

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

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**From:** Bruce Adelsman [bruce@skinnyski.com]  
**Sent:** Thursday, June 09, 2011 7:06 AM  
**To:** newsletter@skinnyski.com  
**Subject:** MiniSkinny Newsletter 2011 Offseason - Issue #03

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\*\* M i n i S k i n n y \*\*  
\*\* Offseason Issue #03 -- June 9, 2011 \*\*  
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\* DP OR NOT  
An interesting discussion on diagonal stride vs double poling for a classical race:  
<http://www.youtube.com/watch?v=HN3ry7Vv6IQ>

\* TRI RENTING  
How about renting a high-end triathlon bike for your next race?  
<http://www.jsonline.com/blogs/lifestyle/122658299.html>

\* BENDING  
USA and Canadian elites train on-snow in Bend, Oregon (video):  
<http://www.youtube.com/watch?v=CfazigGbLlM>

\* TARGET PRACTICE  
Swedish hunter targets elk, kills skier:  
<http://www.thelocal.se/33476/>

\* SKI TO SEA  
Recaps on the unique Ski to Sea race:  
<http://www.bellinghamherald.com/2011/05/30/2036718/sunny-skies-make-for-magnificent.html>  
<http://www.youtube.com/watch?v=NtFFmiPf1Pc>

\* WED  
Brian Gregg and Caitlin Compton were married on May 21st. Check the highlight reel of their unique ceremony:  
<http://photopeach.com/album/bxcscv>

\* THEY'RE BACK!  
The World Cup will return to Canada for a number of events in the 2012-2013 season:  
<http://albertaworldcup.com/main.php?p=1066>

\* ROOKIE RECAP  
Bjorn Selander, Hudson native, recaps his Giro d'Italia experiences:  
<http://www.cyclingnews.com/news/video-selander-talks-about-his-highs-and-lows-of-his-giro-ditalia>

\* MINDING YOUR FOOD  
Interesting research testing the consumption of diet foods:  
[http://bodyodd.msnbc.msn.com/\\_news/2011/06/02/6766069-why-diet-food-is-so-unsatisfying](http://bodyodd.msnbc.msn.com/_news/2011/06/02/6766069-why-diet-food-is-so-unsatisfying)

\* UPWARD, ONWARD  
Back in early April, Garrott Kuzzy noted he was making some big life changes, including a move back to Vermont:  
<http://garrottkuzzy.com/?p=1668>

\* RUNNING EVO

Testing a theory of evolution with marathon runners:

[http://outsideonline.com/adventure/travel-ga-201105-persistence-hunting-sidwcmdev\\_155715.html](http://outsideonline.com/adventure/travel-ga-201105-persistence-hunting-sidwcmdev_155715.html)

\* OLYNBC

NBC will remain the Olympics broadcasting contract through 2020:

<http://www.usskiteam.com/general/news?storyId=3769>

\* INLINE CORNERS

Tips on taking corners with speed on inline skates:

<http://www.inlineplanet.com/11/05b/begg-cornering.html>

\* CXC MOVES IN

CXC is making Telemark Resort their new home for many of their top athletes:

<http://fasterskier.com/2011/06/cxc-makes-a-move-at-telemark/>

\* CHOW

Simple tips on pre-exercise meals:

<http://www.coach.ca/meal-preparation-planning-pre-exercise-meals-from-at-home-to-on-the-go--p143435>

\* MAXED OUT

Kikkan Randall and others undergo Max XC testing:

<http://video.mpora.com/watch/ULAalnJiZ/>

\* MID LIFE FIT

Fitness levels in your 50s may indicate long-term heart health:

<http://well.blogs.nytimes.com/2011/05/23/on-your-marks-get-set-measure-heart-health>

\* RECENT UPDATES

- Weekend Events
- Midwest Mountaineering June Events
- Marwe and Five Finger Demos
- NENSA Major Events Announced
- Midwest MTB Racing Recap
- Hoigaard's Outside Edge June Newsletter
- NCCSEF Adds Nordic Combined
- Grand Old Day Coverage
- Hoigaards Canoe Derby Results
- Marwe Remains Number 1
- Thursday Night Races at Buck Hill
- Haig Glacier Trip Update
- Wirth Storm Damage
- Vasaloppet Launches Ski for the Cure Event
- Ahmed, Dubai, Lead Incoming St. Scholastica Skiers in 2012
- 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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