



Caden Klein National Team Athlete Profile

Name: Caden Klein

Age:16

Hometown: Aspen, CO

Sponsors: The North Face, Aspen Highlands Ski Patrol

Website: N/A

Facebook Athlete Profile: <https://www.facebook.com/caden.klein.338>

Instagram: Caden_Klein

Home club/team: N/A

What racing accomplishments are you most proud of in the last 5 years?: Power of Two 2017 and 2018 1st place, Sunlight Heathen Challenge 2018 1st place, Indian peaks rally 2017 and 2018 2nd place, Sunlight Heathen challenge National Championships 2019 1st place, and of course I am very excited to be on the National team for Individual and sprint.

How/when did you start being an endurance athlete?: My interest towards endurance sports started when I was 6 years old when I joined the AVSC nordic team, and it took off even more while spectating at my Dad's races.

Favorite U.S. Skimo Race: Shedhorn/Pronghorn

What are your nutrition principles?: I try to have nutritious food frequently, but for the most part I just eat what my body says it needs.

Favorite training venue: Aspen Highlands

What are your favorite mantras during a race or hard workout?: Go fast, take chances. Pain is just a concept.

What do you do in the summer to train for skimo: Mostly mountain bike and a little running

Other than your race gear, what are three things you pack for racing trips?: Freeskiing skis, the homework I should do on the trip that will remain in my backpack, and my camera.

What inspires you?: The great outdoors provide me with good motivation to push myself, and most importantly have fun while doing so.

What do you do to relax?: I'm terrible at relaxing. Rest days are very hard for me.

What else should we know about you?: I like skiing pow more than anything.