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**From:** Bruce Adelsman [bruce@skinnyski.com]  
**Sent:** Thursday, December 01, 2011 1:36 PM  
**To:** newsletter@skinnyski.com  
**Subject:** MiniSkinny Newsletter 2011/2012 Season - Issue #2

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\*\* M i n i S k i n n y \*\*  
\*\* Issue #2 -- December 1, 2011 \*\*  
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\* SNOW UPDATE

ABR is grooming again, Trollhaugen has early morning XC, and a number of other snowmaking operations are almost ready. Plus some lucky skiers could get a solid dump of snow this weekend. Stay tuned to the latest reports:

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

\* BE PREPARED

Winter travel/survival tips:

<http://readywisconsin.wi.gov/>

\* LIGHT EM UP

Candlelight skiing events start in December:

[http://www.dnr.state.mn.us/state\\_parks/candlelight\\_events.html](http://www.dnr.state.mn.us/state_parks/candlelight_events.html)

\* ITS NOT THE BIRD

Don't blame the turkey for that post-Thanksgiving meal nap:

<http://www.newscientist.com/blogs/nstv/2011/11/thanksgiving-drowsiness-dont-blame-the-turkey.html>

\* WEST YELLOWSTONE SUPERTOUR

- Interviews with Matt Liebsch, Caitlin Gregg, and Jessie Diggins:

[http://www.youtube.com/watch?v=46IJ\\_HkIyAo](http://www.youtube.com/watch?v=46IJ_HkIyAo)

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

<http://www.youtube.com/watch?v=pwf7RNIzzxM>

- A collection of race footage:

<http://www.youtube.com/nicholskk#p/u/1/ss1YFrbGwMo>

- Karl Nygren's update as the CXC skiers move to Bozeman this weekend:

<http://cxceliteblog.com/2011/12/01/on-to-bozeman/>

\* COMPANION

Apps to assist with your training:

<http://www.nytimes.com/2011/11/19/sports/fitness-junkies-get-with-the-program.html>

\* NIGHT MOVES

Ben Stiller recounts a hilarious night mountain biking episode:

<http://www.youtube.com/watch?v=xSHMnjIk-o8>

\* GRADING CURVE

Use DNA to determine a child's athletic potential?

<http://goo.gl/QSpi8>

\* WORLD CUP

- More gold for Northug, Bjoergen:

<http://uk.eurosport.yahoo.com/27112011/58/golden-joy-northug-bjoergen.html>

- Strong races from Canada's Harvey and Kershaw:

<http://www.canada.com/sports/Canada+Harvey+Kershaw+finish+strong+Finland/5775198/story.htm>

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- Videos from last week's World Cup races:

<http://skitrax.com/30931>

\* MONITORING

The use of heart monitors expands across sports:

<http://goo.gl/yNlau>

\* DIGS

Faster Skier interviews Jessie Diggins:

<http://fasterskier.com/2011/11/after-a-breakout-year-in-2010-2011-diggins-is-just-getting-started/>

\* NEW SCHOOL

Perhaps you can find some new XC training tips (kick wax for rollerskis...):

<http://www.youtube.com/watch?v=u-rCQw-lMho>

\* BACKGROUND

World sprint champs Kershaw and Harvey talk about their athletic backgrounds:

[http://www.youtube.com/watch?v=IA5\\_KUSyhPU](http://www.youtube.com/watch?v=IA5_KUSyhPU)

\* BEAR IN MIND

An insomniac grizzly bear has been roaming the trails at Hillside

Park in Anchorage, Alaska:

<http://bit.ly/sXS4ls>

\* RECENT UPDATES

- Weekend Events

- Lake Elmo Lights Grand Opening

- Start: West Yellowstone Edition

- Toko Junior National Division Promo

- Hoigaards After Hours: Fast Wax

- Biathlon: Top 10 Finish for Bailey at World Cup Opener

- Ski Strong Scholarship Deadline Extended

- Mesabi East Invite Registration Now Open

- Toko: West Yellowstone Wrapup

- Noquemanon Announces Skijor and Snow Bike Events

- Interview: Jennie Bender

- Super Fit Weekend: Ski Hut, Finn Sisu

- Midwest Mountaineering December Winterfest Sale and Coupons

- Bike Dr Newsletter: Ladies Night, Wellness Challenge, Flanders Trip

- Battle Creek Trail Improvements

- US Ski Team: Randall, Brooks Strong in 5K

- Sisu Adaptive Nordic Program

- Yellowstone SuperTour Coverage

- ONE WAY: The Truck

- Marshall's Holiday Nordic Ski Camp

- US Ski Team: Randall Scores Best Classic Sprint

- Rich Spielberg Passes Away

- Classifieds Ads

- and more...

<http://www.skinnyski.com>

\* BEFORE WE GO ...

<http://techzwn.com/2011/11/largest-tesla-coils-ever-will-recreate-natural-lightning/>

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

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