

## National Team Athlete Profile:

**Name:** Henry Boyd

**Age:** 16

**Hometown:** Breckenridge, Colorado

**Sponsors:** My Parents

**Instagram:** henry\_boyd\_

**Home club/team:** Summit Skimo

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

In Ski Mountaineering, I am most proud of my performance at the COSMIC Wolf Creek rando race this year. I am also very proud of my top 10 finishes in the Colorado high school mountain bike league state championships.

### **How/when did you start being an endurance athlete?**

I have been very involved in endurance sports my entire life. I started mountain biking at a young age and began nordic skiing soon after. It was not until a few years ago that I discovered ski mountaineering through Summit Skimo and I have loved it ever since.

### **Favorite U.S. Skimo Race: Wolf Creek Rando Race**

### **What are your nutrition principles?**

1. Everything in moderation
2. No freaking soda
3. All natural whenever possible.

**Favorite training venue:** Baldy Mountain in Breckenridge

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

Usually something philosophical like; pain does not *actually* exist.

### **What do you do in the summer to train for skimo:**

I dedicate my summers to cross country mountain biking which keeps me in good shape for ski mountaineering.

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

Some good music, recovery food, and a GREAT ATTITUDE.

### **What inspires you?**

As far as athletics, anybody who is faster than me. I also find inspiration in the natural world.

**What do you do to relax?**

I enjoy hanging out with friends or going skiing.

**What else should we know about you?**

I enjoy camping and mountain biking in the summers, I used to be an alpine ski racer and I'm super excited to represent the United States in Italy!