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From: Bruce Adelsman [bruce@skinnyski.com]
Sent: Thursday, July 28, 2011 2:50 PM
To: newsletter@skinnyski.com
Subject: MiniSkinny Newsletter 2011 Offseason - Issue #05

** M i n i S k i n n y **
** Offseason Issue #05 -- July 28, 2011 **

* CRAZY

Over 20,000 people participated in the Warrior Dash extreme event in Afton last weekend:

<http://www.kare11.com/news/article/931406/24/Warriors-invade-Twin-Cities>
<http://wenzelsnd.blogspot.com/2011/07/warrior-dash-afton.html>

And a similar event, with electrified wires, in Sauk Prairie:

<http://www.jsonline.com/blogs/lifestyle/126128063.html>

* YO YO

Canadian elite Michael Somppi reports on Yo-Yo format training in Canmore:

<http://michaelsomppi.blogspot.com/2011/07/yo-yos-in-canmore.html>

* ITS A DRY SNOW

Atacama desert in South America gets snowed in:

<http://www.bbc.co.uk/news/science-environment-14067245>

* LAKE ELMO

Washington County has approved a new building for the Lake Elmo Winter Recreation Project:

<http://oakdale.patch.com/articles/lake-elmo-park-reserve-to-get-a-new-ski-trailhead>

* SMART FIT

Exercise can keep the brain fit:

<http://well.blogs.nytimes.com/2011/07/27/how-exercise-can-keep-the-brain-fit/>

* BITTEN

Rare rattlesnake strike on hiker in SE Minnesota:

http://www.twincities.com/news/ci_18555969

* NEW NORMALS

NWS has released new 30 year climate normals, reflecting warmer temperatures especially in winter:

<http://www.crh.noaa.gov/mpx/?n=mpxclimatenormals>

* MIND BENDING

Shift your bike gears with just a thought?

<http://www.engadget.com/2011/07/01/toyota-prius-projects-concept-bike-lets-you-shift-gears-with-yo/>

* NZ SHOWDOWN

Top skiers will be competing on New Zealand snow in mid-August:

<http://wintergamesnz.com/news/2011/7/28-top-x-country-skiers-confirm>

* FINALLY OPEN

The famous Going-to-the-Sun road at Glacier National Park has second latest opening on record:

<http://missoulanews.bigskypress.com/missoula/going-to-the-sunburn/Content?oid=1487943>

* SEEING RED

Scientists may have unlocked the secrets of heart healthy red wine:

<http://goo.gl/HtRC2>

* JULY SKIING

Downhill skiing in July at Lake Tahoe:

<http://goo.gl/50SZJ>

* CENTRAL REG

Recap and photos from the Central Regional Elite Group camp in Hayward:

<http://nccsef.org/news/?p=2082>

* ELM CREEK SINGLES

The popular Elm Creek venue in the Twin Cities recently opened 12.7 miles of singletrack MTB trails:

<http://www.threeriversparks.org/news/news/singletrack-trails-open.aspx>

* WEIGHTED

The importance of weight transfer for inline skate speed:

<http://www.inlineplanet.com/11/07/weight-transfer.html>

* AC COLD

Can air conditioning lead to summer colds?

<http://well.blogs.nytimes.com/2011/07/25/really-the-claim-air-conditioning-can-cause-colds/>

* SUPERTOUR

An early look at the SuperTour calendar shows three Midwest stops this season:

<http://www.ussa.org/magnoliaPublic/ussa/en/sports/crosscountry/events.html>

* WIRTH WORTH?

Discussions over Wirth Park development, including possibly a new welcome center and Par 3 changes:

<http://www.downtownjournal.com/index.php?&story=17148&page=65&category=92>

* LONDON CALLING

Rollerski racing in London:

<http://www.youtube.com/watch?v=0aTzE5TmGp4>

* RECENT UPDATES

- Weekend Events
- Spotlight: Lake Superior Ski Club
- Price Hikes!
- Midwest MTB Racing Recap
- Summer Juniors Training Programs Photos - Part 2
- US Ski Team Womens Video Challenge Finalists
- Southside Sprints Coverage
- Spotlight: Gustavus Nordic Camp
- Keith Canny Heart Attack During Canoe Derby
- NorthShore Inline Marathon Adds Rollerski Division
- Ringer Roll Set for August 5th
- Duluth Parks and Trails Survey
- Bike Dr: Wheel Demos, TDF, Sale, Pardeeville Pedal
- Lake Superior Ski Club Fall Training
- Birkie T-Shirt Contest Underway
- Spotlight: Sisu Juniors
- Afton Trail Run Coverage
- Spotlight: MSC/Sisu
- Lap the Lake Coverage
- US Nationals MTB:Pro Cross-Country Coverage
- US Nationals MTB: Cross-Country Coverage
- Swix Sport USA Relocates
- Classifieds Ads
- and more...

<http://www.skinnyski.com>

* BEFORE WE GO ...
<http://goo.gl/0dLjY>

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

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