

CURRICULUM VITAE

August 06, 2002

Jon Karl Linderman

Born: April 22, 1962

Birthplace: San Diego, CA

- Work Address:** Depart of Health & Sport Sciences
University of Dayton
300 College Park
Dayton, OH 45469-1210
(937) 229-4207
- Home Address:** 2404 Cottingham Road N
Springfield, OH 45506
(937) 325-6367
- Present Position:** Assistant Professor
- Education:** B.A., California State University, Chico (1984)
M.A., California State University, Chico (1987)
Ph.D., University of California, Berkeley (1991)
- Dissertation:** Glucoregulation and work performance in gluconeogenesis-inhibited iron deficient rats.
- Dissertation Advisor:** Professor George A. Brooks, Ph.D.
Exercise Physiology Laboratory
5101 Valley Life Sciences Building
University of California
Berkeley, CA 94720-3140
- Post Doctoral Research:** The effects of centrifugation and growth hormone on myofibrillar protein synthesis during simulated microgravity
- Post Doctoral Advisor:** Dr. Richard E. Grindeland, Ph.D.
- Honors:** Faculty Research Award, School of Physical Activity & Educational Services, The Ohio State University (2000)
Fellow, The American College of Sports Medicine (1995)
Awarded, Post Doctoral Research Associateship
National Research Council (1992-1993, 1993-1994)
Awarded, Outstanding Graduate Student Instructor
University of California, Berkeley (1991)
Awarded, Outstanding Student Research Award
California State University, Chico (1987, 1988)
Finalist, Trisphere Student Award
American College of Sports Medicine (1987, 1991)
- Fields of Interest:** Physiological and biochemical effects of increased and decreased muscular activity, molecular mechanisms of acute and chronic exercise adaptation, the aging of skeletal muscle (sarcopenia), role of neuroendocrine function in exercise adaptation, evaluation of elite human performance.

Teaching and Related Professional Experience:

- Assistant Professor: Department of Health and Sport Sciences, University of Dayton (2000-present)
 School of Physical Activity and Educational Services, The Ohio State University, Columbus, OH (1995-2000)
 Department of Physical Medicine and Rehabilitation (Adjunct), College of Medicine, The Ohio State University (1998-2001)
- Research Associate: Life Science Division, NASA/Ames Research Center, Moffett Field, CA, (Summer, 1995)
- Assistant Professor: Department of Physical Education, California State University, Chico, CA (1994-1995)
- Research Associate: Life Science Division, NASA/Ames Research Center, Moffett Field, CA (1992-1994)
- Lecturer: School of Physical Therapy, Samuel Merritt College, Oakland, CA (1991)
- Instructor: Department of Physical Education, California State University, Chico, CA (1977)

Certifications:

- Exercise Scientist Specialist: California State University, Chico, CA (1977)
- Spinning™ Instructor: Johnny G Spinning™ Instructor Certification, Columbus, OH (1997)

Referee Service for the Following Journals:

American Journal of Physiology
 Equine Veterinary Journal
 Journal of Applied Physiology
 Medicine and Science in Sports and Exercise
 International Journal of Sports Medicine
 International Journal of Sports Nutrition and Exercise Metabolism

Intramural Research Grant Support:

- Dayton (Seed Grant x 2)
- Dayton (Deans Grant x 2)
- The Ohio State University Technology Services Undergraduate Technology Grant (May 1997; \$50,000)
- The Ohio State University, School of Health, Physical Education, and Recreation Investment Grant “The effects of age, gender, and resistance exercise on muscle structure and function” (June 1996; \$1,000)

The Ohio State University, School of Health, Physical Education, and Recreation DDRS Fund
 “The effects of age, gender, and resistance exercise on muscle structure and function” (February 1996; \$700)

The Ohio State University Seed Grant College of Education Small Research Grant; “Prevention of muscle atrophy with growth hormone and IGF-I” (January 1996; \$1,500)

The Ohio State University Seed Grant; “The effects of growth hormone and insulin-like growth factor I (IGF-I) on growth and differentiation of skeletal muscle” (December 1995; \$14,000)

The Ohio State University College of Education Small Grant Award; “The effects of growth hormone and insulin-like growth factor I (IGF-I) on growth and differentiation of skeletal muscle” (December 1995; \$4,000)

The Ohio State University, School of Health, Physical Education, and Recreation Reserve Fund
 “The effects of age, gender, and physical activity on insulin-like growth factor I (IGF-I) and IGF binding proteins” (October 1995; \$3,300)

The Ohio State University Graduate Student Alumni Research Award (sponsor); “The interactive effect of growth hormone and insulin-like growth factor I on skeletal muscle hypertrophy” (December 1995; \$1,405)

California State University, Chico Graduate Student Research Grant (sponsor); “The interaction of diet composition and training on submaximal endurance in males”(April 1995; \$750)

Extramural Research Grant Support:

Gatorade Sports Science Institute Student Research Grant (Sponsor) “Physiological performance” (1999; \$750)

The American College of Sports Medicine Foundation (sponsor), “IGF-I, Morphology, and Aging” (May 1996; \$2,500)

BioFoods Inc., “Effects of High-Fat and Low-Fat Diets on Endurance Performance in Trained Cyclists and Untrained Controls” (April 1995; \$1,000)

Gatorade Sports Science Institute Student Research Grant (Sponsor) “The interaction of diet composition and training on submaximal endurance in males” (May 1995; \$750)

Service to Scholarly Societies:

Member: American College of Sports Medicine, 1976-present
 Member: Southwest Chapter, American College of Sports Medicine, 1977-1996
 Associate Member: American Physiological Society, 1992-present

Community Service:

Assistant Coach: Upper Arlington Baseball, 1997
 Manager: Santa Clara Police Athletic League BMX Team, 1993-1994
 Invited Speaker: GATE Math and Science Program, Encanto Elementary School

Peer Reviewed and Invited Publications of J.K. Linderman:

1. Linderman, J.K., T.D. Fahey, G. Lauten, A.S. Brooker, D. Bird, B. Dolinar, J. Musselman, S. Lewis, and L. Kirk. *A comparison of blood gases and acid-base measurements in arterial, arterialized venous, and venous blood during short-term maximal exercise.* European Journal of Applied Physiology 61(3): 294-301, 1990.
2. Linderman, J.K., and T.D. Fahey. *Sodium bicarbonate ingestion and exercise performance: an update.* Sports Medicine 11(2): 71-77, 1991.
3. Linderman, J.K., L. Kirk, J. Musselman, B. Dolinar, and T.D. Fahey. *The effects of sodium bicarbonate and pyridoxine-alpha-ketoglutarate (PAK) on short-term maximal exercise capacity.* Journal of Sports Sciences 10(3): 243-253, 1992.
4. Booth, F.W., J.K. Linderman, and C.R. Kirby. *Molecular mechanisms of muscle disuse atrophy (and strategies of prevention).* In: Medicine and Sports Science, Karger Press, Basel, Switzerland, Vol. 37: 142-149, 1992.
5. Linderman, J.K., P.R. Dallman, R.E. Rodriguez, and G.A. Brooks. *Lactate is essential for maintenance of euglycemia in iron deficient rats at rest and during exercise.* American Journal of Physiology 264 (Endocrinology and Metabolism 27): E662-E667, 1993.
6. Woodman, C.R., C.M. Tipton, J. Evans, J.K. Linderman, and R.E. Grindeland. *Metabolic and thermoregulatory responses to head down suspension of hypophysectomized rats.* Journal of Applied Physiology 75(6): 2718-2726, 1994.
7. Linderman, J.K., and K.L. Gosselink. *Sodium bicarbonate ingestion and exercise performance: an update.* Sports Medicine 17(2): 75-70, 1994.
8. Linderman, J.K., K.L. Gosselink, F.W. Booth, V.R. Mukku, and R.E. Grindeland. *Resistance exercise and growth hormone as countermeasures for skeletal muscle atrophy in hindlimb suspended rats.* American Journal of Physiology 267 (Regulatory, Integrative, and Comparative Physiology 36): R365-R371, 1994.
9. Linderman, J.K., G.A. Brooks, R.E. Rodriguez, and P.R. Dallman. *Glucoregulation in gluconeogenesis-inhibited iron deficient rats.* Journal of Nutrition 124 (11): 2131-2138, 1994.
10. Linderman, J.K., J.B. Whittall, K.L. Gosselink, T.J. Wang, V.R. Mukku, F.W. Booth, and R.E. Grindeland. *Acute stimulation of myofibrillar protein synthesis in hindlimb suspended rats by resistance exercise and growth hormone.* Life Sciences 57(8): 755-762, 1995.
11. Linderman, J.K., R.J. Talmadge, K.L. Gosselink, P.N. Tri, R.R. Roy, and R.E. Grindeland. *Lack of an interaction of synergistic ablation and non-weight bearing on soleus atrophy and myosin heavy chain expression.* Life Sciences 59(10): 789-795, 1996.
12. Allen, D. L., J. K. Linderman, R. R. Roy, R. E. Grindeland, V. and V. R. Edgerton. *Apoptosis: a mechanism contributing to remodeling of skeletal muscle in response to hindlimb unweighting* American Journal of Physiology 273 (Cellular Physiology): C579-C587, 1997.

13. Fahey, T.D., S.I. Gates, W. Colvin, G.D. Swanson, and J.K. Linderman. *The effects of prolonged intense exercise on estradiol, progesterone, LH, and FSH concentrations during mid-menstrual cycle* J. Biol. Sport. 14: 175-183, 1997.
14. Allen, D. L., J.K. Linderman, R. R. Roy, A.J. Bigbee, R. E. Grindeland, V. Mukku, and V. R. Edgerton. Apoptosis: a mechanism contributing to remodeling of skeletal muscle in response to hindlimb unweighting. American Journal of Physiology (Cellular Physiology 273): C579-C587, 1997.
15. Allen, D. L., J. K. Linderman, R. R. Roy, R. E. Grindeland, V. Mukku, and V. R. Edgerton. Growth hormone/IGF-I and/or resistive exercise maintain myonuclear number in hindlimb unweighted muscles. Journal of Applied Physiology 83: 1857- 1861, 1997.
16. G. E. McCall, D. L . Allen, J. K. Linderman, R . E . Grindeland, V. R . Mukku, R.R. Roy, and V. R. Edgerton. *Maintenance of myonuclear domain size in rat soleus following functional overload and growth hormone/IGF-I treatment.* Journal of Applied Physiology 84(4): 1407-1412, 1998.
17. Azevedo, J.L., J.K. Linderman, S.L. Lehman, and G.A. Brooks. *Training decreases muscle glycogen turnover during exercise.* European Journal of Applied Physiology 78(6): 479-486, 1998.
18. Mulroy, S., E.R. Blough, E.K. Mehta, M. Myhal and J.K. Linderman. *Effects of gender and functional overload on plantaris muscle morphology in the dwarf (HsdOla:dw-4) lewis rat.* Life Sciences 65(23): 2489-2496, 1999.
19. Blough, E.R. and J.K. Linderman. Lack of skeletal muscle hypertrophy in very aged male Fischer 344 x Brown-Norway rats Journal of Applied Physiology 88:1265-1270, 2000.
20. Hutchinson, K.J., J.K. Linderman, and D.M. Basso. Skeletal muscle adaptations following spinal cord contusion injury in rat and the relationship to locomotor function: a time course study. Journal of Neurotrauma. 18(10):1075-89, 2001.
21. E. Jose-Cunilleras, K. W. Hinchcliff, R. A. Sams, S. T. Devor, and J. K. Linderman Glycemic index of a meal fed before exercise alters substrate use and glucose flux in exercising horses. Journal of Applied Physiology 92: 117-128, 2002.
22. Linderman, J.K and E.R. Blough. Aging does not attenuate plantaris muscle hypertrophy in male Fischer 344 rats. Medicine and Science in Sports and Exercise 34(7): 1115-1119, 2002.

Abstracts, Symposia, and Technical Memoranda:

1. Fahey, T.D. and J.K. Linderman. *Arterial, arterIALIZED venous, and venous blood during short-term maximal exercise..* Medicine and Science in Sports and Exercise 20 (Supplement 2): #270, 1977.
2. Linderman, J.K., T.D. Fahey, and S. Henderson. *The effects of sodium bicarbonate and pyridoxine-alpha-ketoglutarate (PAK) on short-term maximal exercise capacity.* International Journal of Sports Medicine 10: 376, 1979.

3. Linderman, J.K., P.R. Dallman, and G.A. Brooks. *Lactate is essential for maintenance of euglycemia in iron deficient rats at rest and during exercise.* Medicine and Science in Sports and Exercise 24 (Supplement 5): #670, 1992.
4. Azevedo, J.L., S.L. Lehman, J.K. Linderman, and G.A. Brooks. *Glycogen turnover during exercise.* Medicine and Science in Sports and Exercise 24 (Supplement 5): #553, 1992.
5. Linderman, J.K., G.A. Brooks, and P.R. Dallman. *Glucoregulation in gluconeogenesis-inhibited iron deficient rats* Sports Medicine Training and Rehabilitation 3: 217, 1992.
6. Woodman, C.R., C.M. Tipton, J. Evans, J.K. Linderman, and R.E. Grindeland. *Metabolic and thermoregulatory responses to head down suspension of hypophysectomized rats.* ASGSB Bulletin 6(1): #13, 1992.
7. Linderman, J.K., K.L. Gosselink, R.E. Grindeland, F.W. Booth, and V.R. Mukku. *The synergistic effect of exercise and growth hormone on skeletal muscle atrophy during hindlimb suspension.* FASEB Journal 7(4): #3767, 1993.
8. Linderman, J.K. *Countermeasures to microgravity-induced muscle atrophy* (symposium). Southwest Chapter Meeting of the American College of Sports Medicine, 1993.
9. Azevedo, J.L., S.L. Lehman, J.K. Linderman, and G.A. Brooks. *Training affects glycogen kinetics during exercise* Medicine and Science in Sports and Exercise 26 (Supplement 5): #500, 1994.
10. Linderman, J.K., J.B. Whittall, K.L. Gosselink, F.W. Booth, R.E. Grindeland. *Acute stimulation of muscle protein synthesis by high-intensity exercise and growth hormone in hindlimb suspended rats.* Medicine and Science in Sports and Exercise 26 (Supplement 5): #650, 1994.
11. Gosselink, K.L., R.E. Grindeland, R.R. Roy, V.R. Mukku, R.J. Talmadge, V.R. Edgerton, and J.K. Linderman. *Effects of growth hormone and insulin-like growth factor-I with or without exercise on hypophysectomized hindlimb suspended rats.* FASEB Journal 7(5): #55, 1994.
12. Linderman, J.K., K.L. Gosselink, T.J. Wang, V.R. Mukku, and R.E. Grindeland. *Interaction of mechanical load with growth hormone (GH) and insulin-like growth factor I (IGF-I) on slow-twitch skeletal muscle and bone.* ASGSB Bulletin 7(1): #117, 1994.
13. Adams, G.A., K.L. Gosselink, R.E. Grindeland, J.K. Linderman, and K.M. Baldwin. *Effects of IGF-I and growth hormone on myosin heavy chain plasticity during tail suspension.* ASGSB Bulletin 7(1): #155, 1994.
14. Grindeland, R.E. and J.K. Linderman. *Growth hormones, exercise, and muscle atrophy.* In: NASA Technical Memorandum #108816: 191-192, 1994.
15. Linderman, J.K., T.J. Wang, A.J. Bigbee, K.L. Gosselink, and R.E. Grindeland. *Time course of changes in plantarflexor muscles, tibial plate thickness, and growth hormone during 27 days of hindlimb suspension.* Medicine and Science in Sports and Exercise 27 (Supplement 5): #1403, 1995.

16. Allen, D.L. J.K. Linderman, R.E. Grindeland, V.R. Mikku, and V.R. Edgerton. *Growth hormone/IGF-I prevent loss of myonuclear number and fiber size during hindlimb suspension* Medicine and Science in Sports and Exercise 27 (Supplement 5): #994, 1996.
17. Jacobs, K.A., R.E. Grindeland, A.J. Bigbee, M.A. Lauderdale, B.C. Finch, J.A. Azevedo, and J.K. Linderman. *The effects of growth hormone (GH) and functional overload on soleus mass and oxidative capacity in hypophysectomized rats* Medicine and Science in Sports and Exercise 27 (Supplement 5): #367, 1996.
18. Linderman, J.K., R.J. Talmadge, K.L. Gosselink, P.N. Tri, R.R. Roy, and R.E. Grindeland. *Lack of an interaction of functional overload and non-weight bearing on soleus atrophy and myosin heavy chain expression* Medicine and Science in Sports and Exercise 27 (Supplement 5): #774, 1996.
19. McCall, G.E., D.L. Allen, J.K. Linderman, R.E. Grindeland, V.R. Mikku, and V.R. Edgerton. *Maintenance of myonuclear domain size in rat soleus following functional overload and growth hormone/IGF-I treatment* Medicine and Science in Sports and Exercise 27 (Supplement 5): #331, 1996.
20. Mehta, E.K., Myhal M., Blough E.R., and J.K. Linderman. *The effects of mechanical load and endocrine function on skeletal muscle*. The Ohio State University Undergraduate Student Research Forum (1996).
21. Blough, E.R., Mehta, E.K., and J.K. Linderman. *Attenuation of fast muscle hypertrophy in aged Fisher 344 and F1 hybrid rats* The Physiologist 39(5): #37.3, 1996.
22. Hutchinson, K, J.K. Linderman, and D.M. Basso. *A comparison of Fisher 344 and F1 hybrid rats for appropriate animal models for neuromotor control and aging* Neurology Report: 20(4): 15-16, 1996.
23. Basso, D.M., K.J. Hutchinson, and J.K. Linderman. *Neuromotor consequences of aging in two rat models and their similarities to human aging* Medicine and Science in Sports and Exercise 29 (Supplement 5): #127, 1997.
24. Blough, E.R., E.K. Mehta, M. Myhal, and J.K. Linderman. *Aged mammalian skeletal muscle is in capable of muscle hypertrophy* Medicine and Science in Sports and Exercise 29 (Supplement 5): 1652, 1997.
25. Linderman, J.K. and E.R. Blough. *Comparative effects of aging on skeletal muscle in male fischer 344 and F1 rats* Medicine and Science in Sports and Exercise 29 (Supplement 5): #1647, 1997.
26. Mehta, E.K., M. Myhal, and J.K. Linderman. *Interactive effects of pituitary function, gender, and mechanical load on skeletal muscle mass* Medicine and Science in Sports and Exercise 29 (Supplement 5): #533, 1997.
27. Myhal M, E.R. Blough, E.K. Mehta, and J.K. Linderman. *Differential effects of age on testosterone, GH, and IGF-I in male Fischer 344 and F1 rats* Medicine and Science in Sports and Exercise 29 (Supplement 5): #1143, 1997.
28. Linderman, J.K. *Conditioning & training: the aging athlete*. Presentation to the Council of Ohio Colleges of Pharmacy Sports Medicine Conference, 1997.

29. Blough, E.R., and J.K. Linderman. *Increased physical activity in aging mammalian skeletal muscle does not improve muscle function*. The Ohio State University Council of Graduate Student Research Competition (1997).
30. Mehta, E.K., M. Myhal, E.R. Blough, and J.K. Linderman. *Interactions between sex hormones, pituitary function, and mechanical load on hypertrophy of fast-twitch skeletal muscle*. The Ohio State University Undergraduate Student Research Forum (1997).
31. Hutchinson, K, J.K. Linderman, and D.M. Basso. *Extent and severity of neuromotor deficits in two rat models of aging*. The Ohio State University Council of Graduate Student Research Competition (1997).
32. Kegelmeyer, D.A., J.K. Linderman, and D.M. Basso *The mechanisms of gait deficits in aged rats and their similarity to aged human gait*. Presented to: The American Gerontological Society Annual Mtg., November 1997, Cincinnati, OH.
33. Hutchinson, K.J., J.K. Linderman, and D.M. Basso. *Effects of experimental spinal cord injury on hindlimb skeletal muscle in rat..* Presented to: Society for Neuroscience Annual Mtg, October 1997, New Orleans, LA.
34. Hutchinson, K.J., J.K. Linderman, and D.M. Basso. *Effects of experimental spinal cord injury on behavior and hindlimb muscle in rat*. Presented to: National Neurotrauma Society Annual Mtg. October 1997, New Orleans, LA.
35. Bovee, S.E., K. Silliman, D. Liotta, J. Azevedo, and J. Linderman. *Effects of high fat, high carbohydrate, and high protein diet on endurance performance in trained cyclists and untrained controls*. Journal of the American Diabetes Association 97(9): A73, 1997.
36. Mulroy, S., M. Yamaguchi, E.K. Mehta, E.R. Blough, and J.K. Linderman. *Interactions between sex hormones, pituitary function, and mechanical load on hypertrophy of fast-twitch skeletal muscle*. Presented to: The Midwest American College of Sports Medicine Mtg. October 1997, South Bend, IN.
37. Hutchinson, K.J., J.K. Linderman, and D.M. Basso. *Relationship between behavioral recovery, muscle structure and function after spinal cord injury in rats*. Combined Sections Meeting for the American Physical Therapy Association, 1997.
38. Kegelmeyer, D.K., Hutchinson, K.J., J.K. Linderman, and D.M. Basso. *Mechanisms of change in aged rat gait and their similarity to aged human gait*. Submitted to: Combined Sections Meeting for the American Physical Therapy Association, 1997.
39. Bernas, J., M. Myhal, and J.K. Linderman. *Changes in the mass of the rat plantaris muscle mass as a function of age and overload*. The Ohio State University Undergraduate Student Research Forum (1998).
40. Linderman, J.K., M. Myhal, and E.R. Blough. *Onset and severity of age-associated muscle atrophy attenuates hypertrophy and increased function in F6 male rats*. Medicine and Science in Sports and Exercise 30 (Supplement 5), #1182, 1998.
41. Mulroy, S., E.R. Blough, M. Yamaguchi, E.K. Mehta, and J.K. Linderman. *Effects of gender and mechanical load on plantaris muscle morphology in dwarf lewis rats*. Medicine and Science in Sports and Exercise 30 (Supplement 5), #1114, 1998.

42. Wang, J., M. Myhal, D. R. Lamb, and J.K. Linderman. Effects of overload and oxandrolone on intramuscular myod and IGF-I in old rats. FASEB Journal 1999.
43. Demchak, T.J. and J.K. Linderman. Ultraendurance cycling: a field study of human performance during a 12 hour mountain bike race. Medicine and Science in Sports and Exercise 31 (Supplement 5), #384, 1999.
44. Myhal, M., J. Wang, J. Butcher, and J.K. Linderman. The effects of overload and oxandrolone on protein, DNA, and IGF-I in aged soleus muscle. Medicine and Science in Sports and Exercise 32 (Supplement 5), #371, 2000
45. Kennel, J., J. Linderman, and A. Smith. *Fluid & energy intake during a continuous twelve hour cycling race*. The Ohio State University Denman Undergraduate Student Research Forum (2000).
46. Demchak, T. J. Mysiw, R. Jackson, and J.K. Linderman. *The effect of functional electrical stimulation cycle ergometry on acute spinal cord injured power*. Presented to the 2000 Edward F. Hayes Graduate Research Forum.
47. Jose-Cunilleras, E, K.W. Hinchcliff, R.A. Sams, J. Kim, J. Linderman, and S.T Devor. *Pre-exercise feeding alters substrate utilization and glucose flux in exercising horses*. Presented to American College of Veterinary Internal Medicine 2001
48. Demchak, T. J. and J.K. Linderman. *The effect of functional electrical stimulation cycle ergometry on acute spinal cord injured lower limb muscle*. Medicine and Science in Sports and Exercise 33 (Supplement 5), #743, 2001.

Non-Peer Reviewed Publications:

1. Linderman, Jon K. *The BMX Body Shop* (monthly serial column). In: Bicycles Today, A publication of the National Bicycle League (1994-1996).
2. Linderman, Jon K. Where are they now? Erika Mehta. In: The National Show Horse Magazine, pages 8-9, January/February, 2002.
3. Linderman, Jon K. NSH Sport Horses ~ Why not ride in style?. In: The National Show Horse Magazine, pages 24-25 March/April, 2002.
4. Linderman, Jon K. Over Fences – with Style. In: The National Show Horse Magazine, pages 10-11, May/June, 2002.
5. Linderman, Jon K. The Art Of Classical Riding. In: The National Show Horse Magazine March/April, 2002.

Electronic Publications:

1. Linderman, J.K. *The rat: a mammalian model for use in dynamic and resistance exercise*. Fahey, TD (ed) In: Encyclopedia of Sports Medicine and Exercise Physiology <http://www.database.rsnz.govt.nz/sportsci/encyc/index.html>
2. Linderman, J.K. *BMX: Training and injury prevention in the sport of bicycle motocross*. Fahey, TD (ed) In: Encyclopedia of Sports Medicine and Exercise Physiology <http://www.database.rsnz.govt.nz/sportsci/encyc/index.html>

3. Linderman, J.K. and T.D. Fahey. *Growth hormone and athletics*. Fahey, TD (ed) In: Encyclopedia of Sports Medicine and Exercise Physiology
<http://www.database.rsnz.govt.nz/sportsci/encyc/index.html>
4. Linderman, J.K., K.L. Gosselink, and T.D. Fahey. Sodium bicarbonate as an ergogenic aid. Fahey, TD (ed) In: Encyclopedia of Sports Medicine and Exercise Physiology
<http://www.database.rsnz.govt.nz/sportsci/encyc/index.html>
5. Linderman, J.K. *Dr. Jon speaks on mountain bike training*.
<http://www.hfpracing.com/jontraining.html>