



Name: Paul Hans

Age: 17

Hometown: Breckenridge CO

Sponsors: None

Website: Nope

Facebook Athlete Profile: I have one but I don't really use it very much. It's just my name.

Instagram:@pawooool

Home club/team: Summit Endurance Academy, Summit Skimo Club

What racing accomplishments are you most proud of in the last 5 years?: Qualifying for worlds! I am also just proud of racing in Biathlon last year while I was living in Finland.

How/when did you start being an endurance athlete?: I have always liked running since 6th grade or so. I didn't really start doing regularly until I did Track and field in my Freshman year. Since then I have been training regularly.

Favorite U.S. Skimo Race: So far it has been Wolf Creek.

What are your nutrition principles?: I really like bars. I have also been a pescetarian (Vegetarian but I eat fish. A lot of Fish) since 5th grade. I feel like that helps me stay pretty healthy.

Favorite training venue: Arapahoe Basin

What are your favorite mantras during a race or hard workout?: Mostly a lot of cursing.

What do you do in the summer to train for skimo: Run. On trails, roads, wherever.

Other than your race gear, what are three things you pack for racing trips?: Headphones, Tele/Alpine skis, and Black licorice.

What inspires you?: All of the other incredible Skimo athletes that I compete with.

What do you do to relax?: Ski in the resort by myself.

What else should we know about you?: I went to Finland last school year as a Rotary Youth exchange student. My favorite places that I have been to are either Saint Petersburg Russia, or Warsaw Poland. I seem to like eastern Europe for some reason. I love performing, whether it be playing music(Bassoon, Saxophone, and now Mandolin) or acting at the Breckenridge Backstage Theatre.