



Elsa Bates National Team Athlete Profile

Name: Elsa Bates

Age: 16

Hometown: Breckenridge, CO

Sponsors: N/A

Website: N/A

Facebook Athlete Profile:

Instagram: elsabates

Home club/team: Summit Endurance Academy

What racing accomplishments are you most proud of in the last 5 years? Colorado High School Mountain Bike Sophomore State Champion 2017, Junior Olympic Sailing Festival 4th place 2018, qualifying for Skimo World Championships in three categories in 2018

How/when did you start being an endurance athlete?: I ran the Bolder Boulder 10K when I was five. I've never stopped running, biking, or skiing.

Favorite U.S. Skimo Race: Sunlight

What are your nutrition principles?: I live on protein powder and smoothies

Favorite training venue: Breckenridge Ski Area

What do you do in the summer to train for skimo: Mountain bike!

Other than your race gear, what are three things you pack for racing trips? Chapstick and Honey Stingers

What inspires you?: my mom

What do you do to relax?: I pet my dog, Sugar

What else should we know about you?: I love the outdoors