

From Asphalt to Snow (and Lapham Peak to Vancouver) in 2010

The **XC Ski Alliance** and **CXC** present, the 2010 version of “From Asphalt to Snow.” After several successful clinics last season, Maria Stuber and Bryan Cook are back with new ways to achieve and ingrain proper technique. The roller ski clinic will focus on summer training and roller skiing technique. The purpose is to help southern Wisconsin 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 Elite Team**. 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.

Where: Lapham Peak State Park lower parking Lot

When: Thursday, June 25, from 6 PM to 8 PM

Who: Nordic skiers (all levels are welcome, but rollerskis are required!!!)

Cost: \$50

*****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.**

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

Rhineland, 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)

