

National Team Athlete Profile

Name: Henry Hanes

Age: 16

Hometown: Albuquerque, New Mexico

Sponsors:

Website:

Facebook Athlete Profile: hank_hanes

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Home club/team:

What racing accomplishments are you most proud of in the last 5 years? My best two accomplishments were at Sunlight this year, not for qualifying (although that's pretty wild) but for having the two best races I think I ever have. I was also happy with my race at Irwin because it was my first full length race.

How/when did you start being an endurance athlete? I have always loved to run and that transferred to skimo very well.

Favorite U.S. Skimo Race: The 2016 Taos Rando Raid

What are your nutrition principles? Eat healthy, feel healthy. During the race session, I set up some dietary restrictions but for the most part I just eat what makes me feel good and perform well.

Favorite training venue: My hometown mountain has trails better than anything I could ask for. For physical fun and training I run and bike those trails a lot. Taos Ski Valley is by far my favorite ski area and it is where I learned to ski and practice my downhill.

What are your favorite mantras during a race or hard work out? 'NPA' and thinking of the payoff for pushing myself to a win.

What do you do in the summer to train for skimo? I like to focus on muscle build during the summer along with some endurance. The closer I get to race season the more I focus of endurance and back off intense lifting to some extent.

Other than your race gear, what are three things you pack for racing trips? My sketchbook and pencils, earbuds, and a set of nice clothes.

What inspires you? The thought of walking with the best athletes in the world at the Olympics. Being known as one of those athletes is my greatest dream.

What do you do to relax? When I am stressed I run to beautiful views to help relax. When I just feel like sitting around I draw, watch TV, and hangout with friends.

What else should we know about you? For me nothing even compares to skiing. I know nothing better and it will always be my passion. Personally I prefer backcountry and big mountain skiing to skimo. However, I have discovered that skimo allows me to push myself, express my competitive personality, and have a shot at being great at something I am passionate about. Next to skiing my favorite thing that I plan to take seriously throughout life is art. My dream job would be a ski designer. Hopefully I can build a decently lucrative carrier around this and if I can't then I would want to go into athletic gear design.

