: Sarah Kaufmann, Endurance Mountain Biker



Recent Results

24 Hours in the Old Pueblo, 1st, Solo Female, 2007

24 Hours of Willamette Pass, 2nd Expert/Pro Women (Beat all the guys!), 2006

Billy Cross 8-Hour Race, 1st, Open Solo Women, 2006

12 Hours of Weaverville, 3rd, Solo Expert/Pro Women, 2006

Sarah Kaufmann, 25, is a dedicated, driven endurance mountain bike racer. She has been an enduro mountain bike racer going on two years now. Originally from Massachusetts, Sarah currently resides in Boulder City, NV and participates in 24-hour endurance mountain bike events all over the country. Recently, Sarah was recently crowned winner of 24 Hours in the Old Pueblo in the category of Solo Female. 24 Hours in the Old Pueblo is an endurance mountain biking event that takes place each February in Tucson, AZ. Sarah won first place out of 26 soloist women. Sarah finished her first lap in a duration of 1:18:46 and her final and fifteenth lap time was 1:31:33.

How did you first become involved in endurance mountain biking?

“I’ve been mountain biking for over two years now. Before that I was involved with road racing and endurance road biking. I had an opportunity to ride mountain bike, and I’ve always been more of an endurance athlete, speed, and 24-hour racing. Six months after I started, I switched completely. What I enjoy about it [endurance mountain biking] is that it’s more complicated than just training and preparing. I appreciate the meticulousness that is required for preparing for endurance mountain biking and 24-hour endurance events.”

What drives you to participate in ultra-endurance mountain biking considering the immense physical and mental conditions involved?

“Endurance mountain biking, particularly, the 24-hour events, require a lot of training especially after the 12-hour mark. After 12 hours, the sport is more mental. You have to be the kind of



person who is strong willed and wants it badly enough. That's all it takes. It really comes down to whether you're the type of person who can force yourself to do it."

What is your typical training regimen How do you prepare for cycling events?

"I usually put in 18-23 hours a week riding. In addition, I lift weights a couple times a week, but it varies. In preparing for the 24-hour events, in the last two weeks of training I taper off hard. I cut my hours way down to 9-12 hours a week and let my body rest and recuperate. I do some speed work, but I cut the volume down. I try to eat well and cut sleep down to normal, but not excessive hours."

Any indispensable items or tried-and-true key strategies you've found to give you an added edge over other athletes?

"Well, **elete™**, *always* in the heat. It makes a big difference. I've never been one who has had problems with cramping, but I do find that **elete™** helps me focus more during the 24-hour events. It keeps me more together, and I find that it helps me in my head to be less scattered."

Interesting or little-known fact?

Sarah works as a bike mechanic in Boulder City, NV, but may be making a move soon (and changing occupations) to Vermont.

How do you use elete™?

"I have a protein drink mix that I mix up and add **elete™** to, which I use in my Camelbak. When I first started using **elete™**, I was mixing it with water. I start using **elete™** more when it's hot. I find that I appreciate it more when it's hot. Also, I drink a lot of **elete™** when I'm drinking water and not riding. I add **elete™** to my regular drinking water days and weeks before the big event."

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What would you tell people about elete™?

“In the heat, **elete™**’s a huge benefit to keeping myself in the game. That’s what I’ve found it has and offers. I can’t remember where I’d read or hear this, but I’d learned somewhere that for electrolyte-replacement products, there has to be four components. **elete™** has all four components, and I’ve found it to be more effective than other electrolyte products.