

Teri Smith lives in a small town near Portland, Oregon. She enjoys playing and being active with her family and friends in the mountains and on the rivers surrounding her home. She is also passionate about giving back and travels to both Malawi and the Philippines with *Kusewera*, her non-profit of choice. Teri's boys inherited her love of the outdoors and participated in cyclo-cross racing, mountain bike racing, rock climbing, duathlons and multi-sport events as young men. Now grown, they are enjoying the outdoors in their respective communities and still enjoy adventures with mom.

Teri competed in triathlons and road running events for several years. In 1998, her focus moved towards off-road events such as mountain bike racing, off-road triathlons, snowshoe racing, trail scrambles, and orienteering events. Those experiences served Teri well in her transition into adventure racing. In order to share her love of the sport with other women, she became an instructor with Adventure Training Consultants (ATC) working as a head guide in both their GirlTeams and 24 hour adventure race training programs. Other groups recognized Teri's ability to train and inspire, and she was invited to work also with Inspired Adventure in Oregon, Odyssey Adventure Racing Academy in West Virginia, and with E-Camps in Big Bear, California.

In an interview with Foot.com, Teri summed up what motivated her to compete in the sport of Adventure Racing:

"The sport is addictive in a way that nothing else is. It's not the endorphin end of it, it's about the experience and the knowledge that you gain about yourself when you're out in the field so long with these people whom you spend every waking hour with for days. You work together so well, find out what you're made of. Your limits... You are dependent on other people and that transfers into real life where you're constantly challenged. You have to overcome those challenges, and the races relate so closely to life, to anything you do, like caring for a family member or a friend. We're all depending on other people, so when you can open yourself up to that you work so much better and accomplish so much more. I learn more from the sport and from these people that I'm with day in and day out, than I would in four months of working."

"Vulnerability is a strength that comes with trust... both in ourselves and others. When we tap into that strength, anything is possible."

Promotional Work:

Promotional:

2006 - 2008 Ambassador, Salomon-Sports

2005 - 2007 Program Manager, Atlas Snowshoe Company *Explore Winter Women's Workshops*

2003 - 2007 Speaker and Representative – Atlas Snowshoe Company

April 2005 Part of 4 member Atlas-team to cross the Sierras on snowshoes, 45 miles/12,000 + ft. elevation gain

2003 - 2007 Regional Representative – United States Snowshoe Association

2002 - 2003 Featured Interview Guest for National "Last Chance Summer Dance" Radio feed – 8 stations – live

2002 Athlete Advisory Board Ford Gorge Games, Hood River, Oregon – Adventure Race

2001 Athlete Advisory Board Subaru Gorge Games, Hood River, Oregon – Adventure Race

- Sponsor Summit Speech – New York, February 2001
- 2001/2002 Television Promotional Day – Portland, Oregon
- Am Northwest (ABC Affiliate) segment promoting games
- Multiple TV/Magazine/Newspaper interviews promoting adventure race and games in general

Articles/Interviews:

2006 SELF Magazine Winter Beauty Interview
2005 Outdoors NW Featured Athlete for July
2004 Foot.com – March Featured Athlete Interview
2003 Dandelion Magazine, Winter – Featured in “nutrition for athletes” article
2003 Glamour Magazine, May, *12 Stars Diets*, - Spotlight advice for nutritional goals, Featured
2002 Sports Illustrated September – *Build Your Best Body* – One of six athletes interviewed
Spotlight articles in City Sports NW, Portland Oregonian, AP Wire, Portland Tribune, Salem Statesman Journal, Gorge Connection

Television/Film:

2007 Merrill Video
2007 Flirty Girls – Commercial
2006 Bowflex Treadclimber Infomercial
2006 Primal Quest Adventure Race Pre-Race Video, Commercial Spots for the CBS telecast
2006 Providence Health – Commercial (60 second spot)
2005 '06 Honda Gold Wing – Commercial
2005 Providence Health – Commercial (30 second spot)
2005 Goodwill – Commercial
2004 History of Clean – Clorox Infomercial
2004 Portland Trailblazers – Commercial
2002 - 2003 Live fitness segments for AM Northwest, Channel 2/Portland, Oregon
2002 Co-star; *Explore Winter*, for Atlas Snowshoe
2001 Featured On screen personality, Hi-Tec Adventure Races, Team Hi-Tec

Race Experience: Multiple Adventure Races, Multi-Sport Races, Mountain Bike Races, Orienteering Events, Including:

(A sampling of events)

Adventure Racing:

2006 Wicked AR Oakridge 24 Hour Race/Oakridge, OR
2005 USARA National Championships, Tampa, FL – Team REVO – November 2005
2005 Wicked AR Gorge Sprint Race, Beacon Rock, WA – 1st place Co-Ed teams, 2nd place overall
2005 X-Raid Championship Qualifier, Bend, OR – Team Running Free, Canada
2004 Trioba 24 Hour Adventure Race/Leavenworth, WA – 1st place Female Open
2004 Raid the North Extreme AR World Championships/Newfoundland – Team Strike Anywhere
2004 Trioba 24 Hour Adventure Race/Wenatchee, WA – 2nd place Co-ed Open
2003 Primal Quest/Lake Tahoe – Team Odyssey
2003 Eco-Challenge North American Championships/Sault Ste Marie, Canada – Team Leatherman
2002 FORD Gorge Games Adventure Race – Hood River, Oregon
2002 Indianapolis Urban Onion Adventure Race – Indianapolis, IN 3 person coed division – 7th place
2002 Appalachian Extreme, Maine 3 person coed division
2002 Balance Bar 24 Hour Adv Race – Phoenix, AZ 3-person elite division – 5th place
2001/December Expedition BVI – British Virgin Islands – Team Southern Comfort
2001 Houston Urban Onion Adventure Race – Houston, TX 3 person coed division – Team SOBE 1st place
2001 Chicago Urban Onion Adventure Race – Chicago, IL 3 person coed division
2001 Endorphin Fix 48 Hour Adventure Race – West Virginia
2001 Subaru Gorge Games Adventure Race - Hood River, Oregon – Team Hi-Tec
2001 Sierra Gold Rush 24-Hour Adventure Race – Northern California

2001 Member of Hi-Tec Racing Team – 3 person Elite coed division

- MESP Hi-Tec Sprint Adventure Race Series – Los Angeles (10th), Detroit (6th), Atlanta (7th), Dallas (9th), Sacramento (4th)

2000 Sea to Summit BC 2 person coed division - 2nd place

2000 Four Winds Adventure Race Ventura 4 person coed division - 3rd place

2000 FogDog 24 Hour Adventure Race 3 person coed division – 5th place

1999 Sea to Summit BC 2 person coed division - 3rd place

1998-2000 MESP Hi-Tec Sprint Adventure Races

Multi-Sport Racing:

2001 CHASE multi-sport race Iron woman division – 2nd place

2001 Gap-to-Gap multi-sport race Iron woman division – 2nd place

2000 Gap-to-Gap multi-sport race Iron woman division - 2nd place

2000 Ridge to River Relay, 2 person coed team – 2nd place

1999 Ridge to River Relay, 2 person coed team – 1st place

Mountain Bike Racing:

2003 Granny Gear 24 hour mtn bike race – Co-ed Team Sofa Kings

2001 24 Hours in the Old Pueblo 24 hour mtn bike race solo division – 1st place

- 15 mile loops, 800 ft of elevation gain per loop, 24 hours, 12 laps total

2000 Subaru Gorge Games 24 hour mtn bike race solo division - 1st place

- 12 mile loops, 1700 ft of elevation gain per loop, 24 hours, 10 laps total

2000 Expert Class OBRA Mountain Bike Racer

Snowshoe Racing:

2006 Atlas Snowshoe Racing Team

2005 Atlas Snowshoe Racing Team

2004 Atlas Snowshoe Racing Team

2003 Atlas Snowshoe Racing Team

2002 Atlas Snowshoe Racing Team

- 13 January 2002 White River, Mt. Hood, Oregon – 3rd place
- 3 February 2002 Frog Lake, Mt. Hood, Oregon Regional Qualifier for the National Championship Race – 4th place overall, 1st place age-group (Nat'l Qualifier Criteria)