

## National Team Athlete Profile:



**Name:** George Beck

**Age:** 16

**Hometown:** Aspen, CO

**Sponsors:** The North Face

**Website:** n/a

**Facebook Athlete Profile:** geckbeorge

**Instagram:** @george\_\_beck

**Home club/team:** n/a

**What racing accomplishments are you most proud of in the last 5 years?**

2018 Power of 2 1st place overall. USSMA Worlds Qualifier Individual Race 1st Place Cadet. And most of all qualifying for this team.

**How/when did you start being an endurance athlete?**

I first started in endurance athletics in kindergarten when I joined the Nordic team. This introduced me to other endurance sports like mountain biking and most recently skimo.

**Favorite U.S. Skimo Race:** Power of 2

**What are your nutrition principles?** I try to just keep it simple and listen to my body.

**Favorite training venue:** Aspen Highlands

**What are your favorite mantras during a race or hard workout?**

I don't have a specific mantra. When I'm racing I try to quantify everything I need to do in my head. I think about how long I need to hold a pace for or I'll plan for the next obstacle.

**What do you do in the summer to train for skimo:** Mountain Biking

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

1. Comfortable and warm clothes for before and after the race.
2. Food and Water
3. Headphones

**What inspires you?**

Trying to always improve.

**What do you do to relax?**

My relaxation tends to be sleep or watching TV.

**What else should we know about you?** I love the mountains