

National Team Athlete Profile: Cam Smith



Name: Cam Smith

Age: 23

Hometown: Crested Butte, CO

Sponsors: Dynafit, CAMP, Honey Stinger, Rock n' Roll Sports

Website: N/A

Facebook Athlete Profile: N/A

Instagram: @camfromcamp

Home club/team: Crested Butte Nordic Center

What racing accomplishments are you most proud of in the last 5 years? : Making this team!
1st place 2018 Grand Traverse ski, run, dual sport, and triple crown. 2019 Sprint National Champion.
Part of collegiate National Champion MTB team.

How/when did you start being an endurance athlete? : I started running around 8th grade. After moving to CO in 2014 I began skiing, MTBing, and trail running.

Favorite U.S. Skimo Race: The Grand Traverse

What are your nutrition principles?: While abroad I think it's important to fuel with consistent croissant consumption. Did you know an average croissant includes around 4 grams of protein and 6% of your daily iron needs? Amazing stuff. I'm also a vegetarian for environmental reasons.

Favorite training venue: The Crested Butte backcountry

What are your favorite mantras during a race or hard workout? “Rip their f*ing legs off.”**

What do you do in the summer to train for skimo: I like to ride my mountain bike and run trails. I also end up doing lots of walking for work. Lots and lots of walking.

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

- 1) I'm a heavy sunscreen user**
- 2) Boot dryers**
- 3) Foam roller**

What inspires you? Making my mom proud

What do you do to relax? Go skiing!

What else should we know about you? I was voted “least athletic” at my summer job this past year