

## National Team Athlete Profile:



**Name:** Mark Jardim

**Age:** 16

**Hometown:** Silverthorne, Colorado

**Sponsors:** Summit Endurance Academy

**Website:**

**Facebook Athlete Profile:** Mark Jardim

**Instagram:** mark\_jardim\_

**Home club/team:** Summit Endurance Academy/ Summit Skimo Team

**How/when did you start being an endurance athlete?** I started being an endurance athlete when I was started mountain biking when I was very young. I can't even remember the first time.

**Favorite U.S. Skimo Race:** Arapahoe Basin race

**What are your nutrition principles?** Never be hungry!

**Favorite training venue:** A-basin is the best resort to train at but backcountry is the most fun.

**What are your favorite mantras during a race or hard workout?** "Just keep going" "water is a crutch" -Joe Howdyshell

**What do you do in the summer to train for skimo:** Lots of mountain biking.

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

1. Lots of food
2. Bathing suit (you never know)
3. Headphones

**What inspires you?** My friends and family.

**What do you do to relax?** Hang out with my friends.

**What else should we know about you?** I love skiing and the outdoors. I also love traveling to do my favorite activities.