

From Dryland to Snow (and Winona to Vancouver) in 2010



The **XC Ski Alliance** and **CXC Team Vertical Limit** present, "From Dryland to Snow." Maria Stuber and Bryan Cook will present ways to achieve and ingrain proper technique. The clinic will focus on summer training and dryland technique. The purpose is to help local skiers learn world-class technique, expand training ideas, and improve fitness.

Maria and Bryan are from Wisconsin, graduated from Northern Michigan University, and currently ski for the **CXC Team Vertical Limit**. They will use their top level, continental and international racing experience to help you improve your technique and share training and racing insights, as they continue their quest for the 2010 Olympics.

Maria Stuber

- Waukesha, WI native
- US National Championships best finish, 2nd (2009)
- American Birkebeiner 9th place finish (2009)
- 8th Overall SuperTour Series (2009)
- Telemark SuperTour Champion (2008)
- NMU Team Captain (2006, 2007, 2008)
- NMU "Team Choice Award" (2006, 2007)
- 1st Team NCAA All-Conference in Skiing (2007, 2008)
- Korteloppet Champion (2005)
- Junior Olympic Relay Champion (2003)
- 4X NCAA championship qualifier in CC running
- Bachelor of Science in Physiology (Chemistry Minor)
- Currently working on a Master's in Exercise Science



Bryan Cook

- Rhinelander, WI native
- American Birkebeiner Podium Finish, 2nd (2009)
- US National Championships best finish, 4th (2009)
- 2x SuperTour Champion (Madison, Telemark 2009)
- 3rd Overall SuperTour Series (2009)
- 2nd Overall Marathon Cup Series (2009)
- NCAA National Championship Qualifier, 3rd place (2006)
- NMU Team Captain (2006)
- 4x 1st Team NCAA All-Conference in Skiing
- Korteloppet Champion (2003)
- World Junior Championship Qualifier (2002, 2003)
- Under-23 World Championship Qualifier (2006)
- Upper Peninsula Cyclocross Series, 3rd Overall (2007)
- Bachelor of Arts in International Studies (German Minor)



Where: St. Mary's University Ski Trails (meet at the track)
When: Sunday, November 8th, from 10 AM to 12 PM
Who: Nordic skiers (all levels are welcome)
Cost: \$50 for Master Skiers \$30 for High School Athletes



***** All proceeds from this camp will go directly to helping Maria and Bryan cross-country ski train and race full-time in the 2009/2010 season. Your support is greatly appreciated.**