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**From:** Bruce Adelsman [bruce@skinnyski.com]  
**Sent:** Thursday, January 24, 2008 1:59 AM  
**To:** newsletter@skinnyski.com  
**Subject:** MiniSkinny Newsletter 2007/2008 Season - Issue #10

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\*\* M i n i S k i n n y \*\*  
\*\* Issue #10 -- January 24, 2008 \*\*  
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\* SNOW REPORT

With a good swath of snow earlier this week, most of the region is skiing again. The weather looks to be warming for the weekend so start making plans to check out some new trails systems:

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

\* SNOWFALL NUMBERS

- Jan 20-22 Iowa snowfall:

<http://www.crh.noaa.gov/dmx/winterwx-post.php>

- Jan 22 SW Wisconsin snowfall:

<http://www.crh.noaa.gov/arx/?n=jan2108>

- Jan 21 Southern Wisconsin snowfall:

[http://www.crh.noaa.gov/crnews/display\\_story.php?wfo=mkx&storyid=12417&source=0](http://www.crh.noaa.gov/crnews/display_story.php?wfo=mkx&storyid=12417&source=0)

\* COLD FACTS

Contrary to popular belief, exercising in cold weather is not unhealthy:

<http://www.nytimes.com/2008/01/17/health/nutrition/17BEST.html>

\* LUCE LINE

Attend an open house on the final Luce Line trail segment which will connect to Theodore Wirth park:

[http://www.threeriversparkdistrict.org/news/news\\_detail.cfm?&id=2548&action=View&startrow=1](http://www.threeriversparkdistrict.org/news/news_detail.cfm?&id=2548&action=View&startrow=1)

\* GONE

Wesley Ngetich, two-time Grandmas Marathon winner, was killed in Kenya on Monday:

<http://www.superiortelegram.com/articles/index.cfm?id=25126&section=homepage>

<http://downthebackstretch.blogspot.com/2008/01/more-on-wesly-ngetichs-death.html>

\* NUMBERS

- Show your support for the US Cross-Country Ski Program:

<http://foxc.ussa.org>

- Team Today social network:

<http://www.teamtoday.org/Stories/tabid/391/ctl/Details/mid/763/ItemID/1064/Default.aspx>

\* HOT SLOPES

As snow becomes less reliable in the Alps, smaller ski resorts struggle:

<http://www.nytimes.com/2008/01/22/world/europe/22ernen.html>

\* LOPPET

- Video review of the City of Lakes Loppet course:

<http://www.youtube.com/watch?v=CyM5Z8oulb4>

- And the Loppet rolled out a new web site recently:

<http://www.cityoflakesloppet.com/>

\* E ME

One study suggests vitamin E may help elderly be more active:  
[http://news.yahoo.com/s/nm/20080123/hl\\_nm/vitamin\\_aging\\_dc](http://news.yahoo.com/s/nm/20080123/hl_nm/vitamin_aging_dc)

\* RACE CLEANER

Norwegian star Frode Andresen is trying to make environmentally friendly changes to the racing scene:

<http://www.aftenposten.no/english/sports/article2211577.ece>

\* TOO FAST

"Bionic" man denied Olympic bid:

<http://www.engadget.com/2008/01/17/prosthetic-limbed-runner-disqualified-from-olympics/>

\* NATIONAL/INTERNATIONAL

- USOC honors Kikkan Randall's historic World Cup victory:

<http://www.usskiteam.com/public/news.php?pC=3&dId=3&sN=1&aId=3347>

- Bibakov officially Canadian:

<http://www.rockymountainoutlook.ca/portals-code/list.cgi?paper=128&cat=40&id=1143399&more=0>

- USA/APU inspirational prep video for the Canmore World Cup:

<http://www.youtube.com/watch?v=L5DDh8Ddxoc>

- Norwegian team trains at Silverstar:

<http://www.fasterskier.com/news5002.html>

- Devon Kershaw writes on his 16th place finish in the Canmore World Cup

30K pursuit:

<http://www.devonkershaw.com/main.php?p=689>

- Canmore pursuit photos:

<http://www.skifaster.net/article.asp?DocumentID=2034>

- Canmore sprint photos:

<http://picasaweb.google.com/xcgeek/WCSprintQualifying>

<http://picasaweb.google.com/xcgeek/WCSprintClassic>

- Canmore sprint video:

<http://www.youtube.com/watch?v=Pdv2RN-Ofa8>

\* HEADING SOUTH

Norwegian legends head to the Marcialonga:

<http://www.aftenposten.no/english/sports/article2205431.ece>

\* FROZEN DIGITS

Ultra distance runner Andrew Wells suffered severe frostbite in winning the Frozen Otter Ultra Trek:

<http://blogs.jsonline.com/offthecouch/archive/2008/01/22/ultra-race-winner-likely-to-lose-frostbitten-toes.aspx>

\* WARMING

Mark Parman writes about global warming and XC skiing in Silent Sports January issue:

[http://www.silentsports.net/skiers\\_sweat\\_global\\_warming.html](http://www.silentsports.net/skiers_sweat_global_warming.html)

\* CYCLING

- Insuring your bike, and your actions on your bike:

<http://www.velonews.com/news/fea/13919.0.html>

- Bikes from Saab, Chervolet, and even Hummer?

<http://picasaweb.google.com/scfrd1/JapaneseDepartmentStoreBikes>

- Snow biking out west:

[http://seattlepi.nwsourc.com/getaways/348294\\_snowbike24.html](http://seattlepi.nwsourc.com/getaways/348294_snowbike24.html)

\* RECENT UPDATES

- Weekend Racing

- SuperTour: Duluth Sprints

- Canmore World Cup: Sprints

- Biathlon: World Championships Team Named

- Gear West Womens Night Out

- Loppet Making Snow

- CCSA Standings

- Canmore World Cup: Pursuit

- Minnesota High School Rankings
- Bike Dr: Snow!, Rode, Music, Walker
- World Cup Journal: Traveling with the CXC Ski Team
- Friends of Cross Country
- MLK March on Elk River Results
- CCSA: Korthauer and Dewitt Repeat, NMU Takes Overall
- Lapham Loppet Coverage
- CCSA: Korthauer and Dewitt Claim Freestyle Races in Marquette
- Snekkevik Results
- Not As Cold As The Good Old Days...
- High School Racing Highlights
- Classifieds Ads
- and more...
  - <http://www.skinnyski.com>

\* TRIVIA WINNER

Last week's question: The coldest game temperature in NFL history (Who, where, when)?

Answer: Dallas Cowboys vs. Green Bay Packers, Lambeau Field, Green Bay, December 31, 1967. The game temperature was -13F.

Trivia and lodging drawing winners posted online:

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

\* TRIVIA CONTEST

Sorry, no trivia contest this week. Expect a new question next week.

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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