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From: Bruce Adelsman [bruce@skinnyski.com]
Sent: Thursday, October 13, 2011 8:45 PM
To: newsletter@skinnyski.com
Subject: MiniSkinny Newsletter 2011 Offseason - Issue #07

** M i n i S k i n n y **
** Offseason Issue #07 -- October 13, 2011 **

* SNOW

- Colorado ski areas continue to open early:
<http://www.summitdaily.com/article/20111013/NEWS/111019931/1078&ParentProfile=1055>
- Canmore planning to open 3K of Nordic by this weekend:
<http://skierbob.ca/2011/10/like-magic-the-snow-appeared/>

* ALL IN THE HEAD

Scientists use a lie to boost cyclists performance:
<http://www.nytimes.com/2011/09/20/health/nutrition/20best.html>

* GOOD SPORT?

A look at what constitutes "sports" these days:
<http://www.silentsports.net/specialinterest/128875713.html>

* PLANKED

Just how long can you hold the plank position?
<http://www.jsonline.com/blogs/lifestyle/130784698.html>

* TRAIN ON

Pete Vordenberg's photo essays from October training camps:
<http://nccsef.org/news/?p=2490>
<http://nccsef.org/news/?p=2504>

* MIDWEST MECCA

The Cable area mountain bike trails proclaimed one of the top destinations in the country:
<http://goo.gl/Ms0Ww>

* THE RACE

Need some inspiration? You won't find any better than this true story:
<http://www.youtube.com/watch?v=cM5A1K6TxxM>

* MOVERS AND SHAKERS

- Royal Gorge remains in serious financial trouble, but plans to be open this winter:
<http://fasterskier.com/2011/10/an-uncertain-future-for-royal-gorge/>
- New Zealand's famous Snow Farm has been sold to a trust:
<http://www.odt.co.nz/news/queenstown-lakes/180982/snow-farm-sold-trust>

* HEELS

Off the Couch features a recent study of female runners using minimalist shoes:
<http://www.jsonline.com/blogs/lifestyle/131218224.html>

* DOGGED

Dogs help motivate increased exercise:
<http://www.msnbc.msn.com/id/44667201/ns/health/>

* HISTORY

Steve Tilford highlights one of the bikes from the first National MTB championship:

<http://stevetilford.com/?p=14518>

* TESTING

Jessie Diggins recalls some of the recent testing in Park City:

<http://cxceliteblog.com/2011/10/02/testing-and-hang-cleans/>

* DIET

- Studies cite negative impacts from excessive vitamin doses:

<http://well.blogs.nytimes.com/2011/10/11/more-evidence-against-vitamin-use/>

- Sit down for this one - fruits and vegetables lower health risks:

<http://www.bbc.co.uk/news/health-15254471>

* RUIZ

Shockingly bad attempt at cheating in British marathon:

<http://goo.gl/4fepi>

* WEATHER

- Record size ozone hole in the arctic:

<http://www.bbc.co.uk/news/science-environment-15105747>

- Second lowest summer arctic ice level on record:

<http://earthobservatory.nasa.gov/IOTD/view.php?id=53108>

- La Nina autumns, a history:

<http://www.crh.noaa.gov/arx/?n=laninaautumns>

* HERD MENTALITY

How to inline skate in a pack:

<http://www.inlineplanet.com/11/09/how-to-skate-in-a-pack.html>

* WRECKOVERY

Jennie Bender put together a spoof on training/recovery tips:

<http://www.youtube.com/watch?v=BT7x3GREQfI>

* CYC-CHOTIC

Besides Google Maps bike routes, there is a specialized site for the Twin Cities:

<http://cyclopath.org/>

* FINNISHED

The Finnish Ski Team is making news again, this time over a wage dispute:

<http://goo.gl/3cHgj>

* FORD BUILT

Ford Motor Company gets into the bike business:

<http://goo.gl/vP3FY>

* RECENT UPDATES

- Todd Ellison Memorial Planned

- Weekend Events

- Snowflake for Sale

- Hoigaards Kid Sale and Contest

- Midwest MTB Racing Recap

- Even More Jobs

- Ramsey County Parks Fall Coaches Meeting

- Midwest Mountaineering October Newsletter

- Wirth Classic CX Coverage

- Todd Ellison Dies in Boating Accident

- 2012 Youth Olympic Team Nominated

- Autumn Woods Classic Coverage

- Ski Hut Snow Fever Specials

- Pumpkin Run Coverage

- Vendor Info for Fall Nordic Ski Coaches Meeting

- Skiing in Colorado

- World Cup Coming to Minneapolis, Cable
 - Discount Trail Passes for Yellowstone Ski Festival
 - National Nordic Foundation Calendars Go On Sale
 - Team Birkie Open Workout
 - Olympic Medalist Todd Lodwick Coming to Winona
 - Lake Placid to Host 2012 Youth Olympic Nomination
 - Hoigaard's Outside Edge October Newsletter
 - Bike Dr: Fall Ride, Jerseys, and Drawing
 - Matt Liebsch Receives Support of the Silent Sports Foundation
 - Deer Fly Chase Coverage
 - Lake Superior Shore Run Coverage
 - Movie Night at Lapham Peak
 - Twin Cities Marathon Coverage
 - Atomic: Training with Americans
 - Wolf Tracks Rendezvous Howls
 - Classifieds Ads
 - and more...
- <http://www.skinnyski.com>

* BEFORE WE GO ...

<http://earthobservatory.nasa.gov/blogs/elegantfigures/2011/10/06/crafting-the-blue-marble/>

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

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