



This newsletter is brought to you by a hot oven, some reflections, and running in the snow. If you enjoy it, I'd be grateful if you could share with one or two others!

Cross-country skiing

Remi Bonnet is a Swiss mountain runner. You might recognize his name from the Golden Trail World Series, which he won in 2022 and 2023 and placed second in in 2024, or from holding the Fastest-Known-Times on Pikes Peak and Mt. Tam. Like some other trail runners, he takes to skis in the winter, and [wins races](#), to say the least. There are some gorgeous videos of him uphill skiing. The body position and technique he uses in [skiing uphill](#) and [running uphill](#) is remarkably similar: forward lean, high knees, strong kick-back, arms pumping. If you're lucky enough to get out for a ski this winter, take a few minutes and think about how it might apply to your primary sport, whether that's running, rowing, or something else!

Coaching snapshot: reminders!

As we head into the holidays, these are some things I like to remind myself. Hopefully you find some useful too!

What's right for others is not necessarily what's right for you.

No one workout is a magic bullet. Consistency is key. Balance short-term and long-term goals with consistent, sustainable training.

Fueling, sleep, and mental preparation are necessary and performance-enhancing components of training. Treat them with the same respect you do your sport.

There is no failure. There are only different steps towards goals.



The photo here is of me and Kevin in the Grand Canyon, [feeling like the world was going to end](#), but still putting on smiles. Research shows that seeing a smile, [consciously](#) or [subconsciously](#), can increase happiness and decrease rate of perceived exertion. Does it matter if it's genuine?

What questions do you have about training and racing? Reply to this newsletter or [email me](#), and I'll answer one in a few weeks!

Let your friends know that I'm taking more athletes! I'm looking to work with runners and triathletes and depend on you to help spread the word :) Send them to my [website](#) to submit an inquiry or just pass along my email. Thank you so so much!

Baguettes!

We prepared a big holiday meal today, including 8 sourdough baguettes, 24 large meatballs, 3 pounds of pasta, 8 zucchinis, and a chocolate soufflé.

The baguettes took lots of patience in the cold weather. I was excited to turn the oven to 475°F to bake them though, which helped warm up our apartment too. I don't have a recipe here or on the website, and I need to practice a few more times before I publish anything, but I loosely followed the recipe on Amy Bakes Bread [here](#), and would recommend it as a starting point! You can definitely make these with commercial yeast but the rising times and the finishing taste will be quite different.



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