

Name: Jessie Young

Age: 33

Hometown: Aspen, CO

Sponsors: Strafe Outerwear, Griggs Orthopedics, Dynastar Skis, Ultimate Direction, SCARPA, CAMP, Oakley

Facebook Athlete Profile: Jessie Young

Instagram: @jessiebyoung

Home club/team: STRAFE

What racing accomplishments are you most proud of in the last 5 years? 2015 and 2016 National Champion in individual and teams races. Qualifying and racing at worlds in 2015 with a 5th Place teams finish with Lindsey Plant. Winning the Grand Traverse in 2016 with Lindsey Plant

How/when did you start being an endurance athlete?

Climbing Colorado 14ers every weekend over the summers in college - I always hated the hike back down which is why I love ski mountaineering!

Favorite U.S. Skimo Race: Crested Butte and Irwin

What are your nutrition principles? Real foods, Sunday night dinners at my parents, and chocolate.

Favorite training venue: The backcountry, but the most convenient is Aspen Mountain which is only a few blocks from my doorstep! We are lucky to have AspenSnowmass's uphill policies.

What are your favorite mantras during a race or hard workout? Close the gap! Or if I happen to be ahead grow the gap.

What do you do in the summer to train for skimo: Mountain Biking and trail running.

Other than your race gear, what are three things you pack for racing trips? Leuko Tape!!! I use this tape to prevent blisters and keep my feet happy. My Strafe Incubator to keep me warm since I never have enough time for a full warmup. Foot beds! Again happy feet make for a happy racer.

What inspires you? Being in the mountains and my appreciation for being able to explore new places and cultures.

What do you do to relax? Relax?? I'm not sure what your taking about... is that like sleep?

What else should we know about you? I ride my bike to work every day!