



elete Athlete Profile: Alex Miller, U.S. Ski Team Member and Nordic Combined Skier



Alex Miller pictured last year in Norway. Alex is training hard to make the 2010 Winter Olympic Games in Nordic Combined Skiing.

Alex Miller, age 24, grew up in Steamboat Springs, CO and began training with the Nordic combined team based in Steamboat. Alex and his twin brother, Davis, are among twelve prestigious and talented athletes who were recently named to the U.S. Nordic Combined Team. Alex, who is spending this summer training in Park City, Utah practicing his jumps at Utah Olympic Park, contacted elete recently and provided his feedback about **elete Electrolyte Add-In™** and how it has helped his performance and training.

How and when did you first get involved with Nordic Combined Skiing?

"I first started when I was 10 years old growing up in Steamboat Springs, CO. My parents signed me up in the Steamboat Springs Winter Sport Club, which offers many of winter sports including Nordic Combined skiing. I then spent the next 10 years with the SSWSC until I was named to the 2007 U.S. Ski Team. I am on my 4th year now with the U.S. Ski Team and have goals of making the 2010 Winter Olympic Games in Nordic Combined."

What are some of the recent awards you've received/current ranking?

"Last year was my best year ever. I finished 7th overall in the nation. Two competitions that I did very well in last year was a 6th place finish in a Continental Cup in Park City, Utah. As well as a 5th place finish in Rovenemi, Finland. Continental Cup is a competition below World Cup skiing. If you place in the top 30 you receive Continental Cup points. Depending how many points you have in one given period in the winter, you will move up to World Cup."

What are your plans and goals for 2009/2010?

"My plan is to be in the top five in the nation, which will earn me a spot on the 2010 Winter Olympic Team in Nordic Combined."

Describe your average day. What is your typical training regimen?

"I usually have some kind of easy endurance in the morning. Depending on the week, I go for 120 minutes or 180 minutes. Then I have weight training in the afternoon. For the easy endurance if it is winter, I cross country ski..."



Above: Alex pictured with friends in Whistler, B.C. last winter at the cross country skiing Olympic sight.

But if it is summer, I either go roller skiing, road biking, running, or hiking. Some times I have ski jumping camps in the winter or summer and usually on that day, I ski jump in the morning and work on weights in the afternoon.”

In terms of nutrition, what are the indispensable items or strategies you’ve found are key in giving you the edge over the other tennis players?

“Sport drink has been helping me a lot the past couple of years. I try to eat smart though. Lots of carbs before a race or time trial and protein the next day. Bars help too. Keeping hydrated throughout the day during a competition is very important.”

What is the biggest factor in terms of winning? Likewise, what are the biggest obstacles?

“On the ski jump hill, it is all about feeling how well you know the ski jump that you are at. If I was training well at this jump hill, I will get a good result. If I struggle in training, I struggle in the competition. For cross-country skiing, now, I tend to usually have a good race. Some days our wax tech misses the wax, but if his wax is good, I will have a great race.”

Describe some of the specific benefits you’ve noticed using elete.

“I have used **elete** in many of my workouts and so far, I have really enjoyed it. I think it is great. **[elete]** Gives me that extra energy you need in a work out. I used it last weekend in the High Uintah bike race and it was great. It was good to have along with the bars and gels.”

For the average person who participates in mild to moderate fitness activity, what would you tell them about elete?

“I think **[elete]** it is a great product for use both in small and very long work outs. You feel better when you use it. There are no carbs in it, so you don’t have to worry about gaining weight, and it makes you feel better during your work out. This was the first year ever that I did not crap during the High Uintah bike race.” ■



Above: Alex pictured mid-air during one of his jumps.