

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

From: Bruce Adelsman [bruce@skinnyski.com]
Sent: Friday, November 11, 2011 12:11 AM
To: newsletter@skinnyski.com
Subject: MiniSkinny Newsletter 2011/2012 Season - Issue #1

** M i n i S k i n n y **
** Issue #1 -- November 11, 2011 **

* SNOW NEWS

- NE Wisconsin snowfall map from Wednesday's storm:
http://www.crh.noaa.gov/news/display_cmsstory.php?wfo=grb&storyid=75084&source=2
- UP snow totals:
http://www.crh.noaa.gov/news/display_cmsstory.php?wfo=mqt&storyid=75076&source=2
- Good skiing at Lake Louise, Alberta:
<http://blogs.fasterskier.com/scottperras/2011/11/07/lake-louise-is-rocking-it/>
- Sovereign Lake too:
<http://skitrax.com/29489>
- Trail reports have been trickling in:
<http://www.skinnyski.com/trails/reports.asp>

* SUDS AND SKIS

Hey, they rollerski in England!
<http://www.youtube.com/watch?v=tOiKXn56h8A>

* VIRTUAL-HAUGEN

Take a tour of Trollhaugen's slopes via Google's Street View:
<http://goo.gl/4wXF2>

* SIDETRACKED

- Warm weather forces the opening World Cup races to move from Beitostoelen to Sjusjoen:
http://www.fis-ski.com/?actu_id_1614=5149
- Canadian team skier Devon Kershaw blogs from Ostertund:
<http://devonkershaw.com/default.asp?mode=newsstory&id=147>

* BUGGED

Audrey Weber shares her run-in with tick-borne illness:
<http://www.audreyweber.com/2011/11/set-backs-getting-back.html>

* ALSGAARD

Faster Skier has a nice interview with former Norwegian superstar, Thomas Alsgaard:
<http://www.fasterskier.com/2011/11/alsgaard-dishes-in-new-york-city-diner/>

* TRACK IT

- Another device for tracking your fitness, including sleep:
<http://www.engadget.com/2011/11/03/jawbone-up-detailed-tracks-activity-food-intake-and-sleep-cycl/>
- Motorola is offering a chunky unit to track workouts and play music:
<http://www.engadget.com/2011/10/18/motorola-announces-motoactv-the-ultimate-fitness-device/>

* THAT 70S SKI

Get retro with a review of 1970's Nordic ads:
<http://crust.outlookalaska.com/VintageXCAds/index.htm>

* FUTURE OF RUNNING

- NY Times takes an in-depth look at the barefoot running trend:
<http://www.nytimes.com/2011/11/06/magazine/running-christopher-mcdougall.html>
- Marathon record setting races surge:
<http://www.outsideonline.com/blog/fitness/running/the-marathon-as-we-know-it-is-gone.html>

* NORDICTRACK

- NordicTrack inventor Ed Pauls passed away (memorial Sunday in Chaska):
<http://www.startribune.com/local/133300883.html>

* EIGHT GLASSES

- Eight glasses a day really does help:
<http://goo.gl/n6I0A>

* CRITTERS

- Cougars on the prowl in western Wisconsin:
http://www.twincities.com/outdoors/ci_19232208
- Bears prowling Anchorage ski areas:
<http://goo.gl/JHAhB>

* JUST MAYBE

Former global warming skeptic turns believer?

http://www.boston.com/news/local/massachusetts/articles/2011/10/31/skeptic_finds_he_now_agrees_global_warming_is_real/

* SNOW BIKES

- Snow bikes are a small but growing market:
<http://www.outsideonline.com/blog/outdoor-adventure/its-dumping-snow-bikes.html>

* CAN I HAVE ANOTHER?

- Season forecasters are predicting a repeat of last year's snowy winter:
<http://www.sctimes.com/article/20111025/NEWS01/110250022/Prepare-another-snowy-winter-says-climatologist>

* PUSHER

- Duluth's Eve Stein got pushy -- pushing her father up Mt. Lemmon in a half marathon race:
<http://www.kold.com/story/15861610/daughter-pushes-father-up-mt-lemmon-in-wheelchair>

* ROLLER SKIS?

- Roller skiing at another level:
http://www.youtube.com/watch?v=m34VxB_WTb4

* RECENT UPDATES

- Nordic Ski Clinic with John Bauer
- Hoigaards After Hours Series
- Bike Dr: Clinics, 7-Eleven Reunion, Fundraising
- Weekend Events
- Big Ski Swap Weekend
- Super Fit Weekend: Joes Ski Shop, Bike Doctor
- Toko Videos
- Gear West Expands
- NNF Pledges \$58,000 in support to 5 Cross-Country Pillar Projects
- New Moon November Newsletter
- Yellowstone Ski Festival Set for Nov. 22-26
- International Paralympics Nordic World Cup Coming to Wirth
- Pioneer Midwest 7th Annual Ski Swap and Sale
- Minnesota State CC Meet Coverage
- Finn Sisu's Wax Clinics
- Hoigaards Coaches Appreciation Weekend and High School Sales
- ABR Ski Shop Sale
- Olympic Medalist Skis Birkie for MS Cure

- Midwest Mountaineering Winter Expo Coming Nov 18-20
- Birkie Waves Closing
- Jessie Diggins Fundraiser Dinner
- Midwest Racing Season Preview
- Super Fit Weekend: Fontana Sports, Hoigaards
- Stump Farm Trail Race and Duathlon Results
- Start: One Hot Pole
- Cass County Trails in Danger
- Joe's November Events
- Halloween Hustle Coverage
- Fall Coaches Meeting Recap
- Classifieds Ads
- and more...
<http://www.skinnyski.com>

* BEFORE WE GO ...
<http://news.sciencemag.org/sciencenow/2011/10/cover-your-ears.html>

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

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