



Henry W. Hanes

18 years old

Born: Sep. 5th, 2000

Hometown: Albuquerque, New Mexico

Instagram: hankhanes

What racing accomplishments are you most proud of in the last 5 years? Committing to Skimo in 2016 because I found the best sport in the world! Qualifying for the 2017 national team. Being a member of the first U18 team to complete the Grand Traverse.

How/when did you start being an endurance athlete? I was a competitive free ride skier for years but fell in love with skimo at the Santa Fe Fireball in 2015. I loved it so much because I could free style the downs and get in good work on the ups!

Favorite U.S. Skimo Race: Santa Fe Fireball

What are your nutrition principles? I do my best to eat healthy but I am a big food lover so I don't have a strict diet.

Favorite training venue: Taos Ski Valley, New Mexico.

What are your favorite mantras during a race or hard workout? Ski fast or be last! Screw the pain!

What do you do in the summer to train for skimo: I go to the gym, mountain bike, and trail run throughout the summer.

Other than your race gear, what are three things you pack for racing trips? I always bring my sketchbook and pencils, camera, and running shoes.

What inspires you? The thought of being a part of the first US Olympic skimo team.

What do you do to relax? I do art, watch Netflix, chill out with my friends, and go for relaxed bike rides/trail runs.

What else should we know about you? I am an avid artist and chef. I am a senior in high school and I will be attending CSU next year. I love backcountry skiing and free riding!