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Nicole Odell is a first-year Ph.D. student in parks, recreation and tourism management at NC State University, where her research will explore topics related to physical activity and the built environment. She recently graduated from the University of Colorado Colorado Springs with an M.Sc. degree in health promotion, and her master's thesis focused on physical activity behavior and trail use during COVID-19 restrictions. Odell has been both a USA Cycling and USA Triathlon certified coach for over a decade and runs an endurance coaching business. Before moving to North Carolina, she led many Colorado Springs-area group rides, including a weekly bike shop group ride and group training rides for her Bike MS team.