

National Team Athlete Profile:

Name: Anne Gonzales

Age: 55

Hometown: Aspen, Co

Facebook Athlete Profile: Annie Gonzales

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

2017 Heathen 5th place, 2015 Breckenridge 5 Peaks 1st place(w/Jessie Young), Xterra Masters world champion 2013, 2014, IOC Mountain Bike Masters World Champion 2009

How/when did you start being an endurance athlete? It started so long ago I don't remember. It just happened from living in the mountains and getting out.

Favorite U.S. Skimo Race: Power of 4, Created Butte- Irwin Guides Race

What are your nutrition principles? Whole foods and of course chocolate

Favorite training venue: Roaring Fork valley

What are your favorite mantras during a race or hard workout? Hum.....

What do you do in the summer to train for skimo: Mountain biking, trail running/hiking

What inspires you? Life inspires me.

What do you do to relax? Beer.....

What else should we know about you? I'm a grandma!