



ANDERSON TAKES HIS RACE TRAINING TO THE EXTREME

"Using high country back terrain skiing as an extension to his regular workout, Anderson looks to gain an advantage as he takes on the 2015 Indy Lights season."



Fort Collins, Colorado- Extreme Skiing is Scott Anderson's way of preparing for the upcoming Indy Lights season. Anderson has been skiing for as long as he can remember, first hitting the slopes of his native Colorado with his dad, mom and sisters around age four. So for this elite athlete, it's always been his sport of choice in the winter.

For this second year Indy Lights races it's serious conditioning, with a purpose. Over the years Scott has skied a bit of everything, from moguls to downhill racing, but for the most part you will catch him in a terrain park doing a lot of freestyle skiing. This is the type of extreme skiing you would have seen in the slope-style event at the Olympics.

"Before racing took over pretty much all my focus, I would ski probably 70 something days a year," smiles Anderson. "Now I get around 30 days, which is still great. It's convenient that the skiing season starts when the racing season ends, so I can still get in quite a bit."

Colorado has some of the best resorts and backcountry terrain in the country so Anderson has his pick of some awesome places. Topping his list of favorites are resorts like Breckenridge, Vail, Steamboat and Telluride. The elevation at these resorts can reach around 13,000 ft. at Breckenridge and Telluride, especially if you're hiking a bit, giving Anderson that unique thin air conditioning used by marathon runners.



But behind all the thrill and incredible scenery there is a method to this madness. The driver of the #77 Schmidt Peterson Racing entry breaks down his skiing and specifically relates it to racing, finding speed and accuracy across frozen slopes or unforgiving asphalt.

"I heard somewhere that skiers make the best race car drivers compared to other athletes," continues Anderson. "I have no idea if that is actually true, but I would believe it. To get a ski to grip and turn at its limit you have to position yourself, weight the skis where they need it, rotate at the right point, and free the skis up just like you do with a race car. You get a very similar sensation skiing through a turn as you do driving through a turn. Skiing steep backcountry terrain with lots of 'obstacles' is probably the best focus and reaction exercise I know. Everything about it is unpredictable so you're constantly evaluating things, reacting, looking for the best route, etc. To relate that to racing, it's the same 'in the zone' mindset you're in at a race start or some hectic situation where you need to have good situational awareness and stay calm and focused with all this crazy stuff going on around you.



On the physical impact of skiing and racing, Anderson had this to say:

"The physical aspect is also great training. Spending an entire day hiking and skiing around these mountains is harder than any workout I've gotten in a gym. I do a lot of mountain biking, trail running and climbing in the summer as well, which are as good if not better physical training in some aspects, and they all require the same focus, reaction and judgment skills that racing and skiing do. I like to think of the mountains as my gym."

SPM will continue its preseason road-course testing February 18-19 at NOLA Motorsports Park and February 24-15 at Barber Motorsports Park.

The 2015 Indy Lights Presented by Cooper Tires season begins March 28-29 with two rounds in St. Petersburg, Florida. Anderson Podiatry Centers; Laser Therapy, Surgery, and Neuropathy will back Anderson's No. 77 entry.

ABOUT SCOTT:

An expert skier and avid outdoor enthusiast, the Fort Collins, Colorado resident is on the third and final step of the Mazda Road To Indy. Anderson was the recipient of the MAZDASPEED Motorsports Development Scholarship after winning the 2011 BFGoodrich/Skip Barber National Championship Presented by Mazda. In 2012, Anderson competed in the Cooper Tires USF2000 Championship powered by Mazda winning two races. In 2013, Scott raced in the ProMazda Championship Presented by Cooper Tires with Juncos Racing. In 2014, Anderson completed his rookie season in Indy Lights with Fan Force United. Anderson is sponsored by Anderson Podiatry Centers; Laser Therapy, Surgery, and Neuropathy. He is also a member of the Derek Daly Academy led by former Formula One driver Derek Daly.

Learn more about Scott at www.scottandersonracing.com. For more information on Scott and his racing program, contact Jeff Grist at the Derek Daly Academy, jeff@derekdalyacademy.com or by phone at 905.327.7458.