

**Name:** Teague Holmes

**Age:** 40

**Hometown:** Colden New York

**Sponsors:** Faction, Scarpa, Kate's Real Food, Gnarly Nutrition, Mountain Outfitters

**Website:** www.teagueholmes.com

**Facebook Athlete Profile:** Teague Holmes

**Instagram:** @teagueholmes

**Home club/team:** Summit Skimo Club

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

Every race I left it all on the course, the super fluid races with no mistakes and the huge adventures high in the mountains that racing prepares us for.

EMGT 2013? 2nd, can't remember the year out of 9

Speedgoat 50k 2015 fluid

San Juan Solstice 50 m 2015 fluid hard memorable

Every Quandary Crusher

CB Nationals 2016 4th

Jackson 2015 so blown epic fight

Irwin 2016 4th smooth and crazy reckless elbow to elbow descents

Taos 2016 2nd super tech

Sunlight 2017 8th by 8sec

The BURL

Timp-olympus Traverse

The Lasal Traverse

**How/when did you start being an endurance athlete?** Aren't all children enduro athletes? I just never quit.

**Favorite U.S. Skimo Race:** Shedhorn

**What are your nutrition principles?** I eat little in the mountains and a lot after.

**Favorite training venue:** The Tenmile Range Colorado

**What are your favorite mantras during a race or hard workout?** Karate sounds. They help access a source of power we sometimes don't even know exists. The energy of every athlete out there carries me.

**What do you do in the summer to train for skimo:** Climb and carry trees and run and climb mountains.

**Other than your race gear, what are three things you pack for racing trips?** Regular touring skis, a camera, and the New Yorker magazine.

**What inspires you?** Relentless and creative people. Mountains. Discomfort, Beauty.

**What do you do to relax?** Ski

**What else should we know about you?** Breakfast is my favorite. I like clean dirt and Bristlecone Pine. I have huge respect and inspiration from our Skimo community. You all feel like a kind of family.