

**Name:** Scott Archer

**Age:** 29

**Hometown:** Durango, CO

**Sponsors:** Hagan USA, Pine Needle Mountaineering

**Facebook Athlete Profile:** fb.com/scott.archer.16

**Home club/team:** San Juan SkiMo

**What racing accomplishments are you most proud of in the last 5 years?** 9th at Audi Power of Four 2016, 11th at Wasatch Powder Keg 2016, 5th at Wasatch Powder Keg Sprint 2016, 4th at Sunlight Sprint 2017, 5th at COSMIC Wolf Creek 2017

**How/when did you start being an endurance athlete?** Distance Running in Middle School, Followed by Mountain Biking and Nordic Skiing in High School.

**Favorite U.S. Skimo Race:** Wasatch Powder Keg

**What are your nutrition principles?** Eat as many colors as possible, high quality animal products in moderation, lots of good fats, stay away from processed carbohydrate except in racing.

**Favorite training venue:** La Platas / Hesperus Ski Hill

**What are your favorite mantras during a race or hard workout?** "To give anything less than your best, is to sacrifice the gift." Prefontaine

**What do you do in the summer to train for skimo:** Run/Climb/Bike/Hike/ Backpack

**Other than your race gear, what are three things you pack for racing trips?** Epsom Salts, Compression Tights, Electric Kettle

**What inspires you?** Performing to my absolute ability in the natural environment. This is an essential and primordial human experience.

**What do you do to relax?** Hot Springs, Yoga, Cooking