

**Name:** Quinn Simmons

**Age:** 15

**Hometown:** Durango, CO.

**Sponsors:** Whole Athlete, Oakley, Pro Bar, Osmo

**Website:** <http://quinnsimmonscycling.weebly.com/>

**Facebook Athlete Profile:** Quinn Simmons

**Instagram:** @Skin.Quimmons

**Home club/team:** Whole Athlete

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

US Mountain bike U-18 National Champion

US National team member for both SkiMo and Cycling

**How/when did you start being an endurance athlete?** About 4 years ago my dad started bringing me on the local club rides/races and that got my competitive nature going.

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

**What are your nutrition principles?** I follow a nutrition plan formulated by my coach. Key component is to avoid dairy.

**Favorite training venue:** Anywhere with deep powder.

**What are your favorite mantras during a race or hard workout?** I do math in my head to figure out how much time I have left. During a race I try to distract myself with HR numbers or Power numbers.

**What do you do in the summer to train for skimo:** SkiMo is my cross training for cycling.

**Other than your race gear, what are three things you pack for racing trips?** Foam roller, recovery boots, and Tums.

**What inspires you?** The top step of a podium.

**What do you do to relax?** Netflix