

# What are Ted Ligety's performance secrets?

By Bradley Stulberg, Outside

After his World Cup win on the Rettenbauch glacier in Sölden, Austria, on October 25, American Ted Ligety confirmed he is still the fastest human down a slalom course on skis. The 31-year-old from Park City, Utah, is a three-time Olympian and the only man in U.S. history to win multiple gold medals in alpine skiing. He's also won 25 World Cup races and is the owner of five World Championship crowns.

Ligety's passion for mountain sports extends beyond the snow. He loves mountain biking and he co-founded Shred, an alpine gear company on a mission to "un-limit an athlete's pursuit of fun through technological advances in engineering." We caught up with Ligety upon his return from Europe to learn more about his habits for peak performance.

**Read the whole story**