

National Team Athlete Profile:

Name: Cam Smith

Age: 21

Hometown: Gunnison, CO

Sponsors: Griggs Orthopedics. Western State Colorado University Mountain Sports. CAMP USA. Hagan Skis. Skratch Labs.

Facebook Athlete Profile: fb.com/cameron.f.smith.1

Instagram: @camfromcamp

Home club/team: gO Ski

What racing accomplishments are you most proud of in the last 5 years? Qualifying for the U.S. National Team!

How/when did you start being an endurance athlete? I started running competitively at 13, and raced Track & XC through high school. Once I got to college I began mountain biking, nordic skiing, and skimo racing.

Favorite U.S. Skimo Race: The Grand Traverse! It's not as fast and technical as many other races in the U.S. But there is a certain mystique to a true backcountry ski race in the middle of the night.

What are your nutrition principles? I'm a vegetarian for environmental reasons. As far as training diet I just try to eat real foods. The rest takes care of itself. I do have a bad habit of eating too much sugar so I try to be conscious of that. My friends tell me that I'm a sugar powered athlete.

Favorite training venue: Crested Butte, Cranor Hill here in Gunnison, and hunting pow in the backcountry.

What are your favorite mantras during a race or hard workout? "Rip their legs off"

What do you do in the summer to train for skimo: I race my mountain bike with Western Mountain Sports. I also try to get out for some good vertical trail running and long road rides. Time in the gym is great as well. My summer job requires me to spend a lot of time out on backcountry trips, so I end up training however the landscape allows. It's important to be a diverse and adaptable athlete.

Other than your race gear, what are three things you pack for racing trips? Dark chocolate for extra speed in the morning. Foam roller. Homework that usually doesn't leave my backpack.

What inspires you? Ready for this one? Tissues? Cool. My mom is a relentless worker in everything she does. She is guaranteed to be able to make you laugh at any time, and does everything she can for others. I compete hard because I want to put down an effort that she would be proud of every time.

What do you do to relax? Relax? Why relax when there's skiing to do.

What else should we know about you? I love my summer job leading trips for kids. We base out of Camp Chief Ouray near Winter Park. We take teenagers all over the West for backpacking, rafting, and mountain biking trips. Really I just ski hard because I want my campers and coworkers to think I'm cool.