



National Team Athlete Profile:

Name: Jon Brown

Age: 47

Hometown: Crested Butte, CO

Sponsors: N/A

Website: N/A

Facebook Athlete Profile: N/A

Instagram: N/A

Home club/team: N/A

What racing accomplishments are you most proud of in the last 5 years? At 47, just stoked to still be sorta competitive!

How/when did you start being an endurance athlete? Ran CC and Skied XC in High School.

Favorite U.S. Skimo Race: Rio Hondo - Taos, NM

What are your nutrition principles? There's "food" in beer but no beer in food.

Favorite training venue: Red Lady - Crested Butte, CO

What are your favorite mantras during a race or hard workout? "Smooth is fast", "The faster you go, the sooner it's over", & "Stay in control".

What do you do in the summer to train for skimo: Run and bike.

Other than your race gear, what are three things you pack for racing trips? Boot dryer, ear plugs & my googler.

What inspires you? Seeing the growth in the sport here in the US and all the young kids getting into it.

What do you do to relax? Binge on Netflix

What else should we know about you? Didn't start alpine skiing until I was 34... never too late!