

National Team Athlete Profile:

Name: Max Taam

Age: 34

Hometown: Aspen, CO

Sponsors: Strafe Outerwear, Griggs Orthopedics, Dynastar, SCARPA, CAMP, Ultimate Direction, Oakley, Aspen Snowmass

Facebook Athlete Profile: Max Taam

Instagram: @maxtaam

Home club/team: STRAFE

What racing accomplishments are you most proud of in the last 5 years? This is my fifth Ski Mountaineering World Championships. 2015 & 2016 Teams US National Champion, 2015 Individual National Champion, 2015 & 2016 US Ski Mountaineering Cup overall winner, and 2013-2016 Power of Four winner.

How/when did you start being an endurance athlete? Ithaca High School crew team

Favorite U.S. Skimo Race: Power of Four and Taos

What are your nutrition principles? I cook meals from scratch as often as possible, focus on plant based foods and eat small portions of meat. An oatmeal pancake at Bonnies Restaurant on Aspen Mtn is one of my favorite ways to end a hard training session.

Favorite training venue: Chamonix, but I spend most of my time on Aspen Mountain

What are your favorite mantras during a race or hard workout? No regrets. Everyone is suffering you just have to deal with it better.

What do you do in the summer to train for skimo: Mountain bike and trail run

Other than your race gear, what are three things you pack for racing trips? Strafe Recon kit, Dynastar Mythic Vertical, SCARPA F1

What inspires you? Mountains

What do you do to relax? This is definitely a weakness of mine.

What else should we know about you? I love to travel to new places and explore new mountain ranges. Favorite trips include bike touring though Yunnan and Sichuan China and ski touring in northern Norway.