

National Team Athlete Profile:

Name: Mike Foote

Age: 35

Hometown: Missoula, MT

Sponsors: The North Face, Dynafit

Website: N/A

Facebook Athlete Profile: N/A

Instagram: @MikeFooteMT

Home club/team: Team Montana Skimo!

What racing accomplishments are you most proud of in the last 5 years? Making the US Skimo Team, Breaking the world record for most vert climbed and skied in 24hrs, 2 second place finishes at Hardrock 100.

How/when did you start being an endurance athlete? I signed up for the Bridger Ridge Run in 2007 and started running in Glacier Park to train after a full day of raft guiding.

Favorite U.S. Skimo Race: Whitefish Whiteout

What are your nutrition principles? Food is Fuel

Favorite training venue: High Sierra Mountains in Spring

What are your favorite mantras during a race or hard workout? Perfection is in the process.

What do you do in the summer to train for skimo: Bicep Curls. And LOTS of running.

Other than your race gear, what are three things you pack for racing trips? Lots of books for hotel fester time. Aeropress and small hot water tea kettle for coffee, lacrosse ball for rolling out tight spots on legs.

What inspires you? Anyone striving for excellence. Artists. Writers. People who are willing to be vulnerable and honest.

What do you do to relax? Bake Bread. Build something. Read. Write. Connect with important people in my life.

