

National Team Athlete Profile:



Name: Jeremiah Vaile

Age: 17

Hometown: Dillon, Colorado

Sponsors: N/A

Website: N/A

Facebook Athlete Profile: N/A

Instagram: skierjd

Home club/team: N/A

What racing accomplishments are you most proud of in the last 5 years? I am most proud of qualifying for the world championships against such a competitive youth group.

How/when did you start being an endurance athlete? I became an endurance athlete 6 years ago when I joined my middle school cross country team.

Favorite U.S. Skimo Race: A-Basin Early Riser Race Series

What are your nutrition principles? Always eating my mom's breakfast burrito on race day.

Favorite training venue: A-Basin

What are your favorite mantras during a race or hard workout? "They are hurting more than I am" and "I want it more than they do"

What do you do in the summer to train for skimo: Running

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

Lots of Snacks, A book, A watch

What inspires you? I am inspired by personal achievement and the reward of skiing down.

What do you do to relax? I think about my breathing and having fun.

What else should we know about you? I also compete in cross country, track, alpine skiing, and snowshoeing. I am currently the World Junior Snowshoe Champion and a member of the National Snowshoe Team.