

National Team Athlete Profile:



Name: Max Bonenberger

Age: 17

Hometown: Breckenridge, Colorado

Sponsors:

Website:

Facebook Athlete Profile:

Instagram: @maxbones12

Home club/team: Summit Skimo

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

How/when did you start being an endurance athlete? : I started endurance with running ultras around 14 and then transitioned to skimo in the winter two years ago.

Favorite U.S. Skimo Race: Wolf Creek

What are your nutrition principles?: Everything you eat is fuel

Favorite training venue: Anywhere in the backcountry.

What are your favorite mantras during a race or hard workout? If your not first you're last

What do you do in the summer to train for skimo: Mountain biking and ultra running

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

1) Music

2) Running Shoes

3) Lots of Food

What inspires you? Being able to adapt to the circumstances in a race and getting better every day.

What do you do to relax? Hang out with friends, go on a run or bike, and go to the gym.

What else should we know about you?