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Keyword: Susie Perkowitz

10-60 Word Biographies

1. **Susie Perkowitz: Trek Road Bikes**

Susie Perkowitz and many other endurance bike riders recommend the newest edition of the Domane Trekbike. Because of its revolutionary combination of the front IsoSpeed mechanism and IsoCore handlebars, the Domane provides a smooth, stable ride over any surface, from pavement to dirt paths. The lightweight chassis and two-piece decoupler creates a stable, secure, and well-balanced ride, which sets this version of the Doman Trekbike ahead of its class.

2. **Susie Perkowitz: Core-Tex Reactive Trainer**

Susie Perkowitz has found the Core-Tex Reactive Trainer a key tool to supplement her cross-training routines. The Core-Tex RT presents a unique training challenge generated by a base that rotates, tilts, and slides in an unrestricted 360 degrees. In so doing, this workout apparatus gives the body's nervous system, muscles, and joints new exercises every time in an environment that is less stressful on the body.

3. **Susie Perkowitz: NordicTrack X11i Incline Trainer**

Susie Perkowitz, a fitness guru, recommends the NordicTrack X11i Incline Trainer as a way to augment an exercise routine. This incline trainer helps exercisers burn up to five times more calories while walking on the steepest incline. The 4.25 horsepower engine provides power without the noise, and the incline trainer is digitally enabled with many options for training and entertainment to keep an individual motivated throughout a workout.



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4. Susie Perkowitz: Foam Rollers

Many exercise enthusiasts like Susie Perkowitz, use foam rollers to help soothe sore muscles, stretch and strengthen muscles, and increase exercise difficulty. Individuals can use foam rollers for added resistance to their workout, for self-acupressure, and for deep tissue and muscle massage in areas like the back, quadriceps, and feet. Foam rollers are inexpensive and are used by professional and amateur athletes worldwide.

5. Susie Perkowitz: RockTape

Susie Perkowitz and other endurance athletes recommend the use of RockTape, which is primarily used to block pain receptors' signals to the brain. The tape also allows for natural movement, something that typical athletic tape tends to prohibit. RockTape can help delay muscle fatigue and prevent muscle overcompensation on the part of other muscles around or connected to the injured area.

6. Susie Perkowitz: Body Glide

Body Glide is a protective skin balm that many endurance athletes like Susie Perkowitz recommend for use before a competitive event. It goes on dry and invisible, and is used to prevent skin irritations caused by rubbing and blistering. Body Glide keeps athletes comfortable, pain-free, and able to perform at their best throughout an event. This product can help to keep skin healthy and free of infections caused by chafing and rubbing.

7. Susie Perkowitz: Altra Lone Peak 2.5

With its TrailClaw midsole support, wider FootShape toe box, and lighter weight, many trail runners like Susie Perkowitz have chosen to run in the Altra Lone Peak 2.5. This updated shoe has a firmer midsole, a stronger upper part, a leaner fit, and a better lacing system. The result is a shoe that is a great choice for running in rough terrain and off-road conditions.



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8. Susie Perkowitz: Asics Nimbus Gel 18

Because of its extensive cushioning, durability, and neutral-level stability, the Asics Gel Nimbus 18 is the running shoe of choice for mid-foot strikers like Susie Perkowitz. The shoe features multiple layers of support with its patented Gel for stability, protection, and control during push-off and landing. The outside of the shoe is created using Asics' FluidFit design that hugs the runner's foot snugly.

9. Susie Perkowitz: Injinji Performance Toesocks

Injinji Performance Toesocks are the sock that Susie Perkowitz, an endurance runner and cyclist, uses when she trains or competes in events. These socks provide three key areas of protection: blister prevention, total foot utilization, and moisture management. Injinji offers a variety of socks for different athletic activities, including long-distance running, trail running, and yoga. The individual encapsulation of each toe in these socks helps to prevent blistering and keep the foot comfortable.

10. Susie Perkowitz: Denali National Park

Susie Perkowitz and other adventurers recommend Denali National Park in Alaska as a breathtaking, beautiful location for hikers, mountaineers, and tourists. Denali offers many different tour bus options that give tourists spectacular views of the natural landscape, as well as the many mammals and birds that call the park home. The park also offers hiking and mountaineering opportunities to the more adventurous park visitor.

18-250 Word Blog Posts

1. Susie Perkowitz: Trek Road Bikes

Susie Perkowitz and other endurance bike riders have found the Domane Trek bike to be an ideal choice for a ride that combines top speed with stability. With its high rate of efficiency, the Domane is the bike of choice for world-class riders like Fabian Cancellara.



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The Domane endurance race bike from Trekbike has been crafted specifically with the rider's comfort in mind, the result of which is one of the smoothest road bikes available. The Domane has an IsoSpeed decoupler that consists of two separate pieces, the seat tube and the integrated seatmast. The IsoSpeed mechanism is also located up front on the newest version of the Domane, which allows the steerer tube to bend on uneven terrain, resulting in a more secure, balanced ride. The front location of the IsoSpeed mechanism gives another 5 – 10% vertical movement at the bars. Although the front IsoSpeed and IsoCore handlebar combined don't quite match the softness of the bike's back end, these two systems are a definite improvement from earlier forms of the Domane.

Many endurance bike riders and enthusiasts, like Susie Perkowitz, highly recommend the newest edition of the Domane Trekbike. The bike provides a wide range of comfort over a variety of road surfaces, from dirt paths to pavement. The comfort factor is not lost in the mainframe of the bike, and the chassis remains stiff and effective while out of the saddle or sprinting. The efficiency and stability of the bike means that turns are slow to start, but that is a small sacrifice for a smooth, stable ride.

Source: <http://cyclingtips.com/2016/04/2017-trek-domane-slr-full-tech-details-and-review/>

2. Susie Perkowitz: Core-Tex Reactive Trainer

Many fitness enthusiasts, like Susie Perkowitz, have found the Core-Tex Reactive Trainer an excellent addition to their cross-training and workout routines. The Core-Tex RT is designed to present a multi-dimensional reactive training challenge with a base that slides, rotates, and tilts in an unrestricted 360 degrees. This ability provides an unlimited amount of movements and combinations to effectively challenge anyone's exercise program.

The Core-Tex Reactive Trainer supplies continuous variability to the nervous system, joints, and muscles. Because of the way the Core-Tex RT is structured, every exercise done with it is different and unique; this helps to reduce wear and tear and stresses on joints, promotes muscle activity, and forces the nervous system to increase and improve coordination with the muscles. The body is able to be challenged, and stay fully engaged, but in a less stressful environment. It also takes less time for the body to become stronger and smarter.



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Susie Perkwitz and other fitness gurus have found the Core-Tex Reactive Trainer to be the perfect compliment to their exercise regimen. The Core-Tex RT is made of a tough ABS plastic material, and has a safety bumper and non-slip rubber surface. The steel base and safety handrails are powder-coated for stability and durability. The Core-Tex RT unit comes with the base, platform, two bumpers, a handrail with three adjustable heights, and three highly engineered ball transfers. The package also includes a DVD that gives safety instructions and exercise suggestions. The Core-Tex RT design consistently provides exercises that are never the same and that keep the body guessing with each workout.

Source: <http://coretextfitness.com/about.html>

3. Susie Perkwitz: NordicTrack x11i Incline Trainer

Susie Perkwitz and other people who are dedicated to fitness and cross-training recommend the NordicTrack X11i Incline Trainer as a compliment to a regular exercise routine. This new incline trainer provides a way to burn more calories while working out on a quiet machine. Additionally, the X11i offers a state-of-the-art digital entertainment system to accompany any workout.

The NordicTrack X11i Incline Trainer features a 4.25 horsepower motor with a 40-percent incline capability, with the added benefit of an adjustable tablet holder with multiple viewing angles. The DurX Commercial Pro motor has a larger motor case that results in less vibration accompanied by dual cooling fans that provide less heat. Combined, these two components give the incline trainer significant power delivered in a smooth and quiet format. The tablet holder is affixed to the back of the trainer, allowing the individual to enjoy music, movies, or shows while working out.

People who are devoted to fitness, like Susie Perkwitz, have taken advantage of the NordicTrack X11i Incline Trainer's ability to boost exercise output. Using the 40-percent incline, a person can burn up to five times the calories just by walking. The incline trainer provides workout statistics, over 44 training programs, and general websites are accessible using the 10-inch, web-enabled touchscreen, which also provides motivation for the exerciser. The NordicTrack X11i is also wired for iFit, and with an iFit subscription, an individual can use it to track her progress, use Google Maps to simulate real runs, create custom workouts, and train with Jillian Michaels. It is iPod compatible with dual 3-inch speakers so the individual can work out without earphones.

Source: <https://www.nordictrack.com/treadmills/nordictrack-x11i-incline-trainer>



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4. **Susie Perkowitz: Foam Rollers**

Many exercise enthusiasts, endurance runners, and cyclists, like Susie Perkowitz, know the advantages that foam rollers provide for the aches and pains that accompany endurance and workout efforts. Foam rollers are inexpensive and can be used in multiple ways to stretch and soothe sore muscles as well as tighten and firm them.

Foam rollers are used primarily for massaging muscles, also known as self-myofascial release. Slow rolling helps loosen areas that are typically tight, especially the upper back, quadriceps, and outer thighs. The individual lies on top of the roll and uses her weight to slowly roll the area of the body back and forth on the roller. The foam roller can also be used for self-acupressure; when dealing with very tight muscles, putting constant pressure on the “trigger point” may be more beneficial than rolling back and forth. Foam rollers can also be used to add more difficulty and resistance to a workout, in particular with push-ups and planks. Using the roller for these exercises engages the core muscles, forcing the body to work harder to stabilize.

Susie Perkowitz and other fitness enthusiasts use foam rollers to stretch out sore muscles, increase the resistance during exercise, and even to use as a prop for yoga and Pilates. Foam rollers are helpful for sit-ups, increasing balance, and extending muscle stretches. An individual can use the foam roller for lunges as well as foot stretches and massages. Because of its versatility, the foam roller has become an essential piece of equipment for athletes everywhere.

Source: <http://www.shape.com/fitness/workouts/10-ways-use-foam-roller>

5. **Susie Perkowitz: RockTape Kinesiology Tape**

Endurance runners like Susie Perkowitz advocate the use of RockTape, a kinesiology tape that has been used for years to treat injuries and improve sports performances. RockTape contains no latex, is hypo-allergenic, and acrylic-based. Although originally designed for sports, it is also used to alleviate a wide range of other ailments and injuries.



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Made of 97% cotton and 3% nylon, RockTape is designed to interfere with the way the body receives pain signals from the brain. When properly applied, RockTape changes the way the brain receives pain signals, disguising the pain. While that may be what RockTape is best known for, it also has several other purposes that are of benefit to an athlete. It allows for natural movement, something that regular athletic tape prevents entirely. According to research, RockTape helps to delay muscle fatigue, which benefits the injured muscles by protecting them and encouraging other muscles around them to make up for the weaker, injured ones.

Susie Perkwitz and many other endurance athletes use RockTape for other athletic purposes, including the decompression of areas of inflammation and swelling. The tape has a microscopic lifting effect underneath the skin and between layers, which allows for the inflammation to be calmed at a faster rate. RockTape can also help to normalize muscle tone by preventing muscles around an injured area from overcompensating and causing new injuries. This product can be worn for up to five days, and can also be worn while swimming or showering. RockTape rolls are inexpensive and can last for about ten to twenty applications.

Source: <http://www.rocktape.com/products/tape/>

6. Susie Perkwitz: Body Glide

Athletes like Susie Perkwitz have long championed Body Glide, an anti-chafing and anti-blistering skin care product that can help endurance runners and cyclists remain comfortable during and after competitive events. As a balm, Body Glide creates a dry, invisible barrier wherever it is applied to prevent skin from being rubbed raw by clothing, skin, or footwear.

Body Glide should be applied before an athletic event in all areas where rubbing or chafing may occur, like the neck, arms, and thighs. It is sweat resistant, so it lets the skin breathe as sweat escapes. Body Glide is safe for use with footwear, clothing, and wetsuits, and it washes off easily with mild soap. This product provides protection all day long, in humid or dry conditions. It is allergen-free, vegan, and made with plant-derived materials. Body Glide has proven to be a useful product for athletes, as well as people who want to enjoy everyday activities without discomfort.



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Susie Perowitz and other endurance athletes know the positive impact that Body Glide can have on an athlete in a competitive event; however, Body Glide can also help to prevent serious infections. Minor irritation can lead to chafing, blistering, and open wounds that can get infected. Scarring is even quite possible as a result of this type of injury. Body Glide, when applied before activity, can prevent any of this from happening, allowing the skin to remain healthy and pain free. Body Glide can withstand exposure to water and sweat, making it the perfect product for any type of athlete.

Source: <https://www.bodyglide.com>

7. Susie Perowitz: Altra Lone Peak 2.5

Many female endurance and trail runners like Susie Perowitz have found in the Altra Lone Peak 2.5 a running shoe that is both supportive and lightweight. In this updated version of the Lone Peak 2.0, the trail shoe has received a firmer midsole, a stronger upper part, and a better lacing system. The result is a shoe that is a great choice for hiking and trail running.

The Altra Lone Peak 2.5 is a very breathable shoe that weighs in at a light 9.2 ounces. The upper part of the shoe is made with Quick Dry Trail Mesh that sports an updated, wider weave. The mid sole section, supplied with A-Bound wrapped over the mesh from the outside of the midsole to the arch, giving the shoe additional lateral support and protecting the midsole from rocks and other trail debris. The shoe's sole features Altra's patented TrailClaw sole that gives the shoe even more protection and traction in rough terrain and wet, muddy areas.

Susie Perowitz and other trail runners turn to the Altra Lone Peak 2.5 as their shoe of choice for trail and cross-country ventures. The Lone Peak 2.5 fits to size, with a loose-fitted heel and Altra's FootShape wide toe box that allows room for toe splay. This shoe is celebrated for its comfort, buoyed by a reinforced toe cup and excellent arch support. With its proven traction in various off-road conditions, the women's Altra Lone Peak 2.5 builds upon the last model with a stronger shoe that has a better fit.

Source: <https://www.earthgear.com/2016/06/hiking-trail-shoes/>



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8. Susie Perkowitz: Asics Gel Nimbus 18

Endurance runners with a mid-foot strike, like Susie Perkowitz, often look for a neutral training shoe to get the most out of their runs. Perkowitz and many other runners choose the Asics Gel Nimbus 18 as their running shoe because of its durability, extensive cushioning, and neutral-level stability.

The Asics Gel Nimbus 18 is similar to its predecessor, the 17, but is crafted with a slightly redesigned sole. This shoe leads the way in terms of comfort, providing plenty of cushioning, smoother lines, and a more organized overlay structure. The Nimbus 18 insole features a 13mm drop between multiple layers, including the Gel and “FluidRide” foam. The outsole of the shoe boasts thick rubber with the exception of the area near the guidance line and heel. The guidance line works with the Asics plastic Trusstic system, and provides extra mid-foot support and better gait efficiency. Directly above the outsole are the gel cushioning systems that reduce shock during push-off and landing.

Susie Perkowitz and other runners with a mid-foot strike have found the Asics Gel Nimbus series to be an excellent running shoe, especially because of its interior construction. However, this shoe is also well built on the outside. The upper portion of the shoe sports Asics’ FluidFit, snugly conforming to the runner’s heel while adapting to the runner’s foot. Small sections of reflective material are featured in the exposed holes of the heel counter. The Asics Gel Nimbus shoe is a well-built, supportive, and comfortable shoe that is deigned with mid-foot strikers in mind.

Source: <http://www.runningshoesguru.com/2016/05/asics-gel-nimbus-18-review/>

9. Susie Perkowitz: Injinji Performance Toe Socks

Susie Perkowitz, an endurance runner and cyclist, uses the Injinji Performance Toesocks when she trains or competes in events. Injinji Performance Toesocks are designed with long-distance runners in mind, preventing the toes from blistering and injury. The three key benefits of the Injinji socks are its blister prevention, total foot utilization, and moisture management.

Injinji Performance Toesocks are excellent tools for blister prevention, a must for any runner whether running a 5K or an Ultramarathon. Because the sock encapsulates each toe, all the toes are protected,



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preventing skin friction and thereby blisters and hot spots. Total foot utilization is also a must for runner comfort over long miles. These performance toesocks not only separate each toe but also keep the toes properly aligned and splayed. This combination distributes the runner's weight evenly and allows the foot to be fully engaged in athletic activity. Moisture management is also a quality associated with the Injinji toesocks, as the construction of the sock means that each toe is protected in sweat-wicking material, keeping the foot drier and less susceptible to blisters.

Endurance runners like Susie Perkowitz turn to the Injinji Performance Toesocks to provide protection and comfort during long training runs and races. Injinji now offers various styles of toesocks (no-show, micro, crew, mini-crew) for different types of running and other exercises, including outdoor, compression, and yoga. Some of the most popular Injinji socks include the Trail 2.0 Midweight as well as the Run 2.0 lightweight and original weight socks. Injinji offers many performance toesocks for athletes' different needs.

Source: <http://www.runbulldogrun.com/gear/socks/injinji-socks-product-review/>

10. Susie Perkowitz: Denali National Park

Adventurers like Susie Perkowitz have enjoyed trips to many United States national parks, including Denali National Park in Alaska. Home to America's tallest peak, Denali is a favorite site for hikers, mountaineers, and athletes looking to pit themselves against the raw, unmatched power of the north.

Visitors to Denali are encouraged to travel along the 92-mile main park road by bus, due to the very low valleys and high mountain passes which can make travel in other ways very difficult if not outright impossible. Additionally, traveling by bus helps to reduce traffic congestion and maintain the natural resources of Denali. Shuttle buses, courtesy buses, camper and tour buses are all available to offer visitors a wide variety of trips to choose from. Other sightseeing options aside from bus tours include visiting the Savage River, the Denali Visitor Center, the sled dog kennels, or hiking routes of varying lengths and difficulties.

Susie Perkowitz and other visitors to Denali National Park recommend the bus tours as they give the viewer unparalleled access to the natural beauty of the land. These trips may also give the tourist views of animals in nature, including mammals like grizzly bears, moose, caribou, wolves, and sheep. Black



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bears, snowshoe rabbits, foxes, and wolverines are other smaller mammals that can be viewed on the tours. There are over 160 species of birds that inhabit the parkland as well. Visitors who choose to hike are encouraged to be cognizant of coming into contact with wildlife, from eating unknown berries to crossing paths with a bear or moose. Denali National Park provides the visitor with an incredibly unique wildlife experience.

Source: <https://www.nps.gov/dena/index.htm>

11. Susie Perkowitz: Glacier Bay National Park

Glacier Bay National Park in southern Alaska is a highly recommended park by hikers and adventurers, like Susie Perkowitz. The park covers 3.3 million acres encompassing temperate rainforest, glaciers, coastlines, mountains, and fjords. Glacier Bay is a part of a 25 million acres World Heritage Site, making it one of the world's largest protected locations.

Glacier Bay is more than just a national park; it is an internationally significant marine and terrestrial sanctuary. This park is a living biosphere that contains some of the most beautiful natural landscapes on the continent. Glacier Bay functions as a natural laboratory, giving scientists the chance to study the geological processes that are at work in the park. Ecosystem and management studies and research also take place here, and the discoveries may be able to indicate future changes and conditions in the environment. The park also allows visitors to see how the physical world impacts and shapes the biological world, especially through the dramatic glacier movements.

Many tourists and hikers, like Susie Perkowitz, have found great inspiration in Glacier Bay National Park. The park offers something for everyone, at the very least a feeling of deep connection to the surrounding natural world. Glacier Bay features trips into the tidewater glaciers that provide a view to the ice age. The park was originated with this intent, to allow generations to learn about ecology through the park's natural method of teaching. The wild, untamed nature of Glacier Bay continues to inspire and astonish people worldwide every year.

Source: <https://www.nps.gov/giba/index.htm>



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12. Susie Perkwitz: Gate of the Arctic

Hard core, serious adventurers like Susie Perkwitz find great beauty and challenge in the wilder national parks, like the Gates of the Arctic in Alaska. This park has no roads or trails, just acres of wilderness populated by glacier-carved valleys and fully intact ecosystems. The park was created in 1980 and preserves over 8.4 million acres of wild and undeveloped land.

Wildlife and people have been part of the Gates of the Arctic for over 13,000 years. Grizzly, caribou, wolves, moose, wolverine, foxes, and other species live here, accompanied by some resident birds. Humans have lived in this environment, in particular nomadic hunters and gatherers. Currently, a Nunamiut Inupiat village lies inside the park, and the tribe depends on the resources of the park to survive. Temperatures can range between -20 degrees and -50 degrees Fahrenheit between November and March, and most animal and human activity ceases. After March, when the rivers thaw, mountaineers and adventurers arrive at the park. Visitors need to be forewarned that no visitor services or trails exist in the park, and that they must be entirely self-sufficient on their trip.

Susie Perkwitz and other national park enthusiasts have found much beauty and grandeur in the Gates of the Arctic park. The park features mountains that rise to elevations of 4000 feet that develop into granite or limestone peaks of 7000 feet. Tundra stretches all the way to the Arctic Ocean, and six national rivers --- Tinayguk, North Fork Koyukuk, Alatna, Kobuk, John, and Noatak --- cross over the park grounds. Remoteness and solitude exist in this park, and every effort is made to preserve its natural and sacred beauty.

Source: <https://www.nps.gov/gaar/index.htm>

13. Susie Perkwitz: Katmai National Park and Reserve

Katmai National Park and Reserve in Alaska is a favorite location for many adventurers and tourists like Susie Perkwitz. Established in 1918 to protect the volcano-torn region around Mount Katmai and the Valley of Ten Thousand Smokes, Katmai National Park preserves 9000 years of human history and remains an active volcanic location. It is also home to vital habitats of brown bears and salmon.



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Katmai National Park encompasses over 4 million acres of wilderness, and features the world's largest volcanic eruption of the 20th century. It is home to thousands of brown bears and gives tourists and scientists alike the opportunity to observe this bear species in its natural habitat. The Bristol Bay sockeye salmon spawns within the boundaries of the park, making the park home to one of the most essential salmon runs in the world. With hundreds of miles of untouched land, streams, and rivers, Katmai is a constantly evolving opportunity for science, study, and research.

Susie Perowitz and other admirers of the wild beauty of Katmai National Park have many activity options to choose from when visiting the park. Sport fishing, boating, hiking, and camping are primary activities available to tourists. Brooks Camp in particular offers some of the best opportunities to bear watch and sport fish. Because it is so vast, Katmai has limited park services within or near its boundaries. Less than six miles of designated and maintained hiking trails exists, and adventurers need to follow the suggested safety guidelines proposed by the park when hiking off trail into the wilderness.

Source: <https://www.nps.gov/katm/index.htm>

14. Susie Perowitz: Kobuk Valley

Many mountaineers and hikers, like Susie Perowitz, have immersed themselves in the history and beauty of Alaska's Kobuk National Park. Home to half a million caribou who migrate through these lands, the Kobuk river valley offers over one million acres of adventure for its bold visitors.

Some key activities available to visitors at Kobuk National Park are camping, hiking, backpacking, fishing, boating, and wildlife observation. Those adventurers with experience and appropriate equipment may also choose to snowshoe, ski, dogsled, or skijor through the mountains and over frozen rivers. Kobuk is only accessible by plane, dogs, or snowmachine in the winter months. Commercial flights do offer access in good weather, but visitors should always be prepared to stay extra days in the park if the weather quickly turns poor. Visitors must bring their own equipment; no equipment, dog rentals, or guides are available at the park. It is essential that any visitor staying at Kobuk have a healthy knowledge of cold weather survival.

Susie Perowitz and other visitors to Kobuk National Park have taken advantage of the Northwest Arctic Heritage Center in Kotzebue, which presents community programs on park history (natural and cultural),



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workshops, and local research. Visitors are also asked to be respectful of private land that abuts the Kobuk river and avoid areas that show evidence of buildings, residences, or camps. Because of the range of temperatures that can quickly change, visitors should always dress warmly. Winds can cause temperatures to fall below freezing, even during the summer months.

Source: <https://www.nps.gov/kova/index.htm>

15. Susie Perkwitz: Kenai Fjords National Park

Kenai Fjords National Park in Alaska offers many exciting opportunities for its adventurous visitors, like Susie Perkwitz. Home to forty glaciers, Kenai Fjords is living proof of climate change as the glaciers continue to shrink each year. The park encompasses icy terrain with mountains and oceans. The three primary areas of the park --- Exit glacier, the Harding Icefield, and the coastal fjords --- provide the visitor with a variety of different experiences and sights.

The Exit glacier is easy for visitors to access, has several short trails, and offers daily ranger programs for tourists to learn more about this site. During winter, the road to the Exit glacier is not plowed and must be accessed by snowmobile or dogsled. Visitors can book snowcoach rides for tours of the glacier, or snowshoe and cross-country ski on the trails. The Harding Icefield dominates the park, and is the driving force behind why the park was created. Hikers can travel to the very edge of the icefield, and for those who want a better perspective of the icefield's vastness, scenic overflights are offered for visitors.

Susie Perkwitz and other Alaskan adventurers also find beauty in the coastal fjords of Kenai Fjords National Park. In the summertime, boat tours are offered in this area. Visitors are also encouraged to take note of the wide array of beautiful plant life that survives in such rugged terrain. Noteworthy animals to watch for are the nunataks, black bears, and shorebirds. Kenai Fjords National Park offers a variety of sights and experiences for its visitors.

Source: <https://www.nps.gov/kefj/index.htm>



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16. Susie Perkwitz: Hiking the Grand Canyon in winter

For experienced hikers and mountaineers, such as Susie Perkwitz, hiking the Grand Canyon in winter presents an appealing challenge surrounded by the natural beauty of a world wonder. This idea inspires many people to travel to Arizona and immerse themselves in the park, but even experienced hikers need to be fully prepared before they begin their adventure into the Grand Canyon.

The hiker's safety is entirely dependent upon her judgment, experience, preparation, and realistic understanding of her abilities. Because of the uncertainty of the terrain and challenges of the territory, hikers should always have an adequate amount of water, food, and equipment to deal with unexpected circumstances. Hikes can be impacted by weather and natural deterioration, and so the hiker in the Grand Canyon must rely on smarts rather than just physical strength. Aside from food and water, hikers should also carry a first aid kit, map, flashlight and extra batteries, pack, hiking poles, hiking footwear with traction controls, a whistle or signal mirror, and warm clothing, preferably waterproof.

Susie Perkwitz and other experienced hikers know that a difficult terrain like the Grand Canyon means they need to know trail conditions before beginning their hike. As some trails are harder to navigate in the winter, a smart hiker plans ahead for the path she decides to take. The Backcountry Information Center can also provide hikers with more information on winter hiking the Grand Canyon, especially if they are new to the area. Experienced hikers may want to try the North Rim hike, which has a destination of 8000 feet, resulting in severe winter conditions that require much heavier protective equipment.

Source: <https://www.nps.gov/grca/planyourvisit/winter-recreation.htm>

17. Susie Perkwitz: Glacier National Park Montana

Glacier National Park in Montana provides myriad opportunities to national park enthusiasts, like Susie Perkwitz. Consisting of lakes, alpine meadows, forests, and mountains, Glacier National Park presents its beauty in 700 miles of trails accessible to visitors and hikers. The park has long been a place for individuals seeking adventure and solitude amongst the beauty of the wilderness.



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Glacier National Park offers its visitors the chance to go hiking, backpacking, camping, biking, fishing, boating, river camping, and cross-country skiing. Featuring over 700 miles of trails, Glacier National has just the right hike for everyone. The park offers many ranger-led education programs for children and families. It is also home to a wide range of species, including mammals, insects, fauna, fish, birds, reptiles, and amphibians. The park encompasses over a million acres of land and is surrounded by additional wilderness so that the park residents have plenty of room to roam.

Susie Perkowitz and other experienced hikers and adventurers would have many exciting options available to them at Glacier National Park. From Goat Haunt to lake McDonald Valley to Going-to-the-Sun Road, lakes, plains, valleys, rivers, and mountains abound in this park, offering an array of exploration to visitors. Glacier National Park does come with inherent dangers, and visitors are encouraged to be cautious and aware of their surroundings. Care must be taken around water and in steep terrain. Visitors should also take precautions against accidental encounters with grizzly and black bears, as well as mountain lions. With proper preparation, Glacier National Park can be an adventurer's dream trip.

Source: <https://www.nps.gov/glac/index.htm>

18. Susie Perkowitz: Traveling to Australia

Many international travelers, like Susie Perkowitz, have been enchanted Australia's beautiful landscape, charming culture, and unique wildlife. Australia provides a multitude of opportunities for the adventurous tourist, from the iconic Sydney Opera House to the Harbor Bridge. Australia's natural beauty, rugged terrain, and warm culture make it a top destination spot.

One of Australia's hottest tourist spots is the Great Barrier Reef, where tourists can either go deep sea diving or stay on the surface and go snorkeling. The reef provides visitors with gorgeous, up close views of marine life, including corals. Another excellent physical activity is hiking the Daintree, the world's oldest rainforest. It offers a wide array of hikes for all abilities and features waterfalls, cliffs, wildlife, jungles, and mountains. There are many tour companies in the area available to help tourists make the Daintree hike their very own. A culture-filled trip into Sydney is also in order for the tourist. Visitors can surf at Bondi Beach, visit the Opera House, sail the harbor, and climb the Harbor Bridge.



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Susie Perowitz and other travelers who have visited Australia also recommend it for its natural beauty. Western Australia offers access to the outback, Coral Bay, Broome, Perth, and the Margaret River, all areas that are more undeveloped and less crowded than larger cities. Tasmania presents a wonderful hiking opportunity for the adventurer combined with beautiful scenery just a short ways from Melbourne. Outside of Sydney are the Blue Mountains, which offer excellent exploratory opportunities complete with kangaroos, kookaburras, and parrots.

Source: <http://www.nomadicmatt.com/travel-guides/australia-travel-tips/>

1-400 Word Wikipedia Profile

1. Susie Perowitz: The Best Equipment for Endurance Workouts

Susie Perowitz, like many other endurance cyclists and runners, has found a series of equipment that she gravitates to in order to prepare, complete, and recover from heavy workouts and endurance competitions. In order for an athletic to perform at a top level, she needs to be free of discomfort and fully able to recover afterwards.

RockTape is an excellent product for the athlete who is competing while injured. This tape, made mostly of cotton, uses a microscopic lifting effect that quickly calms inflamed areas. The tape interferes with the pain signals to the brain, allowing the athlete to perform to her best ability instead of being distracted and slowed down by pain. RockTape also lets the injured area of the body its natural movement, which prevents constriction and the development of injuries elsewhere due to physical compensation.

Body Glide is a scentless, invisible balm that can be used by endurance runners before an event to prevent chafing, rubbing, and serious infection of the skin. The product is sweat and water-resistant and is best used in areas where the most chafing occurs, such as the thighs, arms, necks, and feet. Body Glide can also be used for everyday activities.



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Foam rollers are an inexpensive yet versatile tool that can help speed muscle recovery, extend muscle movement, and tighten muscles altogether. Foam rollers are used most commonly for deep muscle massage, where the individual uses her own body weight to slowly roll a sore or tight area over the roller. This exercise tool can also be used for self-acupuncture and for incorporating added resistance to a workout. Crunches, planks, and push-ups are intensified when a foam roller is added to these exercises. The roller is also useful as an additional prop for mat classes like Pilates and yoga.

Susie Perkwitz and other endurance athletes know that the right pair of socks is necessary for a comfortable, enjoyable athletic experience. Perkwitz recommends the Injinji Performance Toesock, a sock that encapsulates each toe in a sweat-wicking wrap. The sock is designed to prevent blistering, hot spots, and other damaging skin injuries on the toes. Because the Injinji Performance Toesock separates each toe, the runner's toes are more aligned and splayed correctly. The runner's weight is distributed more evenly, which allows full use of each foot during the athletic activity. This toesock has moisture management, and it keeps the foot dry and blister-free during endurance competition.

Sources: <https://www.bodyglide.com>

<http://www.runbulldogrun.com/gear/socks/injinji-socks-product-review/>

<http://www.shape.com/fitness/workouts/10-ways-use-foam-roller>

<http://www.rocktape.com/products/tape/>

1-400 Word Article

1. Susie Perkwitz: The Philip Island Penguins

Like thousands of visitors to Australia every year, Susie Perkwitz was charmed by the Philip Island penguins featured at the Philip Island Nature Park. The park features EcoBoat tours, Churchill Island, the Koala Conservation Center, and an Antarctic Journey exhibit, but its claim to fame lies with the miniature penguins that easily capture the hearts of visitors and tourists.

As the world's smallest penguins, the Philip Island penguins arrive at sunset every night of the year, and their parade out of the water is witnessed by thousands of people each time. The penguins return each



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night from a day of fishing and hunting to waddle up the shore and bed down in their homes amongst the sand dunes. Visitors are allowed to watch the penguins from a few different locations, including a viewing area on Summerland Beach with tiered seating and viewing spots along an elevated boardwalk. A platform level that overlooks the Penguin Parade walkway is another way to view the nightly trek, and the park also offers an underground viewing feature that allows visitors to see the penguins at eye-level. For an increased fee, behind the scenes and advanced tours are available.

The Philip Island penguins are only thirteen inches tall and weigh around 2.2lbs. They can only be found in Australia and New Zealand, and Philip Island currently has about 32,000 penguins. The penguins live in burrows in the ground where they rest and hide from predators during the day. The Philip Island penguins only cross the beach at sunset because crossing in darkness affords them the most protection from predators.

Adult little penguins are the only penguins in the world with blue and white feathers as opposed to black and white. Both colors serve as camouflage for the penguin from both above and underwater. These penguins can swim anywhere from 9 – 31 miles a day at an average speed of 2 – 4 kilometers per hour. They can dive as far as 72 meters, but tend to stay between 5 – 20 meters to search for fish. The little penguins' diets consist of red cod, pilchards, anchovies, barracuda, some squid, and warehou.

With their small stature and cute movements, its no wonder that Susie Perkowitz and other visitors to Australia are so taken with the Philip Island penguins. Funds collected for viewing the penguins goes back into protecting them and the other species at the Philip Island Nature Park.

Sources: <https://penguinfoundation.org.au/about-little-penguins/>

<http://www.visitphillipisland.com/listing/penguin-parade/>

<https://www.penguins.org.au/attractions/penguin-parade/accessibility/>



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1-350 Word Press Release – Standard

1. Title: Susie Perkowitz: Alaskan National Parks Enthusiast

Susie Perkowitz is a national parks enthusiast who enjoys partaking in the multitude of adventurous options that the parks in Alaska offer to visitors. Whether it's the grandiose Denali National Park or the more remote, challenging Gates of the Arctic, the Alaskan National Parks have something special for every visitor.

Denali National Park is the most well-known of Alaska's parks, featuring Alaska's highest peak, and 92 miles of main park road, most of which is only accessible by bus or on foot. Perkowitz recommends taking a tour bus here, as the ride gives the viewer ample opportunity to absorb the stunning beauty of the Alaskan wilderness and perhaps catch a glimpse of the many mammals and birds that call the park home.

Southern Alaska is where Glacier Bay National Park is located on 3.3 million acres of land. Glacier Bay provides some excellent hiking trails, which appeals to endurance athletes like Perkowitz. As a living biosphere, it also calls to the scientifically minded as Glacier Bay is a perfect model of the Earth's geological processes. Because of its nature, the park is home to many environmental research studies, and the dramatic glacier movements over time stress the impact of climate change to tourists and visitors.

Far more wild, remote, and removed is the Gates of the Arctic National Park. Spanning 8.4 acres of undeveloped wilderness, the Gates of the Arctic presents a beautiful challenge to outdoor sportspeople. The park has no trails or roads, and no visitor services exist at the park, so the hiker or mountaineer is truly on her own in this location and must be adequately self-sufficient. Featuring mountains with elevations of up to 7000 feet, tundra, and six major rivers, the Gates of the Arctic is teeming with unspoiled beauty. Park visitors need to be aware of the temperature changes at the park throughout the course of the year and dress appropriately for all conditions.

Parks and recreation participants like Susie Perkowitz have found much to experience and appreciate in Alaska's National Parks. Whether taking a more trail-laden path in Denali, or trekking through the untouched tundra in the Gates of the Arctic, the National Parks of Alaska provide an unforgettable experience.

Summary: Susie Perkowitz, adventurer and national park enthusiast, recommends Alaska's parks for incredible outdoor experiences.



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Location: Deerfield, IL

About: Susie Perkowitz is an experienced hiker, endurance runner and cyclist.

Categories: (national, parks, Alaska, hiking, environment, Susie Perkowitz)

PR Contact: N/A

2-50 Word SBA.gov

1. Susie Perkowitz: Domane Trekbike

Susie Perkowitz recommends the newest edition of the Domane Trekbike that sports a combination of the front IsoSpeed mechanism and IsoCore handlebars. The Domane provides a smooth, comfortable ride over any surface. The lightweight chassis and two-piece decoupler give the bike a balanced feel and ride without compromising the bike's strength and speed over tough terrain.

2. Susie Perkowitz: Core-Tex Reactive Trainer

For Susie Perkowitz, the Core-Tex Reactive Trainer has become a regular supplement to her endurance routines. The Core-Tex RT is a base that rotates, tilts, and slides in an unrestricted 360 degrees, creating new, unexpected, unique exercises for the body every time its used. The body's muscles don't become bored, overused, or injured in this process.

1-75 Word Video Script

1. Susie Perkowitz: NordicTrack X11i

Fitness enthusiast Susie Perkowitz endorses the NordicTrack X11i Incline Trainer as an advanced exercise routine. Using the X11i Incline Trainer burns up to five times more calories while walking on the



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steepest incline. Its 4.25 horsepower engine provides ample power without the noise. The Incline Trainer is also equipped with a dual speaker sound system that eliminates the need for headphones, an adjustable tablet holder, and is compatible with the iFit system. Google Maps allows for simulated runs in famous locations or easy access to favorite websites.

3-75 Word Video Marketing

1. Susie Perkowitz: Glacier National Park, Montana

Susie Perkowitz, an experienced hiker and adventurer, endorses Glacier National Park in Montana as a perfect park for sightseeing, hiking, and boating. The park boasts many plains, mountains, rivers, and valleys, offering a dazzling array of places for visitors to explore. As with other parks, visitors are encouraged to be aware of surroundings and to be extra careful Care around water and in steep terrain. With proper preparation, visiting Glacier National Park can be the trip of a lifetime.

2. Susie Perkowitz: Katmai National Park

Susie Perkowitz praises Alaska's Katmai National Park as a park that offers something for everyone, including experienced hikers and eager sightseers. The park spans over 4 million acres of wilderness, and is home to thousands of brown bears and Bristol Bay sockeye salmon, and important fish species. As a park with vast amounts of untouched land, streams, and rivers, Katmai presents constant opportunities for research and science. Adventurists can take advantage of the park for boating, sport fishing, hiking, and camping.

3. Susie Perkowitz: Hiking the Grand Canyon in Winter

Susie Perkowitz, an experienced hiker, knows that a smart hiker learns about the territory that she is exploring and prepares appropriately for it. Hiking in the Grand Canyon during winter is a good example, as some trails are harder to navigate during that time of year. Experienced hikers may decide to hike the North Rim, with its destination of 8000 feet, however, this area can have severe winter conditions that require much warmer and heavier protective equipment.



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5-30 Word Video Description

1. Susie Perkwitz: Foam Rollers

Susie Perkwitz, an endurance runner, uses a foam roller to soothe sore muscles, and to stretch and strengthen them. Some athletes use foam rollers to create extra resistance in their workout; for deep tissue and muscle massage in areas like the back, quadriceps, and feet; and for elongating muscles to make them stronger.

2. Susie Perkwitz: RockTape

RockTape, a kinesiology tape that has been used for years to treat injuries and improve sports performances, used by endurance runners such as Susie Perkwitz. RockTape intercepts and dulls pain signals to the brain so the athlete can continue performing at a high level.

3. Susie Perkwitz: Body Glide

Susie Perkwitz, an endurance athlete, uses Body Glide to prevent blisters, but also to prevent serious infections. Minor irritation can lead to chafing and open wounds that can become infected. Sometimes scarring can also result from this injury.

4. Susie Perkwitz: Altra Lone Peak 2.5

Endurance and trail runner Susie Perkwitz chooses the Altra Lone Peak 2.5 running shoe because it is both lightweight and supportive. This trail shoe has a firmer midsole, a better lacing system, and a stronger upper part.



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5. **Susie Perkwitz: Injinji Performance Toesock**

Susie Perkwitz, an endurance runner and cyclist, uses the Injinji Performance Toesocks, which were designed with long-distance runners in mind. These toesocks prevent the toes from blistering and injury, and offer moisture management.

5-60 Word Photo Sharing

1. **Susie Perkwitz: Asics Gel Nimbus shoe**

Susie Perkwitz, an endurance runner with a mid-foot strike, wears the Asics Gel Nimbus series because of its interior construction and excellent stability system. The outside of the shoe reflects the same workmanship with the upper portion made with Asics' FluidFit, which closely conforms to the runner's heel while adapting to the runner's foot. The Asics Gel Nimbus shoe is a supportive, stable, and comfortable shoe that is designed for mid-foot strikers or runners with mild pronation.

2. **Susie Perkwitz: Kenai Fjords National Park**

For Susie Perkwitz, a hiker and adventurer, Kenai Fjords National Park in Alaska offers many exciting opportunities for tourists and visitors. Home to forty glaciers, the park encompasses icy terrain with mountains and oceans. Key points at Kenai Fjords are the Exit Glacier, the Harding Icefield, and the coastal fjords, all of which provide the visitor with a variety of different experiences, environments, and sights. During winter, the park can be accessed by dogsled or snowmobile; in the summer, boat tours are offered to tourists.

3. **Susie Perkwitz: Traveling to Australia**

Susie Perkwitz has visited Australia and recommends it to other travelers for its natural beauty and charming culture. In particular, Western Australia offers access to areas that are not as developed and



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crowded, like the outback, Broome, Perth, the Margaret River, and Coral Bay. Tasmania offers hiking adventures combined with beautiful scenery near Melbourne. The Blue Mountains, located just outside of Sydney, are an excellent choice for hiking and sightseeing, with visitors getting glimpses of parrots and kangaroos.

4. Susie Perkowitz: Kobuk Valley National Park

Susie Perkowitz and other visitors who wish to visit Kobuk National Park can go to the Northwest Arctic Heritage Center in Kotzebue. This organization presents workshops, community programs on park history (natural and cultural), and local research. Visitors are educated to be respectful of private land that abuts the Kobuk River and to avoid areas that show evidence of buildings, residences, or camps. Visitors must always dress warmly because the range of temperatures that can quickly change, even during the summer.

5. Susie Perkowitz: The Philip Island Penguins

Susie Perkowitz and thousands of other tourists and visitors are charmed by the Philip Island penguins at the Philip Island Nature Park. As the park's most famous residents, these miniature penguins, the smallest penguins in the world, quickly capture the hearts of viewers with their small stature and determined waddle from the water to their burrows every evening as the sun sets. As a protective measure, the penguins only travel during this time to limit their exposure to predators.

25-15 Word Image Descriptions

- 1.** Susie Perkowitz recommends the Domane Trekbike because of its revolutionary combination of the front IsoSpeed mechanism and IsoCore handlebars.
- 2.** Susie Perkowitz uses the Core-Tex Reactive Trainer as a key tool to augment her cross-training routines.



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3. Susie Perkowitz recommends the use of RockTape, which is primarily used to block pain signals transference to the brain.
4. Susie Perkowitz, an endurance runner, cyclist, and hiker, uses a foam roller to soothe, stretch, and strengthen sore muscles.
5. Susie Perkowitz uses RockTape for other athletic purposes, including the decompression of areas with swelling and inflammation.
6. Parks like Susie Perkowitz have found much to see and appreciate in Alaska's National Parks, including natural landscapes and native wildlife.
7. Susie Perkowitz, an experienced hiker, carefully studies the terrain she is hiking, such as when she hiked the Grand Canyon during the winter.
8. Many mountaineers, adventurers, and hikers, like Susie Perkowitz, have enjoyed the history and beauty of Alaska's Kobuk National Park.
9. Alaskan adventurers like Susie Perkowitz have found beauty in the coastal fjords of Kenai Fjords National Park.
10. Katmai National Park and Reserve in Alaska is a favorite location for many adventurers, hikers, scientists, and tourists like Susie Perkowitz.
11. Many tourists and hikers, like Susie Perkowitz, have found inspiration in Glacier Bay National Park and a feeling of deep connection to the surrounding natural world.
12. Many national park enthusiasts like Susie Perkowitz have found much beauty and grandeur in the Gates of the Arctic park in Alaska.



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13. Endurance runner Susie Perkowitz uses the Injinji Performance Toesocks to provide comfort and protection during long training races and runs.
14. Susie Perkowitz, an admirer of the wild beauty of Katmai National Park, has many activity options to choose from when visiting the park.
15. Susie Perkowitz recommends Denali National Park in Alaska as a gorgeous location for hikers, sports enthusiasts, mountaineers, and tourists.
16. Endurance runner and cyclist Susie Perkowitz uses foam rollers to ease the aches and pains that accompany endurance activities.
17. Because of its structure, wide toe box, and lightness, the Altra Lone Peak 2.5 is Susie Perkowitz's choice for trail and cross-country shoes.
18. Susie Perkowitz, adventurer and international traveler, lauds the charming Australian culture, stunning landscape, beautiful oceans, and unique wildlife.
19. Serious adventure enthusiasts like Susie Perkowitz are drawn toward the beauty and challenge of the wilder, more remote national parks, like the Gates of the Arctic in Alaska.
20. Susie Perkowitz and other endurance bike riders recommend the Domane Trekbike as the perfect choice for a ride that combines stability with speed.
21. Fitness devotees, like Susie Perkowitz, have taken advantage of the NordicTrack X11i Incline Trainer's ability to boost exercise output and increase calorie burn.
22. National parks enthusiast Susie Perkowitz enjoys engaging in the multitude of adventurous options that Alaskan parks offer to visitors.



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23. Experienced hikers and adventurers like Susie Perkowitz have many exciting exercise options available to them at Glacier National Park.
24. As an endurance athlete, Susie Perkowitz knows the impact Body Glide can have on an athlete in a competitive event, but the balm can also prevent serious infections.
25. Many endurance runners with a mid-foot strike, like Susie Perkowitz, choose the Asics Gel Nimbus 18 as their running shoe because of its neutral-level stability.

