

Name: Mike Foote

Age: 33

Hometown: Missoula, MT

Sponsors: The North Face, Dynafit, Big Sky Brewing.

Facebook Athlete Profile: Facebook.com/mikefootmt

Instagram: @MikeFooteMT

Home club/team: US Ski Mountaineering Team

What racing accomplishments are you most proud of in the last 5 years? Making the US SKiMo team at the Northwest Passage Qualifying Race in Brundage 2016. 2nd Hardrock 100 2014. 3rd UTMB 2012.

How/when did you start being an endurance athlete? I got into long distance mountain running because I kept wanting to achieve bigger objective in the mountains of Montana in a single day. It took running and scrambling for hours on end to pull it off.

Favorite U.S. Skimo Race: Whitefish Whiteout

What are your nutrition principles? Simple. Practice it in training. Maple Syrup mixed with water is all I use for races. Its tasty and works for me.

Favorite training venue: The great state on Montana.

What are your favorite mantras during a race or hard workout? "Go slow to go fast." If you stay calm you make less mistakes. The less mistakes you make, the faster you go.

What do you do in the summer to train for skimo: I run. A Lot. In the mountains.

Other than your race gear, what are three things you pack for racing trips?

Journal. Earplugs. Coffee.

What inspires you? Movement. Efficiency. Poets. Weightlifters. Activists. Photographers. Land conservationists. Philanthropists. Anyone who is trying to be better.

What do you do to relax? I like to bake bread. I like to eat it too.

What else should we know about you? I was voted most sensitive in my high school senior class. I'm a big fan of Bruce Springsteen. I was eighteen when I saw mountains for the first time.