

Welcome to the ITU Cross Triathlon World Championships / XTERRA Southeast Championship race at Oak Mountain State Park. Please find below details regarding the park and event to help in your preparation.

Driving Directions to Oak Mountain State Park

Oak Mountain State Park is located 15 miles south of Birmingham off Exit 246 on Interstate 65.

Coming from the North: On I-65, take Cahaba Valley Road (AL-119) exit (246). Turn right to go South on AL-119 and immediately turn left on to State Park Road. Go approximately 1.5 miles and turn left at the 4-way stop sign into the park. Once you get through the ranger station parking booth go straight and turn right on Terrace Drive. Continue on Terrace Drive until you see Double Oak Lake, then look for XTERRA parking signs.

Coming from the South: On I-65, take Cahaba Valley Road (AL-119) exit (246). Turn left to go South on AL-119 and immediately turn left on to State Park Road. Go approximately 1.5 miles and turn left at the 4-way stop sign into the park. Once you get through the ranger station parking booth go straight and turn right on Terrace Drive. Continue on Terrace Drive until you see Double Oak Lake, then look for XTERRA parking signs.

Note: The closest address you can enter into a mapping program is 200 Terrace Drive - Pelham, AL 35124. This is the address for the Wildlife Center above the event compound, but will get you close and you'll be able to see the XTERRA signs once on Terrace Drive.

More directions - <http://www.alapark.com/oakmountain/Directions/>

Day Use Fees at Oak Mountain State Park

Everyday: \$3 for Adults

Children 6 to 11 years of age: \$1

Senior Citizens 62 years of age and older: \$1

You can also buy a *per car* parking pass for \$10 (2 days unlimited access) or \$15 (3 days unlimited)

Please bring exact change to speed-along entry, and keep in mind that proceeds are providing financial support for Oak Mountain State Park. Thank you.

Packet Pickup at Oak Mountain State Park

Thursday from 1-5pm for age group and citizens race packet pickup only.

Thursday from 5-6pm for U23/Junior/Elite pickup only.

Friday from 1-5pm for everyone.

Bring photo identification. Americans also must bring their USAT card.

Sunday Runs: Note that we are hosting 5k/10k Mud Runs, plus half and full trail marathons on Sunday morning and you can sign-up at registration times above or Saturday from 8am-4pm.

Wristbands

At packet pick-up, athletes will be given a wristband that will allow athletes into transition at bike check-in before and after the race, and into the Opening Ceremony dinner on Friday night. For the safety of the athletes and their gear, no one will be allowed into transition without a wristband.

Water Temp

Water temperature in Double Oak Lake was measured at 76-degrees at 9am on Wednesday, May 16.

We follow the swimming conduct rules for wetsuit use established by the International Triathlon Union

(ITU) which states that wetsuits are forbidden for age group athletes if the temperature is above 71.5-degrees. Final water temperature reading and determination does not take place until Saturday morning and will be posted on event bulletin boards.

Uniforms and Skinsuits

All uniforms must conform to the ITU Uniform Rules. The torso must be covered for the entire race (swim, bike and run). No exceptions.

Skinsuits are allowed but have to be worn for whole duration of the event. Shoulders cannot come down. Skinsuits must comply with the ITU Uniform Rules.

New Rule For Elite, Under 23 and Junior Only

The penalty box is for infringements in: TA1, bike and TA2

e..x.: Mount before mount line, dismount after dismount line, discharge or store your equipment outside of your designated area, rack the bike outside your own space etc

(Transition will be videotaped for infringements)

Location: 20m before the Finish Area (**see map X=Penalty Box**)

Information: white board to show race numbers

(Athletes need to read the board – coaches are advised to check and inform their athletes)

Procedure: 15 second time penalty served on any lap of the run

If you don't stop DSQ.

Elite Check-in

90 minutes before their race starts.

Takes place at Elite Transition

All Athletes:

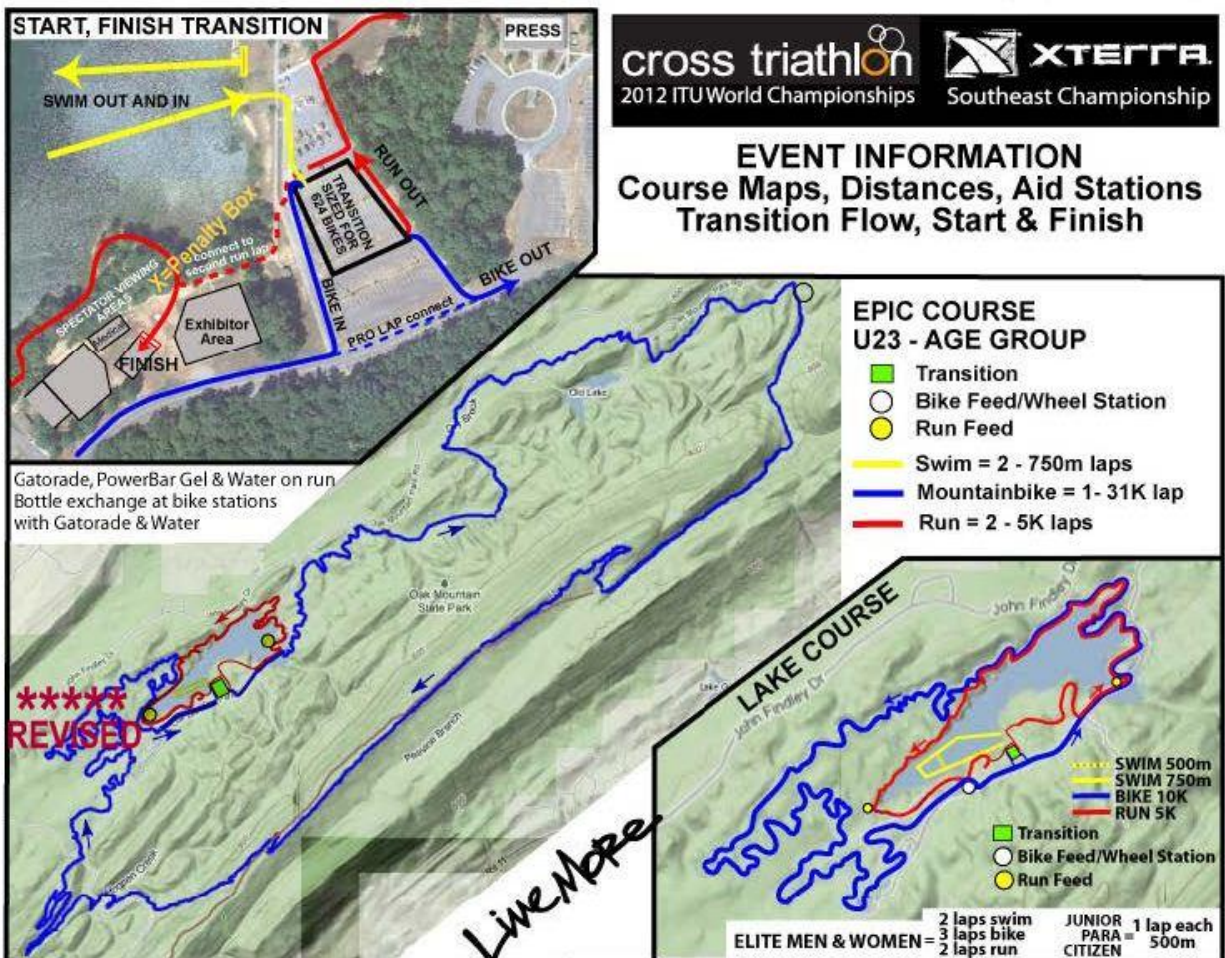
All athletes must have their helmet buckled while they are in position of their bike. It is not good enough to just buckle your helmet before leaving transition. **Your helmet must be done up before you touch your bike.**

Course Maps and Information

In the upper left of the graphic below you'll find a close-up of the swim start, transition, finish line, and spectator areas for all courses. The "EPIC" course - shown in the middle - is what U23 and age group competitors will race on. While the 1.5K swim and 10K run courses of the Epic course are identical to that of the "LAKE" course, the bike features just one "epic" 19-mile loop that starts at about 500 feet elevation, twists, turns, and rolls through the forest for seven miles then begins a gradual 700-foot climb to the summit. The descent is a fast, wild ride highlighted by the notorious "blood rock" section - a series of tricky to maneuver, uneven and jagged rocks.

******* REVISED Epic Course Update:** The “Rattlesnake” section at the end of the age group bike course has been taken out due to potential of two way traffic and confusion. Please see revised course maps on the bulletin boards at the event compound.

The elites, juniors, paratriathletes, and citizens will compete on the Lake course shown at the bottom right. Elites will do two 750-meter swim laps in the warm water of Double Oak Lake - separated by a short beach shuffle in-between. Then they'll do three laps around the Lake on the bike and two laps around the Lake on the run. Juniors, paratriathletes, and citizen racers will complete just one lap of the swim, bike, and run. The bike and run courses around the lake are fun and fast with lots of quick ups-and-downs. The Lake Course is incredibly spectator friendly.



Bike Feed / Wheel Stations

There are two bike feed/wheel stations on the Lake Course and one on the Epic Course as noted above.

Pre-Riding

The bike and run courses are marked and ready to ride. Please note hours when run course is closed.

Thursday, May 17

- 9am – 11am Age group bike and run course open for inspection
- 11am – 1pm Pro bike course open – **age group run course closed**
- 1pm-4pm Age group bike and run course open for inspection

Friday, May 18

- 9am – 3pm Swim course open for inspection
- 9am – 11am Age group bike and run course open for inspection
- 11am – 1pm Pro bike course open – **age group run course closed**
- 1pm – 4pm Age group bike and run course open for inspection

Mandatory Pre-Race Briefings at Oak Mountain State Park

Pre-race briefings are mandatory. Athletes will not be allowed to start if they do not attend their appropriate briefing.

Elites – Thursday at 4:30pm

U23/Juniors/Paratriathlon/Citizens – Thursday at 5pm

Age Group – Two sessions (choose one) – Friday at 4pm and 5pm

Saturday Race Start Times

- 6am Transition / Body Marking Open All races
- 7:30am Start Junior Men - Lake Course - 1 lap
- 7:33am Start Junior Women - Lake Course - 1 lap
- 7:36am Start Paratriathletes - Lake Course - 1 lap
- 7:45am Start Citizens - Lake Course - 1 lap
- 8am-4pm Trail Run Registration/Package Pick-up
- 8am Start U23 - Epic Course
- 8:05am Start Age Group Men - Epic Course
- 8:35am Start Age Group Women - Epic Course
- 12:35pm Cut off at T2 - Epic Course
- 1:25pm Cut off for second run lap - Epic Course
- 1:30pm Start Elite Women - Lake Course - Multiple Laps
- 4pm Start Elite Men - Lake Course - Multiple Laps
- 7pm Elite awards - event compound stage
- 8:30pm Age Group awards at Oak Mountain Amphitheater

Tips from the World Champs at Oak Mountain State Park

On Friday at 3pm Paul Mitchell presents XTERRA University with the reigning ITU Cross Tri World Champion Conrad “the Caveman” Stoltz and the 2010 women’s XTERRA World Champ Shonny Vanlandingham. Both have years of experience on this course and will provide valuable insight.

Paul Mitchell raising funds for Challenged Athletes Foundation

Get a new ‘do! An XTERRA tradition, Paul Mitchell is cutting hair to raise money for the Challenged Athletes Foundation on Saturday from 10am-3pm, and on Sunday from 9am-2pm. Minimum donation is just \$15.

Cahaba Cycles

The official bike shop is Cahaba Cycles. They’ll be on-site Friday and Saturday, and their full service shop is located at 2271 Pelham Parkway. **Phone:** 205-987-4043. **Email:** ride@cahabacycles.com

Trak Shak

Need a run shop? Go to Trak Shak at 2839 18th Street South in Homewood. **Phone:** (205) 870-5644.

Opening Ceremony Dinner Friday Night at Pelham Civic Center

The opening ceremony dinner is at the Pelham Civic Center at 500 Amphitheater Road. Doors open at 6pm, free to registered athletes in the ITU Cross Tri World Championships. Family and friends are welcome for \$15 at the door. Dinner served at 6:15pm. Brief program starts at 6:45pm.

Saturday Night Awards at Oak Mountain Amphitheater

Please join us for the age group awards ceremony at the Oak Mountain Amphitheater VIP area – just next door to the Pelham Civic Center, on Saturday evening starting at 8:30pm. This is not a dinner so please eat prior to your arrival. After the awards we'll head to the Margarita Grill at 234 Cahaba Valley Road for some more good times.

Live Updates and Results

There will be no live video feeds from the event but we will be providing text updates on twitter at [@xterraoffroad](https://twitter.com/xterraoffroad), hashtag #shelbycross. We'll also be posting some photos and videos on our facebook page at facebook.com/xterraplanet.

- Results from all races will be loaded at jltiming.com/multisport.htm

Sunday, May 20, Schedule of Events

6:30-7:30am	XTERRA Trail Runs/Walk Packet Pickup and Late Registration
8am	XTERRA Oak Mountain Trail Marathon Start
8:30am	XTERRA Oak Mountain 19K Start (Race #4 in the XTERRA Alabama Series)
8:40am	XTERRA Oak Mountain 10K Mud Run Start / 5K Mud Run Start
10:30 / 11am	XTERRA 5K/10K Mud Run Awards Ceremony / 19K Awards Ceremony
1pm	XTERRA Trail Marathon Awards Ceremony

Athlete Photos

Brightroom will be onsite taking your picture. Find yours at brightroom.com

Volunteers

We could still use volunteer help for Saturday and Sunday so if any of you have relatives or friends who could lend a hand it would be greatly appreciated. Contact Dayton Morinaga by email Dayton@xterraplanet.com, phone 808-754-2567, or just come on down before the race. Thank you!

Special Thanks to our Sponsors

The 2012 Shelby County ITU Cross Triathlon World Championships / XTERRA Southeast Championship is presented by Paul Mitchell, AVIA, and Shelby County. Sponsors include Oak Mountain State Park, the City of Pelham, the City of Hoover, Alabama Tourism Department, PowerBar, Gatorade, Rudy Project, Breakthrough Nutrition, Zorrel, XTERRAShop.com, XTERRA Wetsuits, XTERRA Footwear, XTERRA Fitness, and the Shelby County Reporter.

Schedule of events and more details online at xterrapelham.com

Still have a question? Call toll-free at 877-751-8880

Safe travels, and we'll see you real soon.

ITU / XTERRA