

**Name:** Scott Simmons

**Age:** ½ way to 90

**Hometown:** Durango, CO

**Sponsors:** Scarpa, Hagan, Julbo, Tailwind, PineNeedle Mountaineering

**Instagram:** @sanjuan\_skimo

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

- 4 time National Team member
- Grand Traverse course record
- 3 consecutive COSMIC wins

**How/when did you start being an endurance athlete?** 1992

**Favorite U.S. Skimo Race:** Anticipating the new 2017 Telluride race

**What are your nutrition principles?** Light is Fast

**Favorite training venue:** Laplata Mountains

**What are your favorite mantras during a race or hard workout?** “That will only take ten minutes”

**What do you do in the summer to train for skimo:** Climb peaks and race Tuesday Night Worlds

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

- Melatonin
- A book
- My 2 kids

**What inspires you?** Setting a sweet skin track.

**What do you do to relax?** I go to work.