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A French Girl named Katie Schide extrait de l'interview



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2021, when I'm sure you would want to hit hard?

Katie Schide: I think this is really difficult to answer as the situation changes daily. The original plan was to race the ONE&I, MIUT, Laveredo, Sierre Zinal and UTMB, but it's hard to predict what's going to happen for the future of all types of sports events in the coming months. Right now, the focus is on making sure people are safe and healthy.

In terms of training, I think we'll just do what we can to not lose too much fitness during the confinement and see what's possible in terms of racing when that time comes.

URM: Who are your "heroes" or role model, both in terms of past/current North American trail runners, and more generally in life.

Katie Schide: Obviously the first answer would be my parents – they've supported me through every single thing I've wanted to do. They spent hours and hours driving me around for sports, clubs and activities, and gave up weekends to sit on the sides of fields and in gymnasiums during games and practices. My mom is also the mayor of my hometown, runs her own consulting firm and volunteers her time as a Rotarian. If I told my dad I needed help changing my snow tires he would fly to France to do it for me. Not joking.

Just in terms of athletics though, someone who currently really inspires me is René Rovera who is a French trail runner I met through Germain and is part of our same coaching organization. He is a former professional Ironman triathlete, finished twice in the top 10 at Kona (overall), was on the French national duathlon team, and has a ton of other accomplishments I don't even know about

Seeing the way René works towards something always reminds me that at the end of the day, it's how you feel about your own performance and your own training that matters the most. It's about putting in the work, enjoying what you're doing, and not wasting energy worrying about what other people might say.

because he would never tell you. I think he really exemplifies what it means to work for something. He shows up to short trail and cross country races that he knows he won't win or even be on the podium, probably with 20 hours of training in the previous 5-6 days (again he'd never tell you this) just to work on his speed, or another weakness he wants to improve before his main ultrarunning goal of the year.

Seeing the way René works towards something always reminds me that at the end of the day, it's how you feel about your own performance and your own training that matters the most. It's about putting in the work, enjoying what you're doing, and not wasting energy worrying about what other people might say along the way. René passed me around rock into UTMB last year with a huge smile on his face, and I was crying in a mixed state of pain, delirium, happiness for him, and frustration with my inability to create a French sentence in the time it took him to run by. He was 256th at the first aid station and finished 22nd overall.



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TRADUCTION EN FRANÇAIS :

URM : Qui sont vos « héros » ou modèles, à la fois en terme de coureurs nord-américains passés ou actuels ?

Katie Schide : Pour ce qui est de la course à pied, quelqu'un qui m'inspire vraiment c'est René Rovera, qui est lui aussi un trailer que j'ai rencontré grâce à Germain et qui fait partie de la même organisation de coaching que nous. C'est un ancien triathlète Ironman professionnel, il a fini deux fois dans le top 10 à Kona (au scratch), a fait partie de l'équipe nationale française de duathlon et possède une tonne d'autres performances que je ne connais même pas parce qu'il ne s'en vanterait jamais. Je pense qu'il est l'exemple même de ce que signifie travailler pour quelque chose. Il se présente sur des trails courts et des cross qu'il sait qu'il ne va pas gagner ou même faire un podium, sans doute en ayant fait 20 heures d'entraînement les 5-6 jours précédents (à nouveau il ne vous le dirait pas) juste pour travailler sa vitesse ou un autre point faible qu'il veut améliorer avant son objectif principal de l'année en ultra. Observer la façon dont René travaille vers son objectif me rappelle toujours qu'au final c'est comment tu te sens par rapport à ta propre performance et ton propre entraînement qui a le plus d'importance. C'est la façon dont tu mets en place le travail, en profitant de ce que tu fais, et non perdre de l'énergie à t'inquiéter de ce que les autres pourraient en dire. René m'a dépassée vers le centième kilomètre à l'UTMB l'année dernière avec un grand sourire sur le visage, et moi je pleurais, prise entre la douleur, le délire, la joie pour lui et la frustration de ne pas être capable de composer une phrase en français au moment où il m'a doublée. Il est passé 256^{ème} au premier pointage et il a fini 22^{ème} au scratch.