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## HEALTHY OBSESSIONS

Alex Margolin

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**Alex margolin**

**Age:** 43

**Occupation:** Personal trainer at Presidio Sport & Medicine in San Francisco (*vitalityfitness@yahoo.com*)

**Town:** Corte Madera

**Sport:** Competitive cross-country skiing.

**Why:** I love to glide on skis through majestic, snowy, mountain trails, negotiating terrain and working my body hard. I like to suffer.

**Greatest accomplishment:** In 2005 I competed in the Swedish Vasaloppet, a 90 kilometer cross-country ski race with 15,000 racers. It took me five hours, 58 minutes, 47 seconds. I missed getting a medal by two minutes. During the race an energy bar slid into my racing suit and got caught around my ankle. I had to stop to get it out. That was the two minutes!

**Gear you can't live without:** VibraFlex whole body vibration training unit. (*www.vibraflex.com*).

**Where you train:** Tahoe Donner Cross Country Center.

**Biggest misperception about your sport:** That it's slow and boring. Try going downhill at Mach speed in icy conditions on a pair of long toothpicks and tell me that you're bored.

**Advice you'd give a rookie:** Learn how to move in a mechanically efficient manner because the economy of your movement makes a big difference in your performance and how much you enjoy the sport!

*Know someone hooked on a sport? E-mail [healthyobsession@sfchronicle.com](mailto:healthyobsession@sfchronicle.com).*

<http://sfgate.com/cgi-bin/article.cgi?f=/c/a/2008/01/20/CMF1POMM3.DTL>

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