

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

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**From:** Bruce Adelsman [bruce@skinnyski.com]  
**Sent:** Thursday, February 03, 2011 12:10 AM  
**To:** newsletter@skinnyski.com  
**Subject:** MiniSkinny Newsletter 2010/2011 Season - Issue #9

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\*\* M i n i S k i n n y \*\*  
\*\* Issue #9 -- February 3, 2011 \*\*  
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\* SNOW REPORT

A huge snow dump in the banana belt and perfect weather coming in for the weekend. Check out the latest reports and get out there:  
<http://www.skinnyski.com/trails/reports.asp>

\* THE BIG ONE

- Blizzard snowfall maps for SE Wisconsin:  
[http://www.crh.noaa.gov/news/display\\_cmsstory.php?wfo=mkx&storyid=63480&source=0](http://www.crh.noaa.gov/news/display_cmsstory.php?wfo=mkx&storyid=63480&source=0)
- Skiing the big blizzard in Chicago:  
<http://goo.gl/8gggo>
- Milwaukee blogs the blizzard:  
[http://www.jsonline.com/blogs/news/Blizzard\\_Blog\\_Feb\\_1-2.html](http://www.jsonline.com/blogs/news/Blizzard_Blog_Feb_1-2.html)
- Photos from Chicago:  
<http://www.chicagotribune.com/news/chi-110201-monster-snowstorm-2011-pictures,0,6718278.photogallery>
- Satellite view of the big snowstorm:  
<http://earthobservatory.nasa.gov/IOTD/view.php?id=49085>

\* SICK

Jessie Diggins blogs on dealing with being sick:  
<http://jessiediggins.com/?p=503>

\* BONE UP

Exercise may increase the health of your bones:  
<http://well.blogs.nytimes.com/2011/02/02/phys-ed-more-bone-and-less-fat-through-exercise/>

\* BIRKIE SIM TRAINING

Bob Baldwin shares his Birkie training tactics, including a quart of coffee and dark, cold ski trails:  
<http://cxceliteblog.com/2011/02/02/birkie-training/>

\* CHEQ TIME

Entries for the Chequamegon Fat Tire Festival are now available for the lottery draw:  
<http://www.cheqfattire.com/entryblank.html>

\* SNOW MO

Some epic snow photos from the week:  
<http://blogs.denverpost.com/captured/2011/02/02/captured-huge-winter-storm-moves-across-the-us/2658/>

\* SKATE SKIING

For nature lovers with powerful thighs...  
<http://www.theglobeandmail.com/life/travel/skate-skiing-is-harder-than-it-looks/article1891995/>

\* CITY OF CASH

KSTP-TV news highlights the amount of money the City of Lakes Loppet brings into the big city:

<http://kstp.com/article/stories/s1951253.shtml>

\* SIX MORE WEEKS

Blue Hills Bill, area groundhound, saw his shadow on Wednesday:

<http://goo.gl/djHqQ>

\* SALT

Two articles on salt in your diet and its impacts:

- New guidelines for consumption:

[http://www.msnbc.msn.com/id/41318009/ns/health-diet\\_and\\_nutrition/](http://www.msnbc.msn.com/id/41318009/ns/health-diet_and_nutrition/)

- Hard on the heart in just minutes:

[http://www.msnbc.msn.com/id/41255521/ns/health-heart\\_health/](http://www.msnbc.msn.com/id/41255521/ns/health-heart_health/)

\* MAPLEROAD

Feature on the history of Maplelag Resort:

<http://www.dl-online.com/event/article/id/58460/>

\* 400K IN A DAY

Sign up online and ski part of the 400+ kilometer of trails in NE Minnesota on Feb 12th:

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

\* U23 CANADIANS

Canadian skiers pull in some excellent results in U23s!

- Alex Harvey scores a gold medal in the 30K pursuit:

<http://www.cccski.com/main.asp?cmd=doc&ID=7730&lan=0>

[http://www.youtube.com/watch?v=bl\\_jloJUeLM](http://www.youtube.com/watch?v=bl_jloJUeLM)

- Kevin Sandau finishes 5th in 15K freestyle:

<http://sandau.ca/skiing/updates/1/66>

\* DESK JOB

Get a full workout right at your work desk (shirt and pants optional):

[http://inventorspot.com/articles/springflex\\_11214](http://inventorspot.com/articles/springflex_11214)

\* RECENT UPDATES

- Weekend Racing plus waxing recs

- Price Hikes

- MiSSeries Recap: Nordic Spirit

- Midwest Junior Olympic Team Named

- Wisconsin Biathlon Winter Festival

- Swix Loppet Race Service Promo

- Free Rides to Loppet Saturday Events

- Skinnyski Race Team Weekend Recap

- New Moon: Birkie Time!

- Toko eBlast: Jetsteam

- Racing Outlook

- US Ski Team: U.S. Cross Country Finishes up Junior Worlds

- Nordic Spirit Coverage

- US Ski Team: Diggins Spearheads U.S. at Junior Worlds

- Michigan Tech SuperTour/JOQ Freestyle Results

- Marine/O'Brien Ski Race Coverage

- Juniors: J1 Scando Team Blogging

- King Boreas Coverage

- Michigan Tech SuperTour/JOQ Classical Results

- Midwest Mountaineering Super Clearance Sale and February Newsletter

- Noquemanon Results

- US Ski Team: Bjornsen Leads U.S. in Junior World Sprint

- Sleeping Giant Ready

- Swix: A Perfect Pole for Every Skier

- US Ski Team: Hoffman Leads U.S. Charge at U23 Worlds

- Loads of high school results

- Classifieds Ads

- and more...  
<http://www.skinnyski.com>

\* TRIVIA CONTEST

Watch the hand-off on this one ...

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

This week's prize is for a package of Fast Wax HS-LF-30 ski wax. We'll randomly select the winner from all the correct entries received by midnight, Friday, February 5th. To enter, send your answer to: [contest@skinnyski.com](mailto:contest@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/accountprefs.asp>

Need to update your email address?

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