

Traci Sommer Stanard

Traci was a product of North Stars, trained by Tony and Paula Gehman. She was a member of the US National team from 1989 till 1993. During that time she competed in American Cup and Olympic trials. She was a back to back AA champion in the American Classic

Traci attended University of Utah with a full scholarship. She earned an Academic American status as well as MVP.

Traci graduated with a masters in exercise science with an emphasis in psych social aspect of sport. She is also a certified personal trainer and wellness coach.

Currently, Traci runs Aspire performance LLC consulting. She is a private consultant for North star athletes in addition to diving international cyclo-cross, cycling and marathon runniing.

Traci enjoys running and spending time with her husband, Todd and her two sons, Trenon and Taithn.