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From: Bruce Adelsman [bruce@skinnyski.com]
Sent: Thursday, September 08, 2011 12:10 AM
To: newsletter@skinnyski.com
Subject: MiniSkinny Newsletter 2011 Offseason - Issue #06

** M i n i S k i n n y **
** Offseason Issue #06 -- September 8, 2011 **

* NZ DAYS

- US tops Canada in New Zealand 15K classic:
<http://www.odt.co.nz/sport/snowsports/173542/snowsports-us-men-head-canada>
- Pete Vordenberg's photos and commentary from August training in snowy New Zealand:
<http://nccsef.org/news/?p=2284>
- Canadian team skier Devon Kershaw's NZ long recap:
<http://www.devonkershaw.com/default.asp?mode=newsstory&id=144>

* CROSSED OUT

Cross-training may not benefit your primary sport as much as you think:
<http://www.nytimes.com/2011/08/16/health/16best.html>

* LOST TRACK

Using GPS tracking to recall a biking accident:
<http://www.nytimes.com/2011/09/06/science/06accident.html>

* STILL SKIING

Parts of Truckee and Tahoe still have skiable snow:
<http://www.sierrasun.com/article/20110826/NEWS/110829938/1001&parentprofile=1051162>

* LUCKY

Elite skier Karl Nygren gets a "lucky" break:
<http://cxceliteblog.com/2011/08/19/good-luck-bad-luck-and-dumb-luck/>

* THE BURN

Does reducing your food consumption hours before bed reduce heartburn?
<http://goo.gl/WL5aW>

* CHALLENGED

The US mens ski team has posted a training challenge for October:
<http://nccsef.org/news/?p=2377>

* UP DRY

The UP of Michigan has experienced an extremely dry summer:
http://www.crh.noaa.gov/news/display_cmsstory.php?wfo=mqt&storyid=72287&source=0

* FREEZE FADE?

Some elite athletes are using freeze therapy to boost their training recovery:
<http://well.blogs.nytimes.com/2011/09/07/freezing-athletes-to-speed-recovery/>

* PROFILES

- Olympian Nordic skier Simi Hamilton:
<http://www.uskiteam.com/crosscountry/news?storyId=3827>
- Part-time skier and Olympic marathon qualifier Nicole Porath:
<http://runningminnesota.blogspot.com/2011/08/nichole-porath.html>
- Olympic biathlete Carolyn Bramante:

<http://www.sph.umn.edu/news/pubs/advances/sull/gold.asp>

* SPRINT!

Video tips and a little history on ski sprinting:

<http://youtu.be/mkxHuIVjeqk>

* COMEBACK

After suffering a terrible bike accident, Wausau athlete Tim Wissbroecker competes in the Ironman:

<http://goo.gl/JoRkI>

* FUNDING

FasterSkier takes an extensive look at US ski team funding cuts:

<http://fasterskier.com/2011/08/us-ski-team-budget-cuts-stretches-already-thin-resources/>

* GOOD NEIGHBORS

Brian and Caitlin Gregg work on neighborhood exercise:

<http://cxceliteblog.com/2011/09/05/neighborhood-running>

* EXTENDED EDITION

Perhaps not surprising, exercising adds years to your life:

<http://www.msnbc.msn.com/id/44153048/ns/health-fitness/>

* RECENT UPDATES

- Weekend Events
- Hyland Workouts with Bjorn Lasserud!
- Out There on Facebook
- Midwest MTB Racing Recap
- MNSA Hires Executive Director
- XC Training with Nikolai
- Haig Glacier Trip Recap
- Hoigaards Tent Sale Coming Soon!
- Sisu Skiers Adult Fall Training Programs
- Laddies Loppet Cross-Country Coverage
- Chequamegon Fat Tire Festival
- Laddies Loppet Short Track Coverage
- Rolf Melby Invite Coverage
- Autumn Trail Running Series Race #1 Recap
- Midwest Mountaineering September Newsletter
- Birkie Trail Run Price Hike
- Navarino Ski Trail Club Formation
- Nicolet Norski Reborn
- Seeley Lions Pre-Fat Results
- Omnium State Championships Coverage
- Race Directors Calendar Rolling
- 3G Nordic Fall Training
- Classifieds Ads
- and more...

<http://www.skinnyski.com>

* BEFORE WE GO ...

<http://goo.gl/b37cw>

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

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