

Awesome "Ted Talks" about athletes getting better (and the secret's not doping)

Highly recommended watching. Things said that will amaze you. Did you know that, if you're an American male between 20 & 40, 7' or taller, that there's a 17% chance you're in the NBA? Or that gymnasts have been shrinking from 5'3" to 4'9" in just 30 years? Lots about cycling too. --Mike--