

National Team Athlete Profile:



Name: Finn Remias

Age: 17

Hometown: Breckenridge, Colorado

Sponsors:

Website:

Facebook Athlete Profile: I don't really use facebook

Instagram: @finn.remias

Home club/team: Summit Skimo

What racing accomplishments are you most proud of in the last 5 years? : Winning the Sprint championships the last two years in a row.

How/when did you start being an endurance athlete? : I started skiing around 4 years old. I competed in nordic skiing for a few years and then transitioned to Skimo two years ago.

Favorite U.S. Skimo Race: Wolf Creek

What are your nutrition principles?: Eat a lot!

Favorite training venue: Anywhere in the backcountry.

What are your favorite mantras during a race or hard workout? "It's in your head."

What do you do in the summer to train for skimo: I mountain bike.

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

- 1) Camera**
- 2) Bigger skis**
- 3) Homework**

What inspires you? Building on success. Trying to make each race better-not always official results, but a better race for me.

What do you do to relax? Hang out with friends, watch movies.

What else should we know about you? I'm a typical high school kid- homework, friends, work, etc., I started skimo two years ago and haven't looked back.