

National Team Athlete Profile:



Name: Max Taam

Age: 36

Hometown: Aspen, CO

Sponsors: STRAFE, SCARPA, Ultimate Direction, CAMP, Oakley and Aspen Snowmass

Website:

Facebook Athlete Profile: @Maxtaam

Instagram: @Maxtaam

Home club/team:

What racing accomplishments are you most proud of in the last 5 years? : This is my sixth consecutive Ski Mountaineering World Championships. I have raced at every one since 2010

How/when did you start being an endurance athlete? : I started as a high school rower and mountain biker

Favorite U.S. Skimo Race: Aspen Snowmass Audi Power of Four

What are your nutrition principles?: Eat real food

Favorite training venue: The Elk Mountains

What are your favorite mantras during a race or hard workout? Ski Fast

What do you do in the summer to train for skimo: I mountain bike and trail run.

**Other than your race gear, what are three things you pack for racing trips?
1) Ryder (our 10 month old son) and all of his gear.**

What inspires you? Improving upon my past results and the mountains.

What do you do to relax? Relax?! Not very good at it.

What else should we know about you?