

National Team Athlete Profile:

Name: Jon Brown

Age: 45

Hometown: Gunnison, CO via Fairport, NY

Sponsors: Fischer, SCARPA, Millet

Website:

Facebook Athlete Profile: <https://www.facebook.com/jon.brown.5011>

Instagram: jonnymike72

Home club/team:

What racing accomplishments are you most proud of in the last 5 years? 3rd US Champs 2015, 3rd GT 2015, 3rd Powder Keg 2015

How/when did you start being an endurance athlete? Nordic skied in High School – 30 years ago!

Favorite U.S. Skimo Race: Gotta be the Power of 4 – has it all!

What are your nutrition principles? I just try to maintain some balance.

Favorite training venue: Crested Butte – On the resort, Red Lady or Snodgrass ... just depends on the conditions and the routine.

What are your favorite mantras during a race or hard workout? Smooth is fast.

What do you do in the summer to train for skimo: I used to cycle a lot but I tend to trail run ... I like the simplicity.

Other than your race gear, what are three things you pack for racing trips? Boot dryer, ear plugs, emergen C.

What inspires you? Improving.

What do you do to relax? Heading out for a run or a ski ... not training but just getting out and being in nature.

What else should we know about you?