

National Team Athlete Profile:

Name: Eric Carter

Age: 30

Hometown: Minneapolis, MN (Currently Squamish, BC)

Sponsors: Ultimate Direction/Fischer/Dynafit

Website: www.coastmountainskiing.com

Facebook Athlete Profile: @skiericcarter

Instagram: @skiericcarter

What racing accomplishments are you most proud of in the last 5 years? 15th in Pierra Menta

How/when did you start being an endurance athlete? 2001

What are your nutrition principles? Eat lots – some of it will end up being healthy.

Favorite training venue: Whistler-Blackcomb Backcountry

What do you do in the summer to train for skimo: Run/Climb

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

What inspires you? Using all my training and skills to move efficiently in the mountains.

What do you do to relax? Read