

National Team Athlete Profile:



Name: Kate Zander

Age: 32

Hometown: Breckenridge, Colorado

Sponsors: Hagan Skis, Black Diamond, my family.

Website: N/A

Facebook Athlete Profile: Not really a fan of Facebook

Instagram: @coloradobackyard

Home club/team: Summit Skimo

What racing accomplishments are you most proud of in the last 5 years? :

US National Team member 2015

United States Ski Mountaineering Nation Team Member 2019

- 4th individual at A Basin Worlds Qualifier
- 3rd sprint, 4th individual at National Champs
- Podiums at the annual SIA sprint or uphill/downhill race.
- Power of Four teams race. 3rd place co-ed.
- Five Peaks, Breckenridge 2nd place co-ed
- Powder Keg. 2nd overall after 3 events.
- Taos, Santa Fe individual races' podiums.
- Grand Traverse - 2nd Female Team

How/when did you start being an endurance athlete? : I grew up playing soccer all through grade school. To keep fit on holidays I started running. That turned into youth triathlons, orienteering then mountain biking, etc...

Favorite U.S. Skimo Race: Power of Four

What are your nutrition principles?: Keep it balanced. Enjoy good food and company and maintain fresh and local food when possible.

Favorite training venue: The great outdoors. Peak 1, Frisco CO.

What are your favorite mantras during a race or hard workout? "Keep it light"

What do you do in the summer to train for skimo: Carry kids in backpacks, hike, mountain bike and trail run.

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

- 1) electrolytes**
- 2)kids' stuff- they have so much gear as well.**
- 3)change of clothes**

What inspires you? Everyone's stories. We all come from such varied backgrounds and work hard to make skimo a priority in our lives. It's tough. There are many sacrifices but also many joys. I love the community we have at races.

What do you do to relax? Don't really get too much r n r with young kiddos. But, when they are napping it's the only time i get to catch up on zzz. Power naps are the BEST!

What else should we know about you? I've actually been doing 'skimo' - once and sometimes still referred to as 'randonee skiing' for over 10yrs. I started back in college strapping together tele boots and skis with 3 pin bindings. Yikes. I stripped the toe out at a race in CB. Absolutely minimal control and survival skiing. Makes one a better skier though. Also met my husband at a ski race at ABasin.