



National Team Athlete Profile:

Name: Samuel Wescott

Age: 17

Hometown: Silverthorne, CO

Sponsors: Wilderness Sports

Website:

Facebook Athlete Profile: Sam Wescott

Instagram: @sam_wescott

Home club/team: - Summit Endurance Academy, Summit Skimo Club

What racing accomplishments are you most proud of in the last 5 years? Standing on the podium at World Qualifiers

How/when did you start being an endurance athlete? I started running cross country in elementary school and continued to run into high school. I started skiing uphill about 5 years ago.

Favorite U.S. Skimo Race: The Grand Traverse

What are your nutrition principles? Eat lots and all the time!

Favorite training venue: Arapahoe Basin

What are your favorite mantras during a race or hard workout? Boots, bindings, skins

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

Other than your race gear, what are three things you pack for racing trips? Headphones, homework and chocolate milk.

What inspires you? Racing with some of the best athletes on the planet.

What do you do to relax? I like to listen to music and read.

What else should we know about you? I enjoy raising trout and studying stream ecology.