

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

---

**From:** Bruce Adelsman [bruce@skinnyski.com]  
**Sent:** Thursday, June 23, 2011 12:00 AM  
**To:** newsletter@skinnyski.com  
**Subject:** MiniSkinny Newsletter 2011 Offseason - Issue #04

-----  
\*\* M i n i S k i n n y \*\*  
\*\* Offseason Issue #04 -- June 23, 2011 \*\*  
-----

\* MAUI  
Canadians get altitude training in Maui:  
<http://www.fiscrosscountry.com/news/cross-country-canada-trains-maui,2262.html>

\* BUZZ  
Does working out make you "high"?  
[http://www.twincities.com/health/ci\\_18302747](http://www.twincities.com/health/ci_18302747)

\* CLASSIC NORTHUG  
Norwegian superstar Petter Northug is planning to  
compete in the Marcialonga, König Ludwig Lauf and Vasaloppet:  
<http://www.skiclassics.com/content/petter-northug-jr-ski-classics-2012>

\* SALTY STUDY  
Exercise may curb the impacts of sodium in your diet:  
<http://health.usnews.com/health-news/family-health/heart/articles/2011/03/23/exercise-may-blunt-salts-effect-on-hypertension>

\* FIS  
Updates on the FIS schedule, including the Tour de Ski:  
<http://www.universalsports.com/news-blogs/blogs/blog=nordicblast/postid=538400.html>

\* FOOT TECH  
One technical sandal:  
<http://www.engadget.com/2011/06/13/the-xsens-forceshoe-watches-your-step-helps-you-walk-better/>

\* BOOT CAMP  
Recap of the 2011 Boot Camp at the National Development Centre Thunder Bay:  
<http://www.ntdc-tbay.on.ca/images/Andy%20Shields%20-%20Booting%20it%20Into%20Gear.pdf>

\* 10 UP  
A look at the 10 percent rule for increasing running volume:  
<http://www.nytimes.com/2011/06/21/health/nutrition/21best.html>

\* JACKRABBIT  
Celebrating the 100th birthday of Canadian ski  
founder Jackrabbit Johannsen (video):  
[http://www.nfb.ca/film/jack\\_rabbit](http://www.nfb.ca/film/jack_rabbit)

\* RACE CHANGES  
Fasterskier recaps a number of junior/senior level race changes:  
<http://fasterskier.com/2011/06/ussa-announces-race-format-changes-for-supertour-junior-nationals/>

\* SWORDED TALE  
Looking for that latest fitness fade? How about

a samurai sword workout (video):

<http://video.nytimes.com/video/2011/05/24/health/100000000832196/gym-class-samurai-sword-workout.html>

\* BJORNS BACK

Bjorn Daehlie will be back on skis this winter with Team XTRA:

<http://www.newsinenglish.no/2011/06/22/ski-legend-plans-careful-comeback/>

\* RECENT UPDATES

- Weekend Events
  - Chequamegon Contest Deadlines Draw Near
  - Summer Lecture Series: Nichole Porath
  - Dermatone exceeds new FDA rules
  - Midwest MTB Racing Recap
  - Rollerskiing Banned?
  - Telemark Sale Finalized
  - Midnight Sun Midnight Run
  - Hackensack Canoe Race Coverage
  - Afton Avalanche Coverage
  - NVGP Friday Night Racing Coverage
  - Gear West Seeking Web Assistant
  - Finn Sisu Newsletter: Injury-free Running, Marwes for Less, Deals
  - US Ski Team Womens Video Challenge
  - MNSA Executive Director Opening
  - Bike Dr: Bike Demos, Summer Solstice, Lapham Peak Update
  - Chippewa Triathlon Coverage
  - Hoigaards Canoe Derby Results
  - Kayaking Accident Takes Life of Winona State Skier
  - Liebner, Freeman Selected as CCSA Regional Skiers of the Year
  - Classifieds Ads
  - and more...
- <http://www.skinnyski.com>

\* BEFORE WE GO ...

<http://www.bbc.co.uk/news/science-environment-13809144>

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

(c) Copyright 2011, skinnyski.com

=====

NOTE: We do not distribute or sell any of the names on this mailing list.

If you enjoy this newsletter, please, feel free to forward to any of your friends. If you received this from someone else, sign up for a free account and you'll automatically added to the mailing list.

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

Want to be removed from the MiniSkinny mailing list?

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

Need to update your email address?

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