

National Team Athlete Profile:



Name: John Gaston

Age: 31

Hometown: Aspen, CO

Sponsors: STRAFE, Atomic, Oakley, La Sportiva, CAMP USA, Aspen/Snowmass

Website:

Facebook Athlete Profile:

Instagram: @John_Gaston1

Home club/team: STRAFE

What racing accomplishments are you most proud of in the last 5 years? : 15th in individual and 11th in vertical at the 2017 World Champs in Italy, 10th overall at both the 2018 Pierra Menta and Tour du Rutor, 13 National Championships, and Course Records at both Power of Four and the Elk Mountain Grand Traverse.

How/when did you start being an endurance athlete? : I grew up alpine skiing and only got into endurance sports more seriously after college, when a broken back made me rethink my preferred mode of mountain adventure. Skimo really fell into my lap and was the perfect fit - something where I could combine my previously honed descending chops with my newfound love of suffering uphill.

Favorite U.S. Skimo Race: PowderKeg

What are your nutrition principles?: Coffee for breakfast, Chocolate for lunch, and Beer for dinner

Favorite training venue: Aspen Highlands

What are your favorite mantras during a race or hard workout? "If you ain't first, you're last!"

What do you do in the summer to train for skimo: Lots of MTB and road biking, some vert running, and a bit of gym time.

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

- 1) Recovery tools**
- 2) Sandals**
- 3) Headphones and Kindle**

What inspires you? Trying to keep improving every year and closing the gap little by little to the top guys in the world.

What do you do to relax? Hang out with my wife and kiddo when I'm home, listen to Podcasts, read books, watch TV when I'm on the road. Anything that takes my mind off the suffering!

What else should we know about you? Ski Fast, Take Chances!