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**From:** Bruce Adelsman [bruce@skinnyski.com]  
**Sent:** Wednesday, February 23, 2011 9:20 PM  
**To:** newsletter@skinnyski.com  
**Subject:** MiniSkinny Newsletter 2010/2011 Season - Issue #10

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\*\* M i n i S k i n n y \*\*  
\*\* Issue #10 -- February 23, 2011 \*\*  
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\* SNOW REPORT

Big snow for the southern half of Minnesota and central Wisconsin has helped restart good to excellent conditions across much of the region. Enjoy the longer days and moderate temperatures as you explore some new trails this weekend.

<http://www.skinnyski.com/trails/reports.asp>

\* BIG BAND

Snowfall totals from the Feb 20-21 storm:

[http://www.crh.noaa.gov/images/arx/feb2011/feb2011\\_48hfinalsnow.png](http://www.crh.noaa.gov/images/arx/feb2011/feb2011_48hfinalsnow.png)

\* 135

Richard Chin writes about his experience in the winter ultramarathon, the Arrowhead 135:

[http://www.twincities.com/ci\\_17404368](http://www.twincities.com/ci_17404368)

\* ONE SHOT TO RULE THEM ALL

A universal flu vaccine is showing great promise in early trials:

<http://www.guardian.co.uk/society/2011/feb/06/flu-universal-vaccine-test-success>

\* TESTY

Skiers Rick Budde and Adam Himes, also mechanical engineers, perform some extensive glide testing:

[http://web.me.com/rickbudde/XC\\_Ski\\_Testing/About\\_Us.html](http://web.me.com/rickbudde/XC_Ski_Testing/About_Us.html)

\* START 'EM YOUNG, REALLY YOUNG

Sports training for toddlers and babies:

<http://www.nytimes.com/2010/12/01/sports/01babies.html>

\* HOLMENKOLLEN

- Randall ready for World Championships:

<http://www.usskiteam.com/crosscountry/news?storyId=3526>

- Jessie Diggins blogs on her first trip to the Holmenkollen:

<http://cxceliteblog.com/2011/02/23/the-holmenkollen/>

- Catch a number of historical video clips from the famed Holmenkollen venue:

<http://www.nrk.no/host2011/1.7293146>

- Beckie Scott blogs on the World Championships back in Norway:

<http://www.cbc.ca/sports/blogs/beckiescott/2011/02/cross-country-worlds-are-coming-home.html>

- You might be able to watch some of the World Championships online:

<http://www.fromsportcom.com/c-11.html>

\* BETTING ON WINTER

Future market traders betting on winter:

<http://www.npr.org/2011/02/07/133502930/snow-futures-hedging-bets-on-the-costs-of-winter>

\* GOLDEN TRAILS

Bill Demong, US Olympic gold medalist in Nordic Combined, has his own trail design company:

<http://www.demongdesigns.com/>

\* MADTOWN

Garrott Kuzzy recaps a crazy week in Wisconsin:

<http://garrottkuzzy.com/?p=1522>

\* NUTS AND BOLTS

Getting into the technical aspects of speed training:

[http://www.mastersathletics.info/index.php?option=com\\_content&view=article&id=130:speed-training-back-to-the-basics&catid=19:speed-training&Itemid=129](http://www.mastersathletics.info/index.php?option=com_content&view=article&id=130:speed-training-back-to-the-basics&catid=19:speed-training&Itemid=129)

\* SCANDO

- Blog of the J1 Scando trip:

<http://usajlteam.blogspot.com/>

- Neat video recap:

<http://blogs.fasterskier.com/reesehanneman/2011/02/17/scando-cup-video/>

\* TRAINING YOUR MARRIAGE

A look at training and the married life:

<http://online.wsj.com/article/SB10001424052748703439504576116083514534672.html>

\* POST FIRST

Bill Donuhue writes for the Washington Post about training for his first Birkie:

<http://www.washingtonpost.com/wp-dyn/content/article/2011/01/28/AR2011012805299.html>

\* MONSTER FLAKES

Beware of gigantic snowflakes:

<http://www.nytimes.com/2007/03/20/science/20snow.html>

\* VAKAVA LOPPET

Vakava skiers take several victories at the Mora Vasaloppet:

<http://vakavaraceteam.blogspot.com/2011/02/mora-vasaloppet-2011.html>

<http://vakavaraceteam.blogspot.com/2011/02/what-difference-month-makes.html>

<http://vakavaraceteam.blogspot.com/2011/02/mora-classic-race.html>

\* REMEMBERING

Simple exercise, such as walking, may improve memory:

<http://www.nytimes.com/2011/02/08/health/research/08fitness.html>

\* RECENT UPDATES

- Weekend Racing plus waxing recs
- Sleeping Giant Loppet Update
- CCSA Announces Participants for 2011 NCAA Championships
- Superior Performance Summer Training
- Michigan High School Championships Results
- Insiders Look at the Yellowstone Rendezvous Race
- New Moon Birkie Week
- CCSA Announces All-Conference Teams; Jerome, Fjeldheim named Coaches of the Year
- American Birkebeiner Ready to Welcome Largest Field of Skiers Ever
- Worldloppet Adventurers Hit the Birkie
- Toko eBlast: Birkie, Mora
- Ski Hut Birkie Race Waxing
- Fast Wax Base Saver
- Continental Ski Shop Birkie Race Service
- MSHSNCSA Award Winners
- Hoigaards Birkebeiner Waxing
- Northland College Student Killed While Skiing on Chequamegon Bay
- US Ski Team: Randall Takes Second Straight Win
- Hoigaards Birkie Week Wax Seminars
- Boulder Nordic Sport Mobile Race Wax Service

- Ari's Guide to the Birkie
  - Minnesota Finlandia Coverage
  - Book Across the Bay Results
  - St Scholastic Birkie Waxing Fundraiser
  - Gear West Swix Wax Clinics
  - Pioneer Midwest Progressive Sale Week 1 - 30% Off
  - Snowflake / Inga-lami Coverage
  - US Ski Team: Bjornsen, Freeman Lead U.S. in Drammen
  - Stump Farm Coverage
  - Central Region Championships Results
  - Finn Sisu Birkie Week Specials
  - Sisu Skiers Summer Training Programs
  - Minnesota Valley 2011
  - Swix Base Prep for Birkie
  - Loppet Merchandise at Hoigaards
  - Minnesota State Meet Coverage
  - Joes President's Day Sale, Birkie Wax Clinic
  - MiSSeries Recap: Mora Vasaloppet
  - Classifieds Ads
  - and more...
- <http://www.skinnyski.com>

\* TRIVIA CONTEST WRAP UP

The last trivia contest question was:

Which Winter Olympics had the first torch relay, and how was the relay carried out?

And the answer:

The 1952 Winter Olympics and the relay was done on skis.

Trivia and lodging drawing winners posted online:

<http://www.skinnyski.com/notices/display.asp?Id=20945>

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

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