

National Team Athlete Profile:



Name: Tom Goth

Age: 33

Hometown: Salt Lake City, UT

Sponsors: La Sportiva, Julbo, Skimo Co

Facebook: Tom Goth

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What racing accomplishments are you most proud of in the last 5 years? : Top 10 @ Pierra Menta at Tour du Rutor, competing on US national team since 2013, former US national champion, former NA Champion, and winning classical US races (Powderkeg, Jackson, Grand Traverse, Shedhorn)

How/when did you start being an endurance athlete?: I have competed in a variety of endurance sports, but in 2011 discovered ski mountaineering racing. Being a lifelong skier, this sport became an immediate passion and has been the focus of my year round training and adventures.

Favorite U.S. Skimo Race: Jackson Hole -- let's bring it back!

What are your nutrition principles?: Out of competition: eat real food, mostly cooked by my amazing wife Dominique. In competition: fuel to the last “mile” -- it’s easy to underestimate intensity during skimo races. Exogenous carbohydrate and liquid always come in handy during a race.

Favorite training venue: Utah has very limited options when it comes to on-piste training due to resort politics. I train almost exclusively in the backcountry once coverage permits (December - April). Some of my favorite local peaks whether summer or winter, Lone Peak, SLC Twins, Olympus, Grandeur, Raymond.

What are your favorite mantras during a race or hard workout? “It’s OK to hurt, pain is normal!”

What do you do in the summer to train for skimo: Running around the Wasatch, cycling (road / MTB), some trailing running races

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

- 1) Wax -- Can’t have enough options for race day.
- 2) Skins -- ditto
- 3) Anything that helps with jet lag, sleep or circadian rhythm going to Europe: pillow, eye mask, ear plugs and melatonin!

What inspires you? Novel and efficient ways of moving through mountains

What do you do to relax? Enjoy good food and travel with my wife