

## National Team Athlete Profile:

**Name:** Janelle Smiley

**Age:** 35

**Hometown:** Jackson, WY

**Sponsors:** LaSportiva, CAMP

**Website:** smileysproject.com

**Facebook Athlete Profile:** Janelle Smiley

**Instagram:** janelle.smiley

**What racing accomplishments are you most proud of in the last 5 years?**

3x National Champion

2x North American Champion

Swiss National Champion - Teams

4th - Pierra Menta

**How/when did you start being an endurance athlete?** I started by running in High School which lead to Cross-Country Ski racing in College. As I finished school I shifted my focus towards climbing mountains and being in the backcountry this was about the time when the COSMIC Series started in CO, the combination was a perfect fit.

**Favorite U.S. Skimo Race:** Shedhorn

**What are your nutrition principles?** Everything in moderation, including moderation

**Favorite training venue:** Snow King Mountain

**What are your favorite mantras during a race or hard workout?**

It changes depending on my mood

**What do you do in the summer to train for skimo:** Climb Mountains and run

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

A journal/ a book / lots of snacks

**What inspires you?** People who live extraordinary lives

**What do you do to relax?** Brunch

**What else should we know about you?** Airplane bathrooms scare me