

National Team Athlete Profile: Sam Burke



Name: Sam Burke

Age: 15

Hometown: Dillon, CO

Sponsors: Jeff and Lori Burke

Website: Nope

Facebook Athlete Profile: None

Instagram: @lil_burkee

Home club/team: Summit Endurance Academy

What racing accomplishments are you most proud of in the last 5 years? : I am proud of my overall and series wins at a local trail running series over the summer. This is also my first year SkiMo'ing, but I am honored to have the opportunity to be on the US National Team, and to represent my country in Switzerland.

How/when did you start being an endurance athlete? : I always loved to run as a kid. As I got older, the miles grew longer and the running shoes more expensive (though I think I could still rock a pair of light-up sketchers), but I still loved it just the same. I have competed in cross country/trail running since 6th grade, and figured I'd give SkiMo a try this season.

Favorite U.S. Skimo Race: Abasin World Qualifiers- It was an awesome race and atmosphere to be surrounded by some of the best athletes in the country. That much talent and dedication stuffed into spandex was truly inspiring.

What are your nutrition principles?: Eat real, simple foods as much as possible, as often as possible.

Favorite training venue: The Basin. Nothing can beat laps up High Noon while crowds inform you that you are going the wrong way.

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

I have two sayings I like to keep in mind for race day:

- 1) Everyone out there is hurting just as bad as I am, so there's no reason I can't beat them
- 2) If you don't leave a lil' DNA on the course, you didn't try hard enough.

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

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

- 1) Foam roller
- 2) Bluetooth speaker or earbuds to jam out on race day
- 3) Stuff Hammock to chill out after the race is done

What inspires you? I am really inspired by the amazing SkiMO community in Summit County, Colorado, and the Nation as a whole. SkiMo athletes (while being some of the most insane) are tremendously talented, and supportive individuals. Each and every one of these athletes keep me going. In addition, the prospect of a new race, challenge, or training day on the horizon is as exciting as it is motivational.

What do you do to relax? I love to get outdoors, ski, run, and spend some high quality time in the Rockies.

What else should we know about you? I got into SkiMo to train for running. After witnessing the amazing community, athletes, and the sport in general, I may have things mixed up. Let's just say that SkiMo, and all of you have skinned your way into my heart.