

National Team Athlete Profile:



Name: Sierra Anderson

Age: 33

Hometown: Breckenridge, CO

Sponsors: CAMP, Julbo, Dynafit, Howard Head Sports Medicine

Website: it's a "fishy" one, but here ya go. www.sierragaleseafoods.com

Facebook Athlete Profile: <https://www.facebook.com/sierraganderson>

Instagram: @thesierraanderson

Home club/team: Summit Skimo Club

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

I've never run a marathon but I think of my many seasons Commercial salmon fishing and living on a small boat for the months of June, July, and August as being somewhat like that. Winning Shedhorn at Big Sky Montana was a definite highlight. Also winning the Pan American Championships in Lake Louise Canada in 2018.

How/when did you start being an endurance athlete?

Prior to Skimo, my longest races hovered around 17 minutes, when I ran XC and Track in college. During the summers I'd spend lots of time jump roping as that was the only thing I could do while living and working on a 58' commercial fishing vessel. I started racing skimo last year and it's been purely endurance since.

Favorite U.S. Skimo Race: Shedhorn in Big Sky Montana.

What are your nutrition principles? Salmon. Salmon. And more Wild Alaskan Salmon

Favorite training venue: My backyard mountains. Heading out to ski right from my house is pretty special

What are your favorite mantras during a race or hard workout? "Lord help me" and "your light as a feather, fast as a cheetah".

What do you do in the summer to train for skimo: Last summer I started running up mountains....and I think I will continue that training mode

Other than your race gear, what are three things you pack for racing trips? bible, outdoor slippers, and salmon jerky of course

What inspires you? The beauty of Gods creation. Honesty and loyalty in those around me. Also boldness. The other women in this sport. My family for sure!

What do you do to relax? usually I have to get sick to relax!

What else should we know about you? I'm an entrepreneur at heart. my nieces and nephew love me unconditionally.....so far. And I love Jesus