

9 Grammy-nominated songs topping athletes' playlists this year

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In honor of the Grammy Awards on Sunday, we asked 11 athletes to pick their favorite [Grammy-nominated song](#) -- and tell us why it's on their playlist.

1. "Hello" by Adele

Meghan Duggan, two-time Olympic silver medalist in hockey: "I remember the exact time frame when it took the world by storm. Such a powerful song by someone who puts so much passion into her music, I can't help but love everything about her and this hit. There aren't many musicians who can catch the ear of everyone regardless of what type of genre people tend to listen to, and Adele certainly did that with 'Hello.'"

Mirinda Carfrae, Ironman world champion: "I just love listening to Adele sing. You can feel the emotion in her voice and when she sings, it brings you right into that moment with her."

2. "Formation" by Beyonce

Elena Hight, two-time Olympian and X Games gold medalist in snowboarding: "I have been listening to 'Lemonade' on repeat since it came out. 'Formation' is one of my favorite songs! It just has such a good beat and is such an uplifting motivational song."

Tara Lipinski, Olympic gold medalist in figure skating: "It is my current hype song. This is a staple in our playlist when Johnny [Weir] and I are in hair and makeup to get us ready to commentate. It brings out our inner Beyonce."



3. "Freedom" by Beyonce

Molly Huddle, 5,000 and 10,000-meter American record holder: "I listened to the 'Lemonade' album on repeat all spring! My favorite track is probably 'Freedom' because when Beyonce tells you 'I'ma keep running cause winners don't quit on themselves,' you feel like she just gave you a personal pep talk."

(Note: Beyonce's songs aren't available on Spotify.)

4. "7 Years" by Lukas Graham

Carli Lloyd, two-time Olympic gold medalist and World Cup champion in soccer: "This song makes me happy, and I love the words!"

5. "Humble and Kind" by Tim McGraw

Jocelyne Lamoureux-Davidson, two-time Olympic silver medalist in hockey: "I think the world could use a little more of this song going on right now. No matter where you are going or where you have been, meet people with kindness and humility and the world would be a better place."

6. "Stressed Out" by Twenty One Pilots

Ashley Caldwell, Olympic freestyle skier: "I love Twenty One Pilots, and so does my little brother, Jack. I remember skiing with him last year at U.S. nationals after the competition, and we belted this song out on the chair lift. I'll forever remember that moment when I hear that song."

7. "Love Yourself" by Justin Bieber

Laurie Hernandez, Olympic gold medalist in gymnastics: "I like this song because it has a calm, sweet tune."

8. "When We Were Young" by Adele

Spencer O'Brien, Olympian and X Games gold medalist in snowboarding: "I love this one because it's easy to sing along to in my car (turned up very loud so I don't actually hear my own horrible voice!). I feel like all Adele's songs are so relatable, and her voice is simply incredible. When you think she can't get better, she does."

9. "Work" by Rihanna

Nastia Liukin, Olympic gold medalist in gymnastics: "I don't know why, but this song just always puts me in a good mood and makes me want to dance. When we were on the Kellogg's Tour, this was one of the songs on our playlist we would play while getting ready for the show."

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