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Dan Haren might seem Cali cool, but the laid-back vibe hides a workout junkie with an intense streak. Now that the A's ace is the hottest act in the Bay, maybe people will stop thinking of him as Zito Lite. **BY LINDSAY BERRA**

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Everyone is worried about Miguel Cabrera and his expanding waistline. But will his weight (he's pushing 250) really stall the rise of baseball's best young hitter? We crunch the numbers. (Mmmm.) **BY JORGE ARANGURÉ JR.**

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One rider, 18 tricks, 45 seconds. For Bob Burnquist, a skateboard vert run is more than a sequence of tricks. It's a way of life, complete with a Plan B. **BY MICAH ABRAMS**



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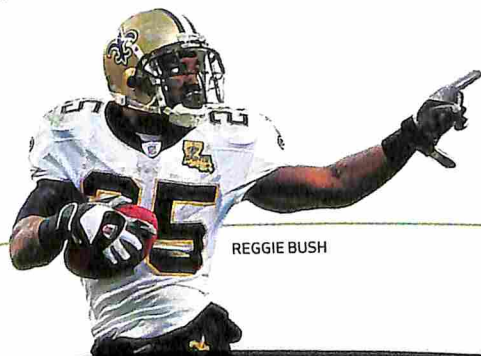
Thanks to Scouts Inc.'s 2007 scouting reports, this is the year you'll finally draft that ideal mix of stars and sleepers. Plus, wouldn't it be great if you could see the season's headlines beforehand? Now you can, with our (mostly) accurate fantasy 8-ball.

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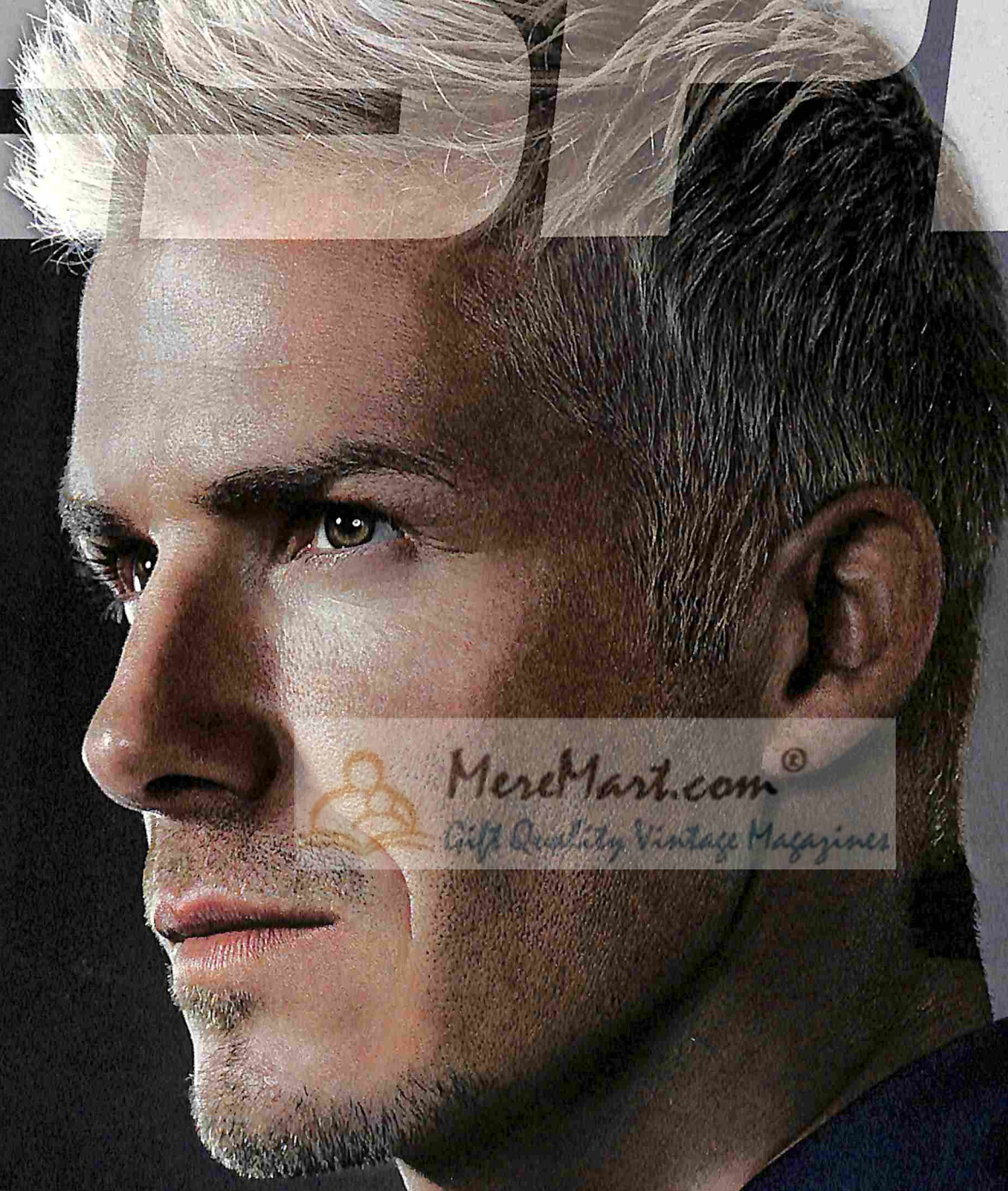
To cut a smooth swath to the championship finish line, you need to learn how to dodge defensive land mines. Consider this your road map. **BY AARON SCHATZ**

100 DEEP DOWNFIELD

The AFL isn't just a blast of summer fun, it's the (potential) source of your next great fantasy sleeper. Here's how to spot him. **BY GARY HORTON, SCOUTS INC.**



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