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**From:** Bruce Adelsman [bruce@skinnyski.com]  
**Sent:** Thursday, April 28, 2011 3:57 PM  
**To:** newsletter@skinnyski.com  
**Subject:** MiniSkinny Newsletter 2011 Offseason - Issue #01

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\*\* M i n i S k i n n y \*\*  
\*\* Offseason Issue #01 -- April 28, 2011 \*\*  
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### After a two month hiatus, we finally crank out a newsletter...

\* STILL SKIING

- Garrott Kuzzy has been on the slopes in Vermont:  
<http://garrottkuzzy.com/?p=1699>
- Mt Hood (Oregon) has their deepest snow of the season right now:  
<http://www.kval.com/outdoors/destinations/120874219.html>
- And Colorado still going strong:  
<http://www.examiner.com/ski-and-snow-report-in-denver/today-s-colorado-ski-and-snow-report-a-quick-break-the-action>
- Relive the 2011 Birkie trail season with a final ski back on March 19th:  
<http://vimeo.com/21374363>

\* MADTREK

Trek and the city of Madison have agreed upon a deal to provide bike sharing by this summer:  
<http://www.jsonline.com/blogs/lifestyle/120720404.html>

\* POINTS

Pete Vordenberg recaps the final FIS point standings for US skiers:  
<http://nccsef.org/news/?p=1859#more-1859>

\* PILL POPPING

Do multi-vitamins really help?  
[http://www.msnbc.msn.com/id/42768307/ns/health-diet\\_and\\_nutrition/](http://www.msnbc.msn.com/id/42768307/ns/health-diet_and_nutrition/)

\* WIPEOUT!

Canadian Ivan Babikov recently competed on the gameshow Wipeout:  
<http://www.cccski.com/main.asp?cmd=doc&ID=8216&lan=0>

\* ON THE WATER

Minnesota DNR has put up an interactive online water trail map:  
[http://www.dnr.state.mn.us/watertrails/interactive\\_map/index.html](http://www.dnr.state.mn.us/watertrails/interactive_map/index.html)

\* TITLES

Brooks, Flora take SuperTour series titles:  
<http://www.usskiteam.com/crosscountry/news?storyId=3720>  
Jessie Diggins recaps her last race of the season:  
<http://jessiediggins.com/?p=803>

\* MAKING LESS MORE

Outside Magazine feature on getting more out of your workouts in less time:  
[http://outsideonline.com/fitness/travel-ga-201105-shorter-workouts-better-fitness-sidwcmdev\\_155420.html](http://outsideonline.com/fitness/travel-ga-201105-shorter-workouts-better-fitness-sidwcmdev_155420.html)

\* PRIMETIME

Elite skier Matt Liebsch was featured in a recent issue of Outside Magazine:  
<http://mattliebsch.com/2011/04/outside-magazine/>

\* MIND ALTERING?

Does exercise boost your mood?

<http://well.blogs.nytimes.com/2011/04/27/does-exercise-really-boost-your-mood/>

\* THE TEAM

Jessie Diggins and Tad Elliot nominated to B team:

<http://www.ussa.org/magnoliaPublic/ussa/en/news/crosscountry/Nominations.html>

\* WRONG RUNNING

Running technique analyzed:

<http://www.msnbc.msn.com/id/42532554/ns/health-fitness/>

\* PHENOM

Gus Kaeding blogs on the need for a US phenom to fire up the Nordic skiing interest:

<http://cxceliteblog.com/2011/04/13/cross-country-skiing-needs-a-little-howard-stern/>

\* SOCIAL

If you haven't seen found them yet, we do have social networking accounts rolling...

- Twitter:

<http://twitter.com/skinnynews>

- Facebook:

<http://facebook.com/skinnyski>

\* RECENT UPDATES

- Weekend Events

- Midwest MTB Racing Recap

- Victor C Dunder Awards Presented

- Spring Meeting for the Midwest Coaches this Saturday

- High Test: Prepare to Train

- Ken Woods Road Race Coverage

- Bike Dr: Freewheelin Wednesdays, Running, Trail Building

- Coaching Opportunity at UAF

- Haig Glacier Trip with Matt Liebsch

- Trail Mix Coverage

- 2012 Birkie Registration is Open

- Classifieds Ads

- and more...

<http://www.skinnyski.com>

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

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

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