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Sent: Thursday, January 17, 2008 12:23 AM
To: newsletter@skinnyski.com
Subject: MiniSkinny Newsletter 2007/2008 Season - Issue #9

** M i n i S k i n n y **
** Issue #9 -- January 17, 2008 **

* SNOW REPORT

In case you haven't heard, its going to be a little cold this weekend... Bundle up, find some nice trails in the woods, and enjoy some great skiing conditions. Watch for reports on the latest snow storm and best grooming:
<http://www.skinnyski.com/trails/reports.asp>

* JESSIE

Minnesota state champion Jessie Diggins is preparing for competition overseas:
<http://www.stillwatercourier.com/articles/index.cfm?id=9281§ion=sports>

* THANK THE FLEAS

New smoother ice cream compound similar to antifreeze in snow fleas:
<http://technology.newscientist.com/article/dn13178-edible-antifreeze-promises-perfect-ice-cream.html>

* CLIMATE NEWS

- 2007 tied for the second warmest year in a century:
<http://earthobservatory.nasa.gov/Newsroom/NasaNews/2008/2008011626028.html>
- La Nina still going strong:
http://earthobservatory.nasa.gov/Newsroom/NewImages/images.php3?img_id=17894

* NOQUE

Silent Sports looks at the history of the Noquemanon:
<http://www.silentsports.net/noquemanon.html>

* CANMORE

- Canmore World Cup starts next week with four days of racing on Canadian snow:
http://www.albertaworldcup.com/dyn/pages_coll22.php
- Top skiers arriving in Canmore on the way to 2010:
<http://www.cccski.com/main.asp?cmd=doc&ID=4854&lan=0>
- Video coverage (live?) on WCSN:
<http://web.wcsn.com/schedule/main.jsp>

* SUNFISH

Park commission looking at ways to preverse Sunfish Lake Park and its ski trails:
<http://www.stillwatergazette.com/articles/2008/01/16/news/news320.txt>

* SEELEY RECAP

Recap on the Seeley Hills Classic:
http://www.haywardwis.com/record/?section_id=683&story_id=235435

* NATIONAL/INTERNATIONAL

- Canadian stars Renner and Crawford prepare to rebound:
<http://www.nationalpost.com/sports/story.html?id=239843>
- Canadians relish racing at home:
<http://www.canada.com/calgaryherald/news/sports/story.html>

- Phil Bowen interviews US coach Pete Vordenberg:
<http://www.fasterskier.com/news4979.html>

* DOGGED DULUTH

Duluth News Tribune featured the issue of dogs and walkers on ski trails:
<http://www.duluthnewstribune.com/articles/index.cfm?id=58285>

* ONTARIO

Photos from the Jan 11-12 Ontario cup races in Thunder Bay:
<http://www.2008ocuptbay.shutterfly.com/action/>
and results:
<http://www.zone4.ca/>

* IMPROVING VO2 MAX

Some basic tips for making small improvements in your VO2 max:
<http://www.runnersworld.com/article/0,7120,s6-238-244--12408-0,00.html>

* SUITED

High school track star DQ'd for uniform violation:
<http://www.washingtonpost.com/wp-dyn/content/article/2008/01/16/AR2008011603574.html>

* RECENT UPDATES

- Weekend Racing
- Factory Team Skiers Coming to Noquemanon
- Rossignol: Nationals to World Cup
- Skinnyski Race Team Weekend Recap
- Edgewood Winter Blast Coverage
- Weekend Events Coverage
- Price Hikes!
- Minnesota High School Rankings
- ABR Ski Race Coverage
- Atomic: Biathlon - Why It Matters
- Rainbow JOQ Sunday
- Continental January Events
- Boulder Lake Ski Race Coverage
- Biathlon: Strong Weekend for Hakkinen
- Coca Cola Classic Coverage
- Seeley Hills Classic Coverage
- Rainbow Resort JOQ Saturday
- Noquemanon/Subaru Photo Contest
- Lutsen North Shore Nordic Skiing Workshop
- Rally for Raleigh Nordic Ski Race
- Bike Dr: Where to ski, Powertap Demo, and Lost and Found
- Classifieds Ads
- and more...

<http://www.skinnyski.com>

* TRIVIA WINNER

Last week's question: What was the name of the world's largest recorded iceberg?

Answer: B-15

Trivia and lodging drawing winners posted online:

<http://www.skinnyski.com/notices/display.asp?Id=10055>

* TRIVIA CONTEST

Packers or Patriots?

Question: The coldest game temperature in NFL history (Who, where, when)?
This week's prize is a Fast Wax 1-2-3 Go wax kit. We'll randomly select the winner from all the correct entries received by midnight, Friday, January 18th. To enter, send your answer to:
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/accountadd.asp>

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

Need to update your email address?

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