

## O'Connor, Michael K., Ph.D. [RO NUC MD]

---

**From:** Bruce Adelsman [bruce@skinnyski.com]  
**Sent:** Wednesday, May 18, 2011 11:25 PM  
**To:** newsletter@skinnyski.com  
**Subject:** MiniSkinny Newsletter 2011 Offseason - Issue #02

-----  
\*\* M i n i S k i n n y \*\*  
\*\* Offseason Issue #02 -- May 19, 2011 \*\*  
-----

\* LUTSEN SNOW TAP?

Lusten Mountain wants to use water from Poplar River for snowmaking operations:  
[http://www.twincities.com/outdoors/ci\\_18041031](http://www.twincities.com/outdoors/ci_18041031)

\* DIGGIN OSLO

Jessie Diggins posts more photos and stories from her World Championship experience:  
<http://jessiediggins.com/?p=776>

\* EARTH

Some incredible pictures of the planet as part of NASA's Earth Day celebration:  
[http://www.nasa.gov/topics/earth/earthday/earthday\\_gallery.html](http://www.nasa.gov/topics/earth/earthday/earthday_gallery.html)

\* THE INHALER

Does the use of an asthma inhaler provide an unfair advantage?  
<http://fasterskier.com/2011/05/the-skinny-on-marit-bjoergens-inhaler/>

\* NATIONAL CHAMP

Madison's Eric Bean and Winona's Ian Stanford are now National Champions:  
<http://www.cyclingnews.com/news/us-masters-champion-suspended-for-steroid>

\* CRYSTAL LAKE TRAIL

A master plan for the Crystal Lake regional trail (from Minneapolis to Elm Creek) has been developed:  
<http://www.threeriversparks.org/about/planning-and-construction/planning-projects/current-initiatives/crystal-lake.aspx>

\* MODEL SKIER

Norway's Therese Johaug is not only a world champion, but a model as well:  
<http://www.vgtnv.no/#id=40294>

\* WHY YOU RUN

Running with or for pain?  
<http://www.nytimes.com/2011/05/17/health/nutrition/17best.html>

\* HARVEY

Canadian superstar Alex Harvey featured:

<http://www.canada.com/Harvey+verge+stardom+cross+country+skiing+world/4735650/story.html>

\* DRY TRI

Silent Sports features the increasingly popular dry triathlons, substituting canoeing for swimming:  
<http://www.silentsports.net/leadstories/121154614.html>

\* NIGHT SNACK STACK

Does eating late night snacks cause weight gain?

<http://www.nytimes.com/2011/05/17/health/17really.html>

\* CXC ELITE

The 2011 edition of the CXC Elite team has been named:

<http://www.facebook.com/notes/cxc-skiing/2011-cxc-elite-team-is-named/210745432280372>

\* TC 1

Race recap and videos from the TC 1 Mile:

<http://downthebackstretch.blogspot.com/2011/05/record-setting-wins-for-torrence-and.html>

\* KICKING

Side kicks for building stamina, dexterity:

<http://www.inlineplanet.com/11/05/side-kicks.html>

\* BIG PIX

We've been posting large format photos of our top picks from our weekend coverage on Facebook:

<http://facebook.com/skinnyski>

\* RECENT UPDATES

- Weekend Events
- Midwest MTB Racing Recap
- Bike Dr: Tire Repair Clinic, Lake Country Trail Ceremony
- Finn Sisu Spring Sauna Sale
- Tofte Trek Scheduled for July 4th
- Midwest Mountaineering 41st Anniversary Sale
- RASTA Rally Coverage
- 3G Nordic Information Night
- Proposed High School State Meet Changes
- Cable Offroad Classic Coverage
- Double Dog Time Trial Coverage
- Gear West Rollerski Tour Series
- Utah Coaching Position
- Finn Sisu Lecture Series: Between Injuries
- Midwest Mountaineering May Newsletter
- Giro d'Italia: Selander takes white jersey in grand tour debut
- Snake River Canoe Race Coverage
- SISU Juniors Summer Running Program
- Classifieds Ads
- and more...

<http://www.skinnyski.com>

Have an idea, event or topic for a future newsletter? Drop us some e-mail!

(c) Copyright 2011, skinnyski.com

=====

NOTE: We do not distribute or sell any of the names on this mailing list.

If you enjoy this newsletter, please, feel free to forward to any of your friends. If you received this from someone else, sign up for a free account and you'll automatically added to the mailing list.

<http://www.skinnyski.com/users/accountadd.asp>

Want to be removed from the MiniSkinny mailing list?

<http://www.skinnyski.com/users/accountprefs.asp>

Need to update your email address?

<http://www.skinnyski.com/users/accountedit.asp>

