

A STORY OF WORKING
THROUGH GRIEF VIA
THE OUTDOORS

300

A FILM BY
LIAM ABBOTT

FEATURING
MILES CLARK



WWW.SNOWBRAINS.COM/300-MOVIE

About the Film

Logline

A story of working through grief via the outdoors.

Synopsis

Miles Clark has always lived for the mountains. At 46 years old, he's carved out a life as a pro skier and mountain guide, chasing peaks and purpose across the globe. But for over a decade, one goal still loomed over him: ski 300 days in a single year. Weather, injuries, and life always got in the way. Until everything changed.

In January 2023, Miles lost his beloved mother, the person who gave him his grit, stubbornness, and fire. In the wake of overwhelming grief, he turned to the only place that ever made sense: the mountains. That winter brought record-breaking snow and a chance.

What began as a personal challenge became something deeper: a journey of healing, reflection, and rediscovery. From California to Antarctica, Argentina to Alaska, Miles skied through pain, joy, exhaustion, and awe. He found that the mountains weren't just his playground, they were his sanctuary. And this wasn't the first time they had saved him... 300 is the story of a man who refused to let grief define him. It's about chasing a dream, not for accolades, but for meaning. And it's about how skiing, day after day, turn after turn, can stitch a broken heart back together.



The Team



Miles Clark is a man whose life has been shaped by a passion for skiing. A professional freeskiier since 2005, Miles is the CEO and Founder of SnowBrains, one of North America's leading ski media outlets. He's also a mountain guide, an Alaska heli-ski guide, and a UC Berkeley graduate in Molecular Cell Biology, a rare fusion of intellect, grit, and mountain obsession. Those who know Miles will tell you: skiing isn't just his sport, it's his heartbeat. From growing up in the Bay Area to chasing powder in Lake Tahoe, he's built a life that follows the rhythm of the snow. Today, he splits his time between Tahoe, Park City, Jackson Hole, Alaska, and Patagonia, always in pursuit of the deepest turns and most aesthetic lines. Driven by curiosity, discipline, and an unshakable love for the mountains, Miles has carved out a life that proves following your passion, relentlessly, can take you to extraordinary places.



From Toronto, Canada, Liam is the Creative Director at SnowBrains. Skiing has always been a major part of his life since he started at the age of 3, having been an instructor, racer, and now within the industry at SnowBrains. His film background began when studying at Chapman University, where he received a B.F.A. in Film Production with an emphasis in Editing and a minor in Documentary and Entrepreneurship. While there, he was a part of numerous narrative and documentary productions, including directing the short documentaries: Yama, Chipmunks, Lovesick, and Feeding Alaska. Several of those films went on to screen at over a dozen film festivals across North America. By combining his love of skiing and filmmaking, Liam has brought the two biggest passions of his life together, helping to continue to produce content that challenges and questions traditional aspects of film and media.



Artistic Statement

For over a decade, Miles Clark dreamed of skiing 300 days in a single year. But without a deeper reason, the challenge always remained just that, a dream.

In a world full of ski films that focus on first descents, jaw-dropping tricks, and big mountain feats, 300 set out to tell a different story. A human story. Because for many, skiing is more than just a sport. It's a refuge. A form of therapy. A way to reconnect with nature, with ourselves, with one another, and with something greater.

For Miles, skiing has always been that sacred space. But in 2023, after the loss of his mother, it became something even more profound: a vessel for processing grief, finding meaning, and moving forward. This film explores how the mountains can help us navigate the valleys of our lives.

At its core, 300 is about vulnerability, especially in men, who are often taught to hide their pain rather than share it. Miles' courage to open up and expose the ragged edges of his grief became the emotional compass for this film. For Liam, the filmmaker in charge of sharing Miles' story, he could instantly relate to Miles with his own current experience of seeing his mother courageously battle a second cancer diagnosis. Miles' strength and love for his mother offered a powerful new lens through which Liam could view his own relationship.

Yes, 300 is a ski film. But more than that, it's a tribute to resilience, to the healing power of nature, and the unspoken bonds between mothers and their children. Through this story, we hope others find the courage to face their own storms and keep moving through them.

— Miles Clark & Liam Abbott



Production Notes

Produced by SnowBrains, the largest independent snowsports media outlet, 300 is a testament to passion, creativity, and the power of story.

The idea to turn Miles Clark's 300-day ski journey into a film didn't surface until the end of his extraordinary year. With no film crew following him, the project leaned heavily on the raw, authentic footage Miles had captured throughout his travels. Most of which were clips originally shared with his large social media following and SnowBrains' global audience.

From the very beginning, the production of 300 was unconventional. Miles and Liam never met in person. While Miles chased snow across continents, Liam was based in New Jersey, weaving the story together from afar. They faced technical hurdles, time zone challenges, and the unique difficulty of building a deep creative partnership, all while being entirely online. But where obstacles stood, resourcefulness rose.

Thanks to the remote-working mindset born out of the Covid era, and a shared belief in the emotional power of this story, the film came to life. After a year and a half of dedication, 300 was completed in July 2025, a project built on trust, innovation, and a profound commitment to honoring the journey.



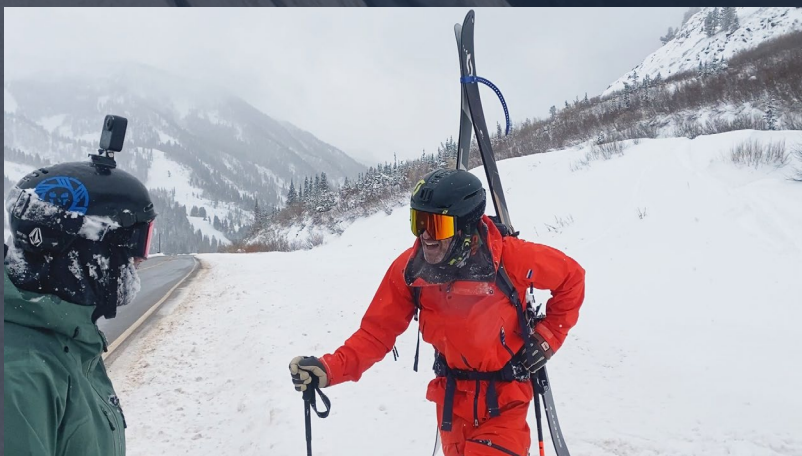
Stills



Miles skiing at Portal Point, Antarctica, on Day 266 of his ski season.



Miles reflecting on the times he got to spend skiing with his younger brother Nathan.



Miles catching his breath and celebrating on Day 300 after skiing Suicide Chute, UT, on a 2' powder day.



Facts Sheet

About the Film

Runtime: 20:26 minutes

Genres: Documentary, Adventure, Skiing, Mental Health

Completion Date: July 2nd, 2025

Format: Digital

Language: English (English Closed Captions)

Locations: Wasatch Mountains, Alta Ski Area, Palisades Tahoe, Eastern Sierra Nevada Mountains, Mammoth Mountain, Jackson Hole Mountain Resort, Teton Mountains, Ruby Mountains, Chugach Mountains, Rogers Pass, Cerro Catedral, Patagonia, Tierra Del Fuego, Antarctica

Skiing 300 Days in a Year

524 Human-Powered Miles Traveled

3 Continents

12 Ski Resorts

133 Powder Days

29 Flips

10 Rainy Days

15 Heli-Ski Days

195 Resort Days

135 Backcountry Days

83 360s

280,900 Human-Powered Vertical Feet

6 States

4 Countries



Credits

A Film By

Liam Abbott

Footage From

Miles Clark, Bevan Waite, Adeventure Film Works, Alta Ski Area, Artlist.io, Cerro Catedral, Duane Kubischta, Martin Kuprianowicz, Jackson Hole Mountain Resort, Mammoth Mountain, Nate Kushlan, Palisades Tahoe, Stein Retzlaff

Featuring

Miles Clark

Professional Skier, CEO & Founder of SnowBrains



Contact Info

For media inquiries or to partner with 300 or SnowBrains,
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