

National Team Athlete Profile: Jessie Young



Name: Jessie Young

Age: 35

Hometown: Aspen, CO

Sponsors: STRAFE, Ultimate Direction, Scarpa, AspenSnowmass, CAMP, Dynastar, Oakley

Website: N/A

Facebook Athlete Profile: Jessie Young

Instagram: @jessiebyoung

Home club/team: AspenSnowmass

What racing accomplishments are you most proud of in the last 5 years?: 13th Place in the Individual 2017 World Championships in Italy and 4th in the Teams. National Champion four of the last five years.

How/when did you start being an endurance athlete? : During my college years I joined the cycling club and started hiking 14ers during my summer breaks.

Favorite U.S. Skimo Race: AspenSnowmass Power of 4

What are your nutrition principles?: Whole/Homemade Foods, Mostly Veggies and Desert + home cooked sunday dinners at my parents house.

Favorite training venue: Aspen Mountain - it's only a few blocks from my home and has awesome uphill policies to make it easy for early morning training sessions.

What are your favorite mantras during a race or hard workout? Don't look back.

What do you do in the summer to train for skimo: Mountain Biking and Trail Running

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

- 1) Leuko Tape - I never leave for a race without this blister prevention tool.
- 2) Ryder - New baby - needs his mama.
- 3) Snacks

What inspires you? Being in the mountains and my appreciation for being able to explore new places and cultures.

What do you do to relax? Sleep

What else should we know about you? I like going uphill almost as much as I like going downhill.