

Board Game

One year after the Winter Olympics in Vancouver, three of the gnarliest snow bunnies are doing anything but resting. The half-pipe heroines took time out of their training for the 2011 Winter X Games to play a quick-and-dirty round of "Would you rather . . . ?" —Jenna Autuori



Would you rather . . . snowboard naked or skinny dip?
"Skinny dip. You can't get torn up with road rash from swimming nude."

Would you rather . . . be a contestant on *Top Chef* or *Top Chef*?
"I would be more fun for me. I don't think I'm cut out for the show, but I can whip up a mean meal."



Would you rather . . . date with a snowflake or a snowflake?
"I don't date, so I don't have snowflake skills."
 Would you rather . . . watch a tennis match or a snowflake game of tennis?
"I don't watch tennis, so I don't know what to be when I watch a tennis match."

Gretchen Bleiler, 29, gold medalist in the Superpipe in the 2010 Winter X Games



Kelly Clark, 27, dessert junkie and 2010 Winter Olympics bronze medalist in the Ladies' Halfpipe

Would you rather . . . ride a flaming snowboard or twirl a flaming baton?
"Baton, for sure. You could get rid of it quickly if things went wrong."

Would you rather . . . be in a hot dog- or pie-eating contest the morning of a competition?
"Pie. I like my sweets."



Sweatiquette

"My stomach sometimes gets upset when I work out. How do I avoid stinking up the gym?"

"Don't eat a big meal within two to three hours of working out," says Anish Sheth, M.D., a gastroenterologist at Yale and coauthor of *What's Your Poo Telling You?* Exercise, especially a cardio workout, stimulates your GI tract. So eat a low-fat, lower-fiber snack (try an energy bar) about an hour before to fuel up without inducing digestion problems, and hit the bathroom pre-gym. If you still find yourself running to the locker room for relief, stash our fave new find in your gym bag: Poo-Pourri (\$9.95 for a two-ounce bottle, poopourri.com). Spray the bowl before you go, and a barrier of essential oils prevents any funky smells from leaving the scene. —Karla Walsh

Girl Power Playing dress-up isn't just for kids; it's for runners, too! These races offer pretty perks.

Disney's Princess Half Marathon Put on a tutu and crown and live out your fairy-tale dreams on February 27, when you run through Epcot and the Magic Kingdom in Lake Buena Vista, Florida. (rundisnev.com)

Skiort Chaser 5K Put on a sporty mini for this race on February 12 in Tempe, Arizona, sponsored by running-skirt inventor Skirt Sports. There's even a postrace mixer. (skirtsports.com/skiortchaser5k)

Wannabe Princess Half Marathon Get glam at this race on April 17 in Honolulu, part of the Divas Half Marathon Series. Grab a feather boa and tiara at a rest stop, then receive flowers and champagne at the finish line. (runlikeadiva.com) —J.A.

