



cross triathlon

2012 ITU World Championships

X TERRA



MAY 19-20 // OAK MOUNTAIN STATE PARK

**PRESS
GUIDE**

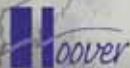
SATURDAY, MAY 19

- SHELBY COUNTY ITU CROSS TRIATHLON WORLD CHAMPIONSHIPS
- XTERRA SOUTHEAST CHAMPIONSHIP & OAK MOUNTAIN SPRINT TRI

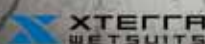
SUNDAY, MAY 20

- XTERRA OAK MOUNTAIN TRAIL RUNS
- TRAIL MARATHON, HALF MARATHON, 10K AND 5K MUD RUNS

WWW.XTERRAPELHAM.COM OR CALL 877-751-8880 // INFO@XTERRAPLANET.COM



ZORREL





EVENT 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.



shelbycountytourism.org





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In 1996 mountain biking and triathlon met in a duel of the fittest on the island of Maui. The race consisted of an open-ocean swim, a mountain bike race, and a trail run. It represented a bold new racing format that attracted outdoor enthusiasts, adventure seekers, mountain bikers and triathletes. The mountain bikers brought their laid-back style and bold self-assurance. The triathletes brought their hard-core training and avid dedication. They soon discovered a common spirit and attitude that pulled them together. The relationship would become an internationally-recognized brand called Xterra.

Since that day, Xterra has grown into the world's leading off-road triathlon with more than 100 races in 15 countries, including 70 in the Xterra America Tour alone.

A typical Xterra is comprised of the following:

1.5 kilometer (0.93-mile) swim in an ocean, lake, or river
 30 kilometer (18.6-mile) mountain bike on off-road trails
 10 kilometer (6.2-mile) trail run on a variety of surfaces

This year Xterra will raise the profile of off-road tri yet again by welcoming the International Triathlon Union into the family, and hosting the ITU Cross Triathlon World Championships in conjunction with the Xterra Southeast Championship. "Cross Tri" is another way of saying "Off-Road Tri" or "Mountain Bike Tri."

Because the ITU Cross Triathlon World Championships and Xterra Southeast Championship are being held in conjunction this year, the racers will be doing two races in one. Under the ITU banner, they will have the honor of competing for their respective countries, world titles, and \$20,000. At the same time under the Xterra banner, it is the second of four regionals in the Xterra U.S. Pro Series, and offers up 86 qualifying spots into the Xterra World Championship for amateurs. Age group competitors also earn points in pursuit of winning their region and qualifying for the invite-only Xterra USA Championship held in Utah on Sept. 22.

This guide will breakdown the who, what, when, where and why of the ITU Cross Triathlon World Championships and Xterra Southeast Championship races - and introduce you to the professional athletes that will compete in the world's premier off-road triathlon.

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 - Live text updates: [facebook.com/xterraplanet](https://www.facebook.com/xterraplanet)
 - On twitter @xterraoffroad ... #shelbycross
 - Results posted at jttiming.com/multisport.htm



WELCOME TO SHELBY COUNTY & ITU CROSS TRI WORLDS

Greetings and welcome to the 2012 Shelby County ITU Cross Triathlon World Championships and XTERRA Southeast Championship.

Last year was a historic one for Cross Triathlon. After four years of Continental Championships, ITU hosted its first world titles in Extremadura, Spain. Over 400 athletes competed across the elite, junior, age-group and paratriathlon categories in the swim, mountain bike and cross-country run discipline.

This year, we can take another exciting step forward for the sport as ITU partners with XTERRA for the second edition. Cross triathlon first emerged in 1996, at a race in Maui, Hawaii and ITU acknowledges XTERRA's role in helping this vibrant and dynamic format emerge since then. I hope working together on this exciting course will help continue to push cross triathlon to a new level. ITU is always looking for ways to strengthen our multisports as we are proudly committed to each and every one in the ITU community, not just triathlon. After all, at its heart triathlon is a multi-discipline sport and we believe each form plays an important part in developing our sport around the world.

Thanks to all those involved in helping to stage this event, including TEAM Unlimited, XTERRA, Shelby County, the City of Pelham, the City of Hoover, Oak Mountain State Park and the Birmingham Urban Mountain Pedalers. Overall, I encourage all athletes, volunteers, organizers, media and supporters to enjoy Shelby County, Alabama and the spectacle of cross triathlon.

Sincerely,

Marisol Casado
President, International Triathlon Union
IOC Member




Welcome to Shelby County!

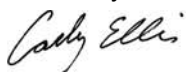


Corley Ellis

The ITU World Championships represent the pinnacle of cross triathlon events that have been held in Shelby County at Oak Mountain State Park. We are pleased to have the opportunity to showcase our Park and the rest of our beautiful County to the athletes gathering for this World Championship event.

Oak Mountain's numerous amenities include boating, golfing, fishing, swimming, hiking, mountain biking, a new pump track, campgrounds, cabins, horseback riding and an equestrian campground as well as the Alabama Wildlife Rehabilitation Center and the Oak Mountain Interpretive Center. We encourage you to visit www.shelbycountytourism.org to find out all Oak Mountain and Shelby County has to offer.

Sincerely,



Corley Ellis
Chairman Shelby County Commission



Alex Dudchuck



Alex Dudchuck
County Manager

SCHEDULE OF EVENTS @ OAK MOUNTAIN STATE PARK

Wednesday, May 16

12 Noon – 5pm Age group bike and run course open for inspection

Note: Elite & age group run course are same. Trails partially marked by noon, fully marked by end of day

Thursday, May 17

1pm – 5pm Age group registration and packet pickup only
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
4:30pm Elite briefing at event compound
5pm U23 briefing at event compound
5pm-6pm U23/Elite/Junior packet pickup



Friday, May 18

1pm – 5pm Registration and packet pickup
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
3pm XTERRA University, presented by Paul Mitchell, with Conrad Stoltz & Lesley Paterson
4pm / 5pm Age group race briefing #1 / Age group race briefing #2
6pm Opening Ceremony – Pre Race meal at Pelham Civic Center

XTERRA

Saturday, May 19

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	All trail runs
8am	Start U23	Epic Course
8:05am	Start Age Group Men	Epic Course
8:35am	Start Age Group Women	Epic Course
10am - 3pm	Paul Mitchell Cut-a-thon, a benefit for the Challenged Athletes Foundation	
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 and after party	TBD

Sunday, May 20

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 / 8:45am XTERRA Oak Mountain 10K Mud Run Start / 5K Mud Run Start
9am - 2pm Paul Mitchell Cut-a-thon, a benefit for the Challenged Athletes Foundation
10:30 / 11am XTERRA 5K/10K Mud Run Awards Ceremony / 19K Awards Ceremony
1pm XTERRA Trail Marathon Awards Ceremony

PAUL MITCHELL CUT-A-THON AND XTERRA UNIVERSITY



PAUL MITCHELL

Founded to help physically challenged athletes reach their athletic goals, the non-profit Challenged Athletes Foundation is the official charity of the Paul Mitchell Cut-a-thon at each championship stop on the XTERRA America Tour.

Stylists will cut hair from 10:00am-3:00pm on Saturday, May 19 and 9am-2pm on Sunday, May 20 at the finish line area and all proceeds will go to the CAF.

XTERRA UNIVERSITY Presented by Paul Mitchell

Learn the art of XTERRA from the best off-road multisport athletes on the planet - XTERRA World Champions Conrad Stoltz and Lesley Paterson. XTERRA University is a must for first-timers and anyone looking to sharpen their skills in swimming, mountain biking, trail running, and nutrition. Conrad and Lesley will even break down into ITU course specifics and answer any and all questions. Best part is, the clinic is FREE. Friday at 3pm at Oak Mountain State Park.



XTERRA OAK MOUNTAIN TRAIL RUNS ON SUNDAY, MAY 20

In addition to the cross triathlons XTERRA will host the increasingly popular XTERRA Oak Mountain Marathon, half-marathon, and 5K/10K mud runs on Sunday, May 20.

The event is open to runners of all ages and skill levels, and there are four courses available to accommodate the various levels of runners: a 42-kilometer full-marathon, a 21K half-marathon, and 10K and 5K "mud runs."

Most XTERRA Trail Run events feature a 21K trail as the long course, but the expansive and picturesque Oak Mountain State Park is one of the few venues in America that can accommodate a full-marathon trail race.

"I would say the course is a very well-rounded course with a little bit of everything," said David Wall (pictured), who won last year's full-marathon race at Oak Mountain. "Lots of hills, some flat and fast fire roads, fast single track, lots of turns and rocks. But I would say there is probably only a mile of really technical trail. The rest has great footing."

Wall completed the 42K course last year in 3 hours, 2 minutes, 42 seconds, and finished nearly 10 minutes ahead of the rest of the field. He said the key for runners is to keep in mind that a trail marathon is completely different from a road marathon.

"I believe any marathon runner can do this course," he said. "But they can't expect to set a (personal best time). They are going to have to walk a bit, too, just because it's on a mountain trail and not a flat road. But if they want a scenic run through the woods, then this is a great race."

For those looking for a shorter course, the 21K half-marathon will offer plenty of its own challenges, as well as a large field of runners. The 10K and 5K "mud runs" are called such because they feature a fun section through a large mud pit.

The trails at Oak Mountain State Park were ranked by Trail Runner magazine as one of the top 25 "Crown Jewels" of running trails across America in 2011.

All age-group winners from the 42K and 21K courses will receive a free entry to represent Alabama at the 2012 XTERRA Trail Run World Championship at Kualoa Ranch, Hawaii, in December.



The XTERRA Oak Mountain Trail Run will also serve as the final event in the 2012 XTERRA Alabama Trail Run Series, so it will be the last chance for runners to earn points toward the overall series standings. The top 15 runners in each age group for both the 42K and 21K will receive points toward the series standings. It is important to note that runners who have not previously participated in the Alabama Series are still eligible to enter this race.



XTERRA & ITU FORM HISTORIC PARTNERSHIP

In April of 2012 the International Triathlon Union (ITU) announced it had selected TEAM Unlimited/XTERRA to produce the 2012 ITU Cross Triathlon World Championships at Oak Mountain State Park in Shelby County, Alabama on May 19.

"The triathlon and multisport family is extensive and far reaching and ITU is delighted to form a partnership with XTERRA for our 2012 Cross Triathlon World Championships. We are confident the strong race organization and dynamic course will continue to push Cross Triathlon to a new level," said Marisol Casado, ITU President & IOC Member.

It is the first time the event will be held in the United States. ITU hosted the inaugural Cross Tri World Championships last year in Extremadura, Spain, where four-time XTERRA World Champion Conrad Stoltz from South Africa and three-time XTERRA World Champion Melanie McQuaid from Canada won the elite titles.

The ITU Cross Tri World Championships will be held in conjunction with the seventh-annual XTERRA Southeast Championship race with local support from Shelby County, City of Pelham, City of Hoover, Alabama Tourism Department, Oak Mountain State Park and the Birmingham Urban Mountain Pedalers.

The event will feature \$20,000 USD in prize money for elite athletes, who will compete over a 1.5km swim, 30km mountain bike and 10km trail run. Under-23, junior, age-group and paratriathlon races will also be contested.

"We are excited about bringing the ITU Cross Tri World Championships to the U.S.," said XTERRA managing director Dave Nicholas, who served as the Team USA Manager at the ITU Championships in Spain last year. "By combining the XTERRA series with ITU we are reaching new heights in cooperation between directors and the federations, and the venue at Oak Mountain and Shelby County are perfect for this event."

XTERRA competitors have been praising the trails at Oak Mountain since the first XTERRA staged there in 2006. Shonny Vanlandingham, the 2010 XTERRA World Champion, said "I've raced all over the world, and I just love coming back to Oak Mountain every year. It is perhaps the best course in the nation."



"We are pleased to create this regional cooperation and look forward to welcoming athletes from around the world to compete in this prestigious event," said Hoover Mayor Gary Ivey.

The unique format for the 2012 ITU Cross Triathlon World Championships also provides a spectator friendly competition for the men's and women's pro-only races featuring multiple loops on the bike and run courses that will pass through the main athlete village and around scenic Double Oak Lake. The under-23, junior, age-group and paratriathlon race courses will be staged on more traditional single-loop short and long courses to allow for the larger fields.



XTERRA & ITU FORM HISTORIC PARTNERSHIP

About TEAM Unlimited/XTERRA

TEAM Unlimited is a Hawaii-based television events and marketing company, founded in 1988. It owns and produces XTERRA and in 2011 produced more than 100 XTERRA off-road triathlon and trail running races in 15 countries worldwide. In the U.S. alone nearly 200,000 participants took part in the XTERRA lifestyle last year while XTERRA's TV, publicity, advertising, online, and grassroots marketing efforts generated more than 400 million impressions. In addition, TEAM TV has produced more than 300 adventure television shows resulting in three Emmy's and 42 Telly Awards for production excellence since 1990. View samples at www.xterra.tv, and learn more at xterraplanet.com and xterratrailrun.com.

XTERRA Media Contact

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About the International Triathlon Union (ITU)

The International Triathlon Union is the world governing body for the Olympic sport of Triathlon and all related MultiSport disciplines including Duathlon, Aquathlon, Cross Triathlon and Winter Triathlon. ITU was founded in 1989 at the first ITU Congress in Avignon, France. It has maintained its headquarters in Vancouver, Canada since then and also has offices in Lausanne, Switzerland and Madrid, Spain. It now has over 120 affiliated National Federations on five continents and is the youngest International Federation in the Olympic Games. Triathlon was awarded Olympic Games status in 1994 and made its Olympic debut in Sydney 2000. Triathlon is also featured in the Asian Games, Pan American Games and Commonwealth Games. Paratriathlon was accepted into the Paralympic Games in 2010 and will make its Paralympic debut in Rio 2016. ITU is proudly committed to supporting the development of the sport worldwide through strong relationships with continental and national federations, working with its partners to offer a balanced sport development programme from grassroots to a high-performance level. For more information, visit: www.triathlon.org

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Or Visit ITU Online Media Centre: media.triathlon.org



BEST CROSS TRIATHLETES MEET BEST CROSS COURSE

To illustrate how good the trails are at Oak Mountain State Park – home to this year's Shelby County ITU Cross Triathlon World Championships / XTERRA Southeast Championship on May 19 – one only needs to hear from the world's greatest cross-triathlete – Conrad "the Caveman" Stoltz.

"This place is amazing, and I know I speak for all of us when I say we love it here. It's a true XTERRA course with a nice swim in a beautiful lake, a technical, fun mountain bike course and a tough run," said Stoltz after last year's Southeast Championship race, adding that after 20 years of racing around the world, "this course is my favorite of all."

The two-time Olympian from South Africa won the inaugural ITU Cross Tri World Title last year in Spain, is the only elite to win four XTERRA World Championships and nine XTERRA U.S. Pro Series titles, and his 44 career XTERRA championship victories is an all-time record. While his word is gold and could stand by itself, he's not the only one offering high-praise for this course.

Runner's World Magazine called the trails one of America's "Crown Jewels - 25 best trails in the nation," and the International Mountain Bicycling Association granted them the prestigious EPIC designation – given only to those rare trails "guaranteed to blow your mind."

Credit belongs to the Birmingham Urban Mountain Pedalers (BUMP) and Shelby County for the continued development of world class trails along with their State Partners; Alabama Department of Economic and Community Affairs and Oak Mountain State Park who have worked hand in hand to elevate the caliber of mountain biking at this venue. BUMP has spent more than 100,000 hours in design and construction of new trails over the past 20 years in conjunction with the efforts of County Manager Alex Dudchock and Oak Mountain Superintendent Michael Jeffreys to make this trail system what it is today.

The unique format for the 2012 ITU Cross Triathlon World Championships, which provides a spectator friendly competition for the men's and women's pro-only races, features multiple loops on the bike and run courses that will pass through the main athlete village and around scenic Double Oak Lake. While pros will miss the famous "blood rock" section on the epic single-loop course, they excitedly embrace the Nascar-style of fast-and-furious racing.



"I really enjoyed the lap courses for the bike and run in Spain," said Stoltz after the inaugural ITU Cross Tri title which featured 4-5K bike loops and 2-3K run loops. "The spectators, many of them age groupers who raced earlier, lined the course to cheer and watch the action. The crowds were great, and because of the multiple loops groupers and spectators could really get into it."

The course at Oak Mountain is longer by distance than what they raced in Spain with 3 laps totaling 31K on the bike and two 5K laps on the run, but the format is the same with multiple laps. With the pros starting in the afternoon, and hundreds of amateurs, their friends and family already done with their race remaining at the venue to watch, you can expect the same great crowd interaction.

Of note, the under-23, junior, age-group and paratriathlon race courses will be staged on the traditional XTERRA single-loop short and long courses to allow for the larger fields.

"The Oak Mountain course is really fun, and it's always one of our favorite stops on tour because everyone is so nice, inviting, and thoughtful," said reigning ITU Cross Tri Women's World Champ Melanie McQuaid from Canada. "It's fun to enjoy the southern lifestyle for a while like this, and the race itself is true XTERRA."

You can view video previews of the bike and run courses at xterrapelham.com. Note that the videos were taken in February, and by May the foliage will be thick and green!

ABOUT OAK MOUNTAIN STATE PARK & SHELBY COUNTY

Beyond just the racing, year-after-year athletes comment on how real the Southern hospitality is, and how much they enjoyed the friendly people and delicious food.

"Alabama is always a very interesting cultural experience for me," said Stoltz a few years back. "I had hush puppies, fried catfish, prawns, cornbread, and grits. We went to the Cracker Barrel and I thought that it was a mom and pop store and someone said 'No, there are thousands of them'. We got to meet a lot of the locals, talk to the people, enjoy the Southern hospitality and the Southern food which was really pretty cool."

Stoltz serves not just as an ambassador to the sport of cross (off-road) triathlon, but also as a promoter of the healthy, active outdoors lifestyle and has been strong about telling the community in Shelby County just how good they have it.

"When we talk to kids and adults alike it's not so much about becoming an elite athlete, it's about being fit and healthy and enjoying the outdoors. Not everyone can be an Olympian, but they can feel good about themselves and be healthy and enjoy the nature around them, it's a great lifestyle. And when you're lucky enough to live where Mother Nature is at its finest like here at Oak Mountain, that's a gift that shouldn't be ignored," said Stoltz.

"The recreational infrastructure at Oak Mountain State Park is very important to past successes and our goals for advancing tourism in our county, we plan to continue improving the facilities and developing additional regional and national events," said Alex Dudchock, County Manager.



Notes about the Shelby County ITU Cross Tri World Championships/Xterra Southeast Championship

- Easy to get to from anywhere. Atlanta, one of the biggest airports on earth is just 2.5 hours away. The Birmingham airport with direct connections is only 30 minutes away.
- Shelby County is home to the venue site, Oak Mountain State Park, the State's largest State park, with more than 10,000 acres. There is so much more to see in Shelby County. The County boasts 50 public parks, eight museums, three wineries and 10 golf courses.
- There are dozens of good hotels within 15 minutes of the start line with prices as low as \$US80 for two people. Many include breakfast. To find convenient hotels to the venue site visit the Shelby County hotel link and for other hotels in nearby Hoover click here. Choice Hotels also has several offerings in the area, and athletes can use the Xterra discount code 00224890 at www.choicesportstravel.com.
- There are dozens of restaurants in the area from simple to gourmet. One of the crew favorites is the Margarita Grill on Cahaba Valley Road.
- Birmingham is a historic city with roots back to the US Civil War and was the center of the US civil rights movement of the 1960's. Museums and historic places abound.
- This area of the United States is known for its Southern Hospitality and friendly people.
- For motor enthusiasts, the Barber Motorsports park and museum is one of the foremost motorcycle and car museums anywhere.
- The weather will be fantastic!! Temperature between 80 to 85F/29-31C.
- Over 40 miles of trails from single track to jeep road, rolling hills, fast descents, technical yet fast.
- Lake temperature normally 75F /24C.
- XTERRA will also host 5K and 10K Mud Runs, and 21K and 42K trail runs on Sunday for all to enjoy.
- **XTERRA is also producing a citizens race open to all for those that did not qualify for the ITU event. It features a 500m Swim + 10K Bike + 5K run on the Lake Course.**

ITU CROSS TRI WORLDS AGE GROUP PREVIEW

Last year at the inaugural ITU Cross Triathlon World Championships in Spain the host country reigned supreme with locals accounting for 15 of the 27 gold medals awarded.

In 2012 you can expect even greater domination from the host nation as Team USA makes up the vast majority of the amateur field and will be racing on home turf - a course that many in the field have raced on since XTERRA first came to Shelby County in 2006.

Leading the charge for the big Team USA age group contingent is a true local – Casey Fannin (pictured) from Birmingham. With 20 years worth of experience riding the trails at Oak Mountain and two XTERRA World Titles to his credit, Fannin is the clear favorite in the 50-54 division.

Other stand-outs in the men's field include John Stover (reigning and two-time XTERRA World Champ in the 70-74 division), Steve Cole (reigning XTERRA USA Champ in the 55-59 division), Matt Boobar (a former XTERRA pro now competing in the 40-44 division), Bryce Phinney and Fred Smith in the 35-39 division, and Mathieu Signoretty, the current 20-24 XTERRA USA Champ.

On the women's side Team USA boasts Charlotte Mahan (the 2010 XTERRA World Champ in the 65-59 division), Cindi Toepel (current and 4x XTERRA World Champ in the 60-64 division), Barbara Peterson (current and 6x World Champ in the 55-59 division), Tamara Tabeek (current 50-54 World Champ), Kathy Hudson (the defending ITU Cross Tri 45-49 champ), Kristin Jo Markham (the defending ITU Cross Tri 25-29 champ) and Hannah Rae Finchamp (current and 2x World Champ).

In all, there are 267 Americans from 38 states ready to represent Team USA and turn Shelby County into a sea of red, white, and blue.

While the Americans come in mass, the foreigners have sent some ringers to stake their claim on the ITU crowns.

Of note is two-time overall amateur XTERRA World Champion Tim Van Daele from Belgium in the 30-34 division, 4-time XTERRA World Champion Calvin Zaryski from Canada in the 40-44 division), and 2011 XTERRA World Champion Lizzie Orchard from New Zealand in the women's 25-29 division.

ITU Cross Tri Worlds/XTERRA Age Group Quick Stats

18 countries, including USA (20 National Federations)
 38 U.S. states + 2 U.S. territories (Puerto Rico+Guam)
 22% Foreign + 78% USA
 95% competitors traveling to race from out of town.
 Two locals from Pelham - Jason Barnette/Owen Workman
 Two locals from Hoover - Jerry Ryan/Ed Freyer

QUALIFYING FOR TEAM USA

There were two ways for athletes to qualify for the 2012 ITU Cross (Off-Road) Triathlon World Championships:

1. 2011 ITU Cross Tri Worlds Qualifiers were automatically qualified for 2012.

2. Skills based process where athletes were required to submit their off-road 'cross' triathlon credentials to USA Triathlon.

- Foreign athletes were required to register with their national federation, which had varying standards.



2011 ITU CROSS TRI WORLD CHAMPIONS (Spain, 4/30/11)

Div	Men	Country	Women	Country
Juniors	Filipe Azevedo	POR	Miriam Garcia	ESP
U23	Hugo Ventura	POR	Brigitta Poor	HUN
18-19	Francisco Ferreira	POR	Helena Munoz	ESP
20-24	Harry Coates	GBR	Flavia Coniglio	ESP
25-29	Antonio Garcia	ESP	Kristin Jo Markham	USA
30-34	Antonio Del Pino	ESP	Maria Bautista	ESP
35-39	Juan Marquez	ESP	Martina Donner	AUT
40-44	Fernando Millan	ESP	Imma Sanchez	ESP
45-49	Johan Neevel	NED	Kathy Hudson	USA
50-54	Brent Peacock	USA	Beverly Enslow	USA
55-59	Michael Skivington	GBR	Marilo Morujo	ESP
60-64	Angel Pascual	ESP	Kathy Frank	USA
65-69	Leo Meewisse	NED	-----	-----

Para TRI-2 (Ricardo Arcos, ESP) TRI-3 (Ivan Alvarez, ESP) TRI-4 (Toni Franco, ESP)
 TRI-5 (Ben Landier, FRA) TRI-6 (Fernando Riano, ESP)

TEAM USA ROSTER - AGE GROUP MEN



First	Last Name	Div	Hometown	State	First	Last Name	Div	Hometown	State
John	Stover	70-74	Jackson	MI	Mark	Rebora	50-54	Glen Ellyn	IL
Peter	Lilley	65-69	Charlotte	NC	Casey	Fannin	50-54	Birmingham	AL
G L	Brown	65-69	Ada	MI	Michael	Seibel	50-54	Birmingham	AL
Ronald	Scranton	65-69	Tijeras	NM	Lance	Thatcher	50-54	Plano	TX
Richard	Wall	65-69	Colorado Springs	CO	Ken	White	50-54	San Rafael	CA
Terry	Hutchins	60-64	Kalamazoo	MI	John	Collins	50-54	Hickory	NC
James	Dewlen	60-64	Stillwater	OK	Ali	Arasta	50-54	Asheboro	NC
David	Rakita	60-64	Durango	CO	Jeff	Anders	45-49	Madison	WI
J. Alan	Moore	60-64	Ada	MI	Tucker	Newberry	45-49	Oakton	WA
Bill	Blankenship	60-64	Santa Fe	NM	Ken	Klein	45-49	Ormond Beach	FL
Frank	George	60-64	Rome	GA	John	Harrington	45-49	S. Lake Tahoe	CA
Maurice	Malone	60-64	Bailey	MS	Mark	Rudder	45-49	Dunwoody	GA
Robert	Larson	60-64	Novi	MI	Joseph	Yorio	45-49	Mason	OH
Chuck	Grzanka	60-64	Ada	MI	Sam	Sandusky	45-49	Tampa	FL
James	Dalton	60-64	Salem	VA	Alan	Abeyta	45-49	Phoenix	AZ
Dennis	Lloyd	60-64	Sacramento	CA	Robert	Little	45-49	Rancho Cucamonga	CA
Tryg	Fortun	60-64	Kenmore	WA	Andrew	Duenow	45-49	Anchorage	AK
Nils	Holten	60-64	Aurora	CO	Michael	Grote	45-49	Austin	TX
Pavel	Lavdakopoulos	60-64	Palm Springs	CA	Bob	Jacobus	45-49	Vestavia Hills	AL
Jeff	Smith	55-59	Wilmington	NC	Peter	Hanson	45-49	Incline Village	NV
Dave	Packard	55-59	North Palm Beach	FL	Tad	Norton	45-49	Warrensburg	NY
Audie	Smith	55-59	Knoxville	TN	Gregory	Kenney	45-49	Carson City	NV
Jerry	Ryan	55-59	Hoover	AL	Tom	Rosencrantz	45-49	Mill Valley	CA
John	Royson	55-59	Albany	CA	Mauricio	Duarte	45-49	Mineola	NY
Ian	Davidson	55-59	Clemson	SC	Scott	Huntley	45-49	West Palm Beach	FL
Paul	Marsac	55-59	Syosset	NY	Cody	Riley	45-49	Newburgh	IN
Peter	Dann	55-59	Eagle	CO	Christopher	Taylor	45-49	Tequesta	FL
Steve	Cole	55-59	Olive Branch	MS	John	Henis	45-49	Simpsonville	SC
Mike	Bagent	55-59	Niceville	FL	Jukka	Valkonen	45-49	Piedmont	CA
Mark	Lindsey	55-59	Austin	TX	Chris	Locke	45-49	Kansas City	MO
Tim	Forbert	55-59	Bailey	CO	Rodney	Mall	45-49	Hayden	ID
John	Elm	55-59	Crested Butte	CO	Mike	Hebe	45-49	New Cumberland	PA
Stewart	Kelly	55-59	Waco	TX	Andrew	Kelsey	45-49	Flower Mound	TX
Bruce	McLaughlin	55-59	Royersford	PA	David	Southall	40-44	Houston	TX
Kevin	Ruehle	55-59	Rogers	AR	Ken	Ono	40-44	Johns Creek	GA
David	Graff	55-59	Santa Clara	CA	Owen	Workman	40-44	Pelham	AL
Scott	Ewing	55-59	Destin	FL	Dano	Swanson	40-44	Simi Valley	CA
Gregg	Swersky	55-59	Knoxville	TN	Glenn	Cook	40-44	Greensboro	NC
Tom	Monica	55-59	Thousand Oaks	CA	Charlie	Dixon	40-44	Beaumont	TX
John	Miller	50-54	Woodland	CA	David	Meadows	40-44	Birmingham	AL
Cliff	Millemann	50-54	Davis	CA	Michael	Elliot	40-44	Dallas	TX
Jack	Haire	50-54	Gainesville	GA	Edward	Oliver	40-44	Littleton	CO
Bruce	Wilson	50-54	Temecula	CA	Eric	Hammond	40-44	Tega cay	SC
Greg	Rock	50-54	Orlando	FL	David	Cloninger	40-44	Bend	OR
Dave	Ruby	50-54	La Verne	CA	Jeff	Richards	40-44	Atlanta	GA
Roderick	Norton	50-54	Alpharetta	GA	Richard	Fernand	40-44	Boise	ID
Michael	Nyberg	50-54	Bend	OR	Giles	Healey	40-44	Carmel	CA

TEAM USA ROSTER - AGE GROUP MEN



First	Last Name	Div	Hometown	State	First	Last Name	Div	Hometown	State
Eddie	Thomas	40-44	Birmingham	AL	Jason	Lamoreaux	30-34	Anchorage	AK
Marcus	Barton	40-44	Waxhaw	NC	Troy	Ketchum	30-34	Chattanooga	TN
Stephen	Hicks	40-44	Vestavia Hills	AL	Christopher	Sweet	30-34	Lexington	IL
Robert	Strangia	40-44	Atlanta	GA	Josh	Flanagan	30-34	Cohasset	MA
Francisco	Fernandez-Posse	40-44	Deerfield Beach	FL	Lucas	Brusseau	30-34	Denton	TX
Andy	Zoldak	40-44	Madison	WI	Daniel	OSullivan	30-34	San Francisco	CA
Eric	Snowberg	40-44	Golden	CO	Robert	Butner	30-34	Union City	CA
Richard	Cowell	40-44	Tequesta	FL	Adam	Reardon	30-34	Austin	TX
Travis	Grappo	40-44	Birmingham	AL	Jonathan	Kiley	30-34	Abilene	TX
Kurt	Perham	40-44	Brunswick	ME	Craig	Roberson	30-34	West Monroe	LA
Aaron	Prevo	40-44	South Ogden	UT	Jeff	Hightower	30-34	Brandon	MS
Ed	Freyer	40-44	Hoover	AL	Mark	Braithwaite	30-34	Richmond	VA
Roger	Turpin	40-44	Cardiff	CA	Nick	Skaggs	30-34	Phoenix	AZ
Richard	Roberts	40-44	Deatsville	AL	Michael	Bean	30-34	Denver	CO
James	Jaworski	40-44	Miami Beach	FL	David	Miller	30-34	Esparto	CA
Matt	Boobar	40-44	Stratton Mountain	VT	Joshua	DeBoisblanc	30-34	Austin	TX
Chris	Scott	40-44	Morrison	IL	Rick	Wetherald	30-34	San Marcos	TX
Matt	Widzer	35-39	Columbia	MO	Justin	Marsac	25-29	Bethage	NY
Bryan	McArthur	35-39	Athens	GA	Steen	Rose	25-29	Dallas	TX
Daniel	Kimball	35-39	Fort Mill	SC	Marcus	DeBergh	25-29	Albany	NY
James	Fisher	35-39	Birmingham	AL	Michael	Montgomery	25-29	Newnan	GA
Ruben	Figueres	35-39	Chicago	IL	Jason	Blackman	25-29	Greenacres	FL
Eric	Atwood	35-39	Sammamish	WA	Eric	Kamber	25-29	Birmingham	AL
Karl	Lippisch	35-39	Las Vegas	NV	Justin	Tucker	25-29	Douglasville	GA
Robert	Matusiak	35-39	Roselle	IL	John	Reiker	25-29	St. Charles	IL
Johan	Duba	35-39	Herndon	VA	Adam	Xaysuda	25-29	Shreveport	LA
Daniel	Arnett	35-39	Atlanta	GA	Adam	Meisberger	25-29	Pompano Beach	FL
Christopher	Trevelise	35-39	Austin	TX	Richard	Petty	20-24	Springfield	VA
Anthony	Snoble	35-39	East Islip	NY	Matthew	Robbins	20-24	Chattanooga	TN
Robert	Jackson	35-39	Lake Oswego	OR	Mathieu	Signoretty	20-24	Sammamish	WA
Jason	Baldwin	35-39	Asheboro	NC	Ian	King	20-24	Columbus	NJ
Bryce	Phinney	35-39	Tucson	AZ	John	Loucks	20-24	Owensboro	KY
Jim	Heebner	35-39	Alpharetta	GA	Taylor	Seavey	20-24	Seattle	WA
Jeremy	Smith	35-39	Kingsport	TN	Brian	Hicks	TRI-5	Pike Road	AL
Jason	Barnette	35-39	Pelham	AL	Sam	Cockrell	Junior	Daphne	AL
Fred	Smith	35-39	Knoxville	TN	Robbie	Deckard	Junior	Indianapolis	IN
Brad	Moore	35-39	Parsons	TN	Caden	Ewing	Junior	Destin	FL
Aaron	Penton	35-39	Huntsville	AL	Logan	Marshall	Junior	Altamont	NY
Dominik	Van der Veen	35-39	Rockville	MD	Hunter	Tolbert	Junior	Hebert City	UT
Zach	Middlebrooks	35-39	Alpharetta	GA					
Michael	Danish	30-34	Miami	FL					
A.J.	Petrillo	30-34	Blue Ridge	GA					
Alex	Murdock	30-34	Richmond	VA					
Nicholas	Goodman	30-34	Fountain Hills	AZ					
Rob	Pollard	30-34	Mechanicsville	VA					
Paul	Fronhofer II	30-34	Argyle	NY					
Jim	Wueste	30-34	Atlanta	GA					



TEAM USA ROSTER - AGE GROUP WOMEN



First	Last Name	Div	Hometown	State	First	Last Name	Div	Hometown	State
Charlotte	Mahan	65-69	Lenoir City	TN	Amy	Quinn	35-39	Pine Knoll Shores	NC
Cindi	Toepel	60-64	Littleton	CO	Namrita	O'Dea	35-39	Atlanta	GA
Barbara	Peterson	55-59	Berkeley	CA	Amber	Stull	30-34	Anchorage	AK
Jennifer	Hollibaugh	55-59	Morgan Hill	CA	Kristy	Petrillo	30-34	Blue Ridge	GA
Lucia	Colbert	55-59	Cordova	TN	Amanda	Frost	30-34	Columbiana	OH
Annette	Macniven	55-59	Wainscott	NY	Allison	Moore	30-34	Saint Paul	MN
Kim	Morrow	50-54	Greenville	SC	Brook	Pace	30-34	Tallahassee	FL
Jackie	Nolan	50-54	Shoal Creek	AL	Emily	Bashton	30-34	Richmond	VA
Stephanie	Landy	50-54	Ballston Spa	NY	Corrine	Banks	30-34	Ocean City	MD
Tamara	TabEEK	50-54	San Diego	CA	Dionnie	Hoelsken	30-34	San Angelo	TX
Roxy	Cate	50-54	Washougal	WA	Duffy	Danish	30-34	Coconut Grove	FL
Lisa	Brummond	50-54	Vancouver	WA	Kata	Skaggs	30-34	Phoenix	AZ
Tamora	Thompson	50-54	Tallahassee	FL	Mary	Foss	30-34	Ogden	UT
Meiling	Yee	50-54	Sunnyvale	CA	Nicole	Valentine	30-34	Rockville	MD
Janet	Soule	50-54	Davis	CA	Amy	Fogerson	25-29	Morgan Hill	CA
Susan	Petronio	45-49	Crested Butte	CO	Robyn	Reyes	25-29	Beaumont	TX
Lori	Goldweber	45-49	Homewood	AL	Kristin Jo	Markham	25-29	Collierville	TN
Kathy	Hudson	45-49	Highland Village	TX	Hannah Rae	Fincham	Junior	Altadena	CA
Ellen	Sauter	45-49	Powell	OH	Jocelyn	Vides	Junior	Reno	NV
Paula	Maresh	45-49	Littleton	CO	Relevant Links Shelby County - www.shelbycountytourism.org Oak Mountain - www.alapark.com/OakMountain Bump N' Grind - bumpngrindrace.com XTERRA - www.xterrafelham.com ITU - www.triathlon.org/events Facebook - facebook.com/xterraplanet @xterraoffroad hashtag #shelbycross Results - jttiming.com/multisport.htm				
Audrey	Kane	45-49	Richmond	VA					
Kim	Devine	45-49	Reno	NV					
Ellen	Carroll	45-49	Atlanta	GA					
Mara	Fronhofer	45-49	Argyle	NY					
May-li	Cuyper	45-49	Belleair Bluffs	FL					
Cheryl	Stine	45-49	Bloomington	IN					
Linda	Cole	45-49	Olive Branch	MS					
Andrea	Fannin	45-49	Birmingham	AL					
Cheryl	Scigousky	45-49	Glen Ellyb	IL					
Melissa	Scott	45-49	Fort Lauderdale	FL					
Christina	McBride	45-49	San Angelo	TX					
Kristi	Kees	40-44	Cedar Park	TX					
Angie	Childre	40-44	Milledgeville	GA					
Shelby	Katz	40-44	Boulder	CO					
Cathy	Morton	40-44	Midway	UT					
Mimi	Stockton	40-44	Stevensville	MI					
Heather	Coddington	40-44	Indianapolis	IN					
La	Kelly	40-44	Sedona	AZ					
Carrie	Atwood	35-39	Sammamish	WA					
Melissa	Norland	35-39	Corvallis	OR					
Rebekah	Trevelise	35-39	Austin	TX					
Julie	Bruckman	35-39	Littleton	CO					
Beata	Wronska	35-39	Boynton Beach	FL					
Heather	Wentworth	35-39	Portsmouth	NH					
Rebecca	Tschider	35-39	Phoenix	AZ					
Ashlie	Angel	35-39	Durango	CO					
Kim	Cross	35-39	Birmingham	AL					



TECHNICAL AND GENERAL RULES OVERVIEW

There are not many rules in XTERRA, but there are a few, and here we take a look at them...

TECHNICAL RULES

Swim Course: 1.5K Elite, Age Group, U23 / 500m for Junior, Para, Citizens

- No swim fins, hand paddles, or swimming aids are allowed.
- Wetsuits permitted for age groupers if water temp is at or below 72 Fahrenheit (22 Celsius).
- Water temperature will be posted Wednesday, but final ruling will not be made until race morning.
- Athletes must wear event swim caps provided in race packet.

Transition

- No riding in transition. Athletes must clip helmet strap before exiting.
- Athletes must mount/dismount at clearly marked line outside the fence. Penalty is 2 minutes.

Bike Course: 30K Elite, Age Group, U23 / 10K for Junior, Para, Citizens

- Cut-off time: Age group competitors on Epic course must enter bike-to-run transition by 12:35pm.
- Outside assistance is allowed from other competitors or officials (course marshals, aid station personnel, etc.) Spectators, friends or family are not allowed to give assistance. Assistance is limited to tools, tubes, or any item used to repair a faulty bike part or damaged bike, or water, food, or first aid. Exchanging bikes is not allowed.
- The only permitted bicycles are mountain bikes. Bicycle must have 26" or 29" wheels with straight handlebars. Cyclo-cross bikes and bicycles with drop handlebars are prohibited. Bar extensions or grips off the handlebars may not exceed 5-inches. Studded and/or slick tires are allowed.
- Drafting is allowed.
- Athletes are allowed to push or carry the bike over the course.
- Competitors must display the front number plate at all times. No advertising stickers, writing or alterations of the number plate are allowed.
- Lapped athletes will not be removed from the race.
- Competitors must use a helmet which is approved by USA Triathlon and meets CPSC certification, or sign a waiver and release of liability.

Run Course: 10K Elite, Age Group, U23 / 5K for Junior, Para, Citizens

- Cut-off time: Age group competitors must complete the first lap of run by 1:25pm.
- Competitors must display their run number on the front of their body.
- No advertising stickers, writing, or alterations of the number are allowed.
- Number holders are permitted.
- Spike shoes are allowed.

Conduct on Raceday

- Athletes are not allowed to warm up or do any course familiarization while a race is in progress.
- Transition area will be open at 6am for all, wear your wristband for entry.
- Transition will be closed at various hours to allow free access during competition.

General Rules

- Cutting the Course: Short-cutting and/or cutting trail switchbacks on course is not permitted and may result in disqualification. All athletes are required to stay on the designated trail that is marked as the race course. It is the athlete's responsibility to know the designated race course. Lack of tape or barriers on the course will not constitute an excuse for cutting the course.
- Protests will follow the ITU race regulations format.
- No headphones of any kind are permitted while competing.

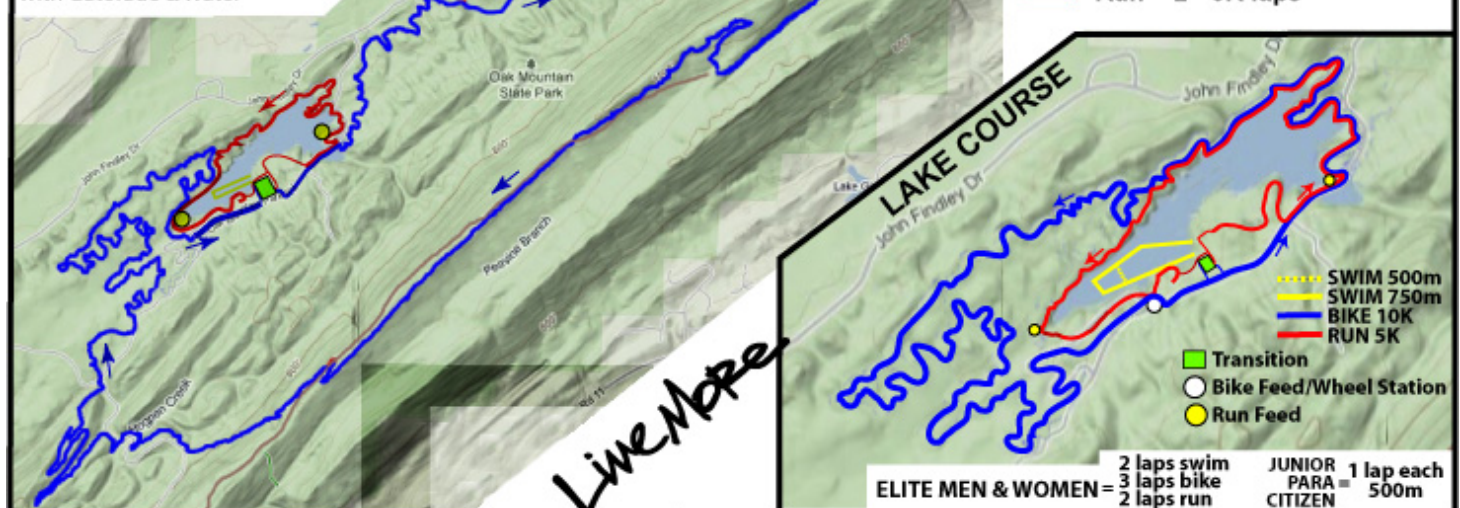
EPIC COURSE AND LAKE COURSE MAPS

In the upper left of this graphic 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.

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 trails are hard-packed, tight, and twisty and can be considered technical depending on one's own ability on the mountain bike. The Lake Course will be incredibly spectator friendly.



Gatorade, PowerBar Gel & Water on run
Bottle exchange at bike stations
with Gatorade & Water



ITU CROSS TRI WORLDS / XTERRA ELITE RACE PREVIEW

Fifty of the world's absolute best off-road triathletes will vie for the 2012 Shelby County ITU Cross Triathlon World Championship / XTERRA Southeast Championship.

Leading the way for Team USA elite men is Josiah Middaugh, a 34-year-old from Vail, Colorado. The 7-time XTERRA National Champ has been the most successful and consistent American in the sport for nearly a decade. As testament to his prowess, fellow pro Cody Waite (who's also on the elite squad) said "to help me improve my training and racing performance this year, my 2012 motto is WWJD - What Would Josiah Do?"

It's a motto that could serve the entire USA team well. Other headliners for the red, white, and blue include Branden Rakita and Craig Evans, both of whom finished in the top 10 at the inaugural ITU Cross Tri World Champs in Spain last year.

Rakita showed great form at the XTERRA West Championship earlier this month, and Evans has had his career-best showings in Alabama, finishing in the top six in each of the last five years (and placing third twice). More than half the squad is from Colorado, with former Mr. XTERRA Will Kelsay, Jason Michalak, and Patrick Valentine joining the ITU Cross Tri crowd for the first time.

Ryan DeCook will be making his return to the sport after battling knee injuries/surgeries the last couple seasons. Other Team USA elite members -Adam Wirth, Will Ross, and Damian Gonzalez – all have a race under their belt having taken on the Nevada desert for the XTERRA West Championship earlier this month.

The American squad will certainly have their work cut out, with reigning champ Conrad "the Caveman" Stoltz determined to defend his ITU World Title. Other international notables include Aussie Chris Legh and Brit Richard Stannard.



ITU CROSS TRI WORLDS / XTERRA ELITE RACE PREVIEW

2010 XTERRA World Champion Shonny Vanlandingham from Durango, Colorado will lead the Team USA women's elite squad into battle. This will be Shonny's first race back from ACL surgery but she proved she's already in fine bike shape by posting the third-fastest split among women at the XTERRA West Champs where she did the bike stage as part of a relay team last month.

Emma Garrard from Park City, Utah had one of her all-time top performances at ITU Worlds in Spain last year, finishing third overall just 42-seconds behind the winner – Canadian Melanie McQuaid (who will be vying to keep her ITU crown on May 19).

Suzie Snyder and Sara Tarkington return to Team USA, and their experience is sure to be a boon for the seven first-time ITU Cross Tri competitors on the squad.

The international field for the women is stacked, with reigning XTERRA World Champ Lesley Paterson racing for Great Britain, four-time XTERRA European Tour champ Renata Bucher racing for Switzerland, and Canadian supermom Danelle Kabush all joining the fray.



2011 ITU CROSS TRI WORLD CHAMPIONSHIPS REVIEW

The man and woman with the most XTERRA World Championships - Conrad Stoltz with four and Melanie McQuaid with three - appropriately became the first man and woman to win an ITU Cross Triathlon World Championship.

On Saturday, April 30, 2011 in Spain, Stoltz and McQuaid put their stamp of excellence on the inaugural ITU event at "The Ring" in Extremadura, an International Innovation Centre for outdoor sports in "El Anillo" (Caceres).



Stoltz (pictured courtesy JACVAN-TRIHEBDO) crushed the bike with a 50-minute split that was three minutes faster than that of runner-up Seth Wealing, and held on during the run for a winning time of 1:26:40.

Wealing was second in 1:27:36, followed by Olivier Marceau (1:29:43), Josiah Middaugh (1:30:27), and Richard Stannard (1:31:04). Also of note, 3x XTERRA World Champ Eneko Llanos placed sixth, Branden Rakita eighth, Craig Evans 10th, Brian Smith 13th, and Cody Waite 15th.

Both the men's and women's elite fields were dominated by regular XTERRA racers from the America and European Tours, none of whom seemed to have a problem adjusting to the exceptionally fast course that combined a 1km swim, with a 20km mountain bike and 6km run.

Top 10 Elite Men

Pos	First Name	Last Name	Country	Time
1	Conrad	Stoltz	RSA	1:26:40
2	Seth	Wealing	USA	1:27:36
3	Olivier	Marceau	SUI	1:29:42
4	Josiah	Middaugh	USA	1:30:26
5	Richard	Stannard	GBR	1:31:04
6	Eneko	Llanos	ESP	1:31:28
7	Bruno	Pais	POR	1:32:11
8	Branden	Rakita	USA	1:32:13
9	Victor	Morales	ESP	1:32:46
10	Craig	Evans	USA	1:34:37

Also: Ben Allen (AUS), Rob Barel (NED), Brian Smith (USA), Peter Mosny (SVK), Cody Waite (USA), Rorik Schouten (NED), Bert Flier (NED), Francisco Cortes (ESP), Nico Sterk (RSA), Fabrizio Baralla (ITA)

The women's race was a lot tighter with just 41 seconds separating the top three. McQuaid (pictured courtesy JACVAN-TRIHEBDO) finished in 1:43:02, followed by Shonny Vanlandingham - who had the best bike split and second best run split - in 1:43:25, then Emma Garrard in 1:43:43. Christine Jeffrey was fourth, and XTERRA European Tour Champion Marion Lorblanchet was fifth.

Top 10 Elite Women













Pos	First Name	Last Name	Country	Time
1	Melanie	McQuaid	CAN	1:43:01
2	Shonny	Vanlandingham	USA	1:43:24
3	Emma	Garrard	USA	1:43:43
4	Christine	Jeffrey	CAN	1:45:22
5	Marion	Lorblanchet	FRA	1:47:16
6	Zurine	Rodriguez	ESP	1:47:34
7	Renata	Bucher	SUI	1:48:13
8	Fabiola	Corona	MEX	1:50:34
9	Susan	Sloan	RSA	1:51:27
10	Helena	Herrero	ESP	1:51:31

Also: Carina Wasle (AUT), Jacqui Slack (GBR), Suzie Snyder (USA), Natalia Rana (ESP), Maud Golsteyn (NED), Judy Van Den Berg (NED), Sara Tarkington (USA), Saleta Castro (ESP), and Audrey Landier (FRA)





2012 ITU WORLDS/XTERRA SOUTHEAST PRO START LISTS

ELITE MEN (Race at 4pm CST)

#	Name	Country
1	Conrad Stoltz	RSA 
2	Josiah Middaugh	USA 
3	Richard Stannard	GBR 
4	Branden Rakita	USA 
5	Craig Evans	USA 
6	Peter Mosny	SVK 
7	Cody Waite	USA 
8	Nico Sterk	RSA 
9	Theo Blignaut	RSA 
10	Sean Bechtel	CAN 
11	Ryan DeCook	USA 
12	Damian Gonzalez	USA 
14	Kelly Guest	CAN 
15	David Henestrosa	ESP 
16	Llewellyn Holmes	GBR 
17	Tomas Jurkovic	SVK 
18	Will Kelsay	USA 
19	Chris Legh	AUS 
20	Leandro Lobo	VEN 
21	Will Ross	USA 
22	Sergio Sarmiento	MEX 
23	Jean-Philippe Thibodeau	CAN 
24	Patrick Valentine	USA 
25	Adam Wirth	USA 
26	Ahmed Zaher	EGY 

Note: Numbers based on finishing position at last year's ITU Cross Tri Worlds in Spain, then alphabetical starting with Blignaut for the men, and Baugh for the women.

ELITE WOMEN (Race at 1:30pm CST)

#	Name	Country
61	Melanie McQuaid	CAN 
62	Shonny Vanlandingham	USA 
63	Emma Garrard	USA 
64	Renata Bucher	SUI 
65	Carina Wasle	AUT 
66	Suzie Snyder	USA 
67	Sara Tarkington	USA 
68	Kim Baugh	USA 
69	Courtenay Brown	USA 
70	Katie Button	CAN 
71	Caroline Colonna	USA 
72	Tamara Donelson	USA 
73	Michelle Flipo	MEX 
74	Brandi Heisterman	CAN 
75	Heather Holmes	USA 
76	Danelle Kabush	CAN 
77	Patricia Marquez	VEN 
78	Darelle Parker	GBR 
79	Lesley Paterson	GBR 
80	Kathryn Ross	USA 
81	Rebecca Staynor	CAN 
82	Carla Van Huyssteen	RSA 
83	Shae Vaughn	USA 

Elite Prize Purse (\$20,000)

Rank	Payout
1st	\$2,500
2nd	\$2,000
3rd	\$1,500
4th	\$1,000
5th	\$800
6th	\$700
7th	\$600
8th	\$400
9th	\$300
10th	\$200



MEET THE ELITES

#1

CONRAD “The Caveman” STOLTZ
Stellenbosch, South Africa
2010 & 4-time XTERRA World Champ
9-time XTERRA U.S. Pro Series Champ
2011 ITU Cross Triathlon World Champ

2012 XTERRA U.S. PRO SERIES RANK: 1

PERSONAL: Born October 23, 1973...a two-time Olympic triathlete, finished 20th in 2000 when he was the first off the bike, then dnf'd in Athens...started BMX racing at age seven, running at nine, biathlon at 13, triathlon and cycling at 14, and pro triathlon at 18...“It's in my blood.” Was married in the off-season, and says he is living his dream.

WEBSITE: conradstoltz.com

TWITTER: @ConradStoltz

SPONSORS: Specialized, Avia, Suunto, Clif Bar, Oakley, Squirt Lube, Profile Design, BEX Runners, Kelfords Ford, Powasol Bike Wash

BIKE/SHOE: Specialized Sworks 29er Epic/AVIA Bolt ZXR

XTERRA EXPERIENCE: 12th year.

RACING ACCOMPLISHMENTS: Is XTERRA's all-time championship race wins leader with 44, is the only pro to win four XTERRA World Titles, and has an unprecedented nine XTERRA U.S. Pro Series Championships (2001-03, '05 & '07-'11). Also won the 2011 ITU Cross Tri World Title.

2001: Burst onto the XTERRA scene and won three races, including the Pro Series and the World title as a rookie.

2002: Won in Keystone, California, Tahoe, and Maui.

2003: Won first race at Big Bear, placed 2nd in Richmond, 3rd in Keystone, won in Tahoe, and won Pro Points Series.

2004: Won XTERRA South Africa, placed second in Richmond, 6th in Keystone, second in Big Bear, and fifth in Tahoe. Finished third in the XTERRA U.S. Pro Series, and dnf'd at XTERRA Worlds.

2005: Won five straight before placing 2nd in Keystone. Won XTERRA South Africa, the West, East, and Midwest Champs in Milwaukee, was second in Keystone before winning the inaugural XTERRA Brazil. Placed second in Tahoe but still won XTERRA Pro Series title. Placed 9th at Worlds.

2006: Won XTERRA South Africa, missed the first U.S. race of the year in California with injuries, returned in time for Alabama where he was fourth, and a week later he won the East Championship. Placed 8th in Milwaukee after a series of crashes and injuries and then 4th at the Mountain Championships in Utah. *A pre-ride crash at the XTERRA USA Championship kept him out of nationals and worlds.*

2007: Won XTERRA South Africa for fourth straight year,



then the XTERRA West Champs. Won Southeast and East Champs on back-to-back weekends. DNF'd at Utah because of a mechanical. Won USA Championship, Pro Series title, then World Champs for third time. Named the Off-Road triathlete of the year at Endurance Sports Awards.

2008: Placed 4th at XTERRA South Africa, won the West Champs for 6th time in his career, won the Southeast title, DNF in Richmond, was 2nd at XTERRA UK, 6th at XTERRA Czech, and 2nd at XTERRA France. Won the XTERRA Mountain Championship in August, placed 8th at the USA Championship but still edged countryman Dan Hugo to win XTERRA U.S. Pro Series title for the 6th time. Suffered a flat while leading at the XTERRA World Championship in Maui and eventually finished 12th after a series of mechanicals.

2009: Won XTERRA West, Midwest, and Southeast Cup Races, was 5th at the Northwest Cup, won the Atlantic Cup, finished 3rd in a photo-finish at the Northeast Cup, and won the XTERRA USA Championship (and the U.S. Pro Series for the 7th time). Placed 5th at XTERRA Worlds.

2010: Won all four regionals he entered - the XTERRA West, South Central, Southeast and East Champs. Placed 6th at the XTERRA Canada Championships, won XTERRA USA Championship (and the Pro Series for 8th time), and became the first pro to win a fourth XTERRA World Championship.

2011: Won XTERRA Buffelspoort, was 2nd at XTERRA West Champs, won his record-breaking 38th career championship at South Central Champs in Waco, won ITU Cross Tri World Title, won the Pacific and Southeast titles on back-to-back weekends in May, captured East title in Richmond in June, and the XTERRA Japan Championship in August. Placed 5th at XTERRA USA Championship and won the Pro Series crown for 9th time (fifth straight). Was in third place coming off the bike at XTERRA Worlds, but pulled with worsening asthma-type conditions on the run.

2012: Won the XTERRA South Africa Championship for the fifth time, then won the XTERRA West Championship.

MEET THE ELITES

#2

JOSIAH MIDDLEAUGH

Eagle-Vail, Colorado

**2011 XTERRA West/Mtn/Canada Champ
2011 & 7-time XTERRA National Champ**

2012 XTERRA U.S. PRO SERIES RANK: 2

PERSONAL: Born July 25, 1978...from East Jordan, Michigan...earned a bachelor of science degree in health fitness from Central Michigan Univ. where he ran x-country and track...recently earned his masters in human movement from AT Still University...works as an endurance coach and personal trainer at Dogma Athletica.

WEBSITE: josiahmiddaugh.com

TWITTER: @josiahmiddaugh

SPONSORS: Dogma Athletica, AVIA, First Endurance, Felt Bicycles

BIKE: Felt Edict 26" or 29", both full suspension

SHOE: AVIA Bolt XZR

XTERRA EXPERIENCE: 11th year.

RACING ACCOMPLISHMENTS: Has been the top American in the XTERRA U.S. Pro Series seven of the last eight years. Has won the USSSA Snowshoe National Championships and North American Snowshoe Championships several times, 2006 and 2011 USAT Winter Triathlon National Champ, and 2005 USAT Long Course National Champ. Before turning pro he won the 2002 XTERRA Amateur USA & World Championship titles in the 20-24 division. Did first XTERRA at Keystone in 2001.

2004: 7th in Richmond, won Keystone, 3rd in Big Bear and Lake Tahoe, won XTERRA Canada. Top American finisher in Tahoe where he posted the fastest bike and run. Placed 2nd in Pro Series and top American (3rd overall) at Worlds.

2005: 7th in Temecula, 10th in Richmond, 6th in Milwaukee, 3rd in Keystone, 9th in Tahoe, 6th in Pro Series (top American). Was also the top American at the World Championship (10th overall) for 2nd straight year.

2006: Finished 3rd at Temecula then broke his knee-cap in a training ride before the second race of the year in Alabama. Came back in time for Tahoe where he finished 7th, followed that with a 4th at XTERRA Worlds.

2007: Finished 4th at West Champs, 3rd in Alabama, 4th in Richmond, 2nd in Utah, 4th at the USA Championship and 3rd in the Pro Series (top American). Was 17th at Worlds.

2008: Placed 2nd at XTERRA Winter Worlds (by 1 second). Placed 4th at West Champs, won East Champs, was 5th at Mountain Champs, 3rd at XTERRA USA. Top American in Pro Series for 4th time. 7th at Worlds (3x top American).



2009: Placed 4th at XTERRA Winter Worlds in Utah, 2nd at XTERRA West Cup, 3rd at Midwest Cup, 2nd at Southeast Cup, won Teva Mtn Games in his hometown, was 2nd at Atlantic Cup, won South Central Cup, was 3rd at Mtn Cup and 3rd at the XTERRA USA Championship. Placed 9th at XTERRA Worlds (2nd fastest bike), and was 2nd American.

2010: Placed 2nd at the XTERRA West Championship, South Central Championship, and Southeast Championship and posted the fastest run split at all three. Placed third at the XTERRA East and Mountain Championships. Won the XTERRA Canada Championship on Sept. 5, and placed 3rd (top American) at the XTERRA USA Championship. Placed 32nd at XTERRA Worlds after a series of flats that had him running with his bike the last mile of the course.

2011: Won the USAT Winter Triathlon National Championship and North American Snowshoe Championship over the winter. Won the XTERRA West Championship on April 10, finished second by just eight seconds at the South Central Championship, was 4th at ITU Cross Tri Worlds, was fourth at the Pacific Champs, third at the Southeast Champs, won the Mountain Champs in hometown of Vail in July, and won the XTERRA Canada Championship for second straight year on Sept. 4, and was 3rd at XTERRA USA Champs despite having to run with his bike the last mile of the bike. Placed fourth at XTERRA Worlds (and was the top American for the fourth time).

2012: Placed 2nd at the XTERRA West Championship.

#3

MEET THE ELITES

#4

RICHARD STANNARD Surrey, United Kingdom

PERSONAL: Born April 19, 1974...became a professional triathlete at the age of 23...attended Loughborough University...is also a race organizer.

WEBSITE: richardstannard.com

TWITTER: @richardstannard

SPONSORS: KXGym, 2XU, PowerBar

BIKE: 29er

SHOE: Inov-8

XTERRA EXPERIENCE: 2nd year.

RACING ACCOMPLISHMENTS: Is a three-time Aquathlon World Champion.

2011: Finished 5th at the inaugural ITU Cross Triathlon World Championship.

2012: Was first out of the water but eventually DNF due to bike mechanicals at the XTERRA West Championship.



BRANDEN RAKITA Colorado Springs, Colorado

2012 XTERRA U.S. PRO SERIES RANK: 5

PERSONAL: Born March 25, 1981...from Durango, CO...earned degree in civil engineering at Colorado State University...works as a sales associate/bike fitter at Pro Cycling when he's not racing.

WEBSITE: brandenrakita.com

TWITTER: @btrakita

SPONSORS: 2XU, Pro Cycling, First Endurance, Sidi, SRM, Rudy Project, Ergon, Rotor USA, The Colorado Running Company, and Effetto Mariposa/Caffelalex.

SHOE: Inov-8

XTERRA EXPERIENCE: Fifth year.

BEST XTERRA FINISH: 3rd at XTERRA West Champs 2011, and 5th at XTERRA USA Champs 2008

FAVORITE XTERRA: XTERRA USA in Lake Tahoe and XTERRA Mountain Champs in Keystone.

2008: Finished 14th at the XTERRA West Champs, 12th at the Southeast Champs, 16th at the East Champs, 6th at Mountain Champs, a career-best 5th at the XTERRA USA Championship and 18th at XTERRA Worlds.

2009: Finished 10th at West Cup, 8th at Midwest Cup, 8th at Southeast Cup, 4th at Northwest Cup, 7th at Northeast Cup, 5th at Mountain Cup, 6th at USA Championship, and 20th at XTERRA Worlds.

2010: Placed 10th at XTERRA West Champs, 7th at South Central Champs, 5th at XTERRA Amazon (Brazil), 6th at East Champs, 4th at Mountain Champs, 3rd at XTERRA Canada, 7th at USA Champs, and 15th at XTERRA Worlds.

2011: Placed 3rd at the XTERRA West Champs, 5th at the XTERRA South Central and Pacific Champs, 8th at ITU Cross Tri Worlds, 7th at the Southeast Champs, 4th at the East Championship, 5th at the Mountain Championship, 2nd at XTERRA Mexico and 4th at XTERRA Canada, 6th at XTERRA USA Champs, and 20th at the XTERRA World Championship.

2012: Placed 4th at XTERRA Guam, 5th at XTERRA Philippines, 7th at XTERRA Saipan, and 5th at XTERRA West Championship.



XTERRA

MEET THE ELITES

#5

CRAIG EVANS **Hendersonville, TN**

2012 XTERRA U.S. PRO SERIES RANK: 7

PERSONAL: Born March 29, 1978...originally from Ocala, Florida...earned a degree in healthcare administration from Western Kentucky University where he was an All-American swimmer...works as medical device manager for Arthrex and coach of Team Optimum Endurance.

WEBSITE: teamcraigevans.com

TWITTER: @teamcraigevans

SPONSORS: Skinfitt, Pearl Izumi, Infinit Nutrition, Oakley

BIKE/SHOE: Specialized S-Works 29er

SHOE: Pearl Izumi Syncro Fuel

XTERRA EXPERIENCE: 11th year. Turned pro in 2006 after winning the amateur overall at the Southeast Championship in Alabama. Won every XTERRA Points Series race he entered as an amateur in 2004 and 2005.

2006: Finished 12th in Milwaukee, then injured.

2007: Finished 16th at XTERRA West Champs, 5th in Alabama and 6th in Richmond. Had the fastest swim in both 'Bama and Richmond. Placed 10th at Mountain Champs despite racing with a broken bone in his foot.

2008: Finished 7th at XTERRA West Champs, **a career-best 3rd in Alabama** and 5th in Richmond. Led the Pro Series in points heading into Mountain Champs where he placed 9th. Was 14th at USA Champs and 25th at XTERRA Worlds.

2009: Finished 9th at XTERRA West and Midwest Cups, 6th at Southeast and Northwest Cup, 8th at Atlantic Cup, 6th at South Central Cup, and 11th at USA Championship.

2010: Placed 7th at XTERRA West Champs, 4th at the South Central Championship, third at the Southeast Champs, 5th at the East Champs, 13th at the USA Championship, and 22nd at the World Championship.

2011: Placed 11th at the XTERRA West Championship, 6th at the South Central Championship, 10th at ITU Cross Tri Worlds, 8th at the Pacific Champs, 4th at the Southeast Champs, 5th at the East Champs, and 16th at the USA Champs. Finished 8th in the XTERRA U.S. Pro Series.

2012: Placed 7th at the XTERRA West Championship.



Craig

#6

MEET THE ELITES

#7

PETER MOSNY
Bratislava, Slovakia

2011 CROSS TRI RESULTS: Finished 14th at the ITU Cross Triathlon World Championship, placed 12th at XTERRA Italy, 7th at XTERRA France and XTERRA Czech, 12th at XTERRA Germany, and 13th at XTERRA Switzerland. Placed 7th in the 2011 XTERRA European Tour standings.

CODY WAITE
Lakewood, Colorado

2012 XTERRA U.S. PRO SERIES RANK: 12

PERSONAL: Born September 25, 1978...originally from Cave Creek, AZ...is an XTERRA and triathlon specific coach with EPC Multisport...married XTERRA super fan turned age group standout Kathy Tank in the off-season.

WEBSITE: codywaite.me

TWITTER: @codywaite

SPONSORS: ASEA, Pearl Izumi, Shimano, First Endurance, Rudy Project, Adrenalin Cycles, Cannondale
BIKE/SHOE: Cannondale Scalpel 26. Yes, a 26.

SHOE: Pearl Izumi, custom made tri upper with trail lower
XTERRA EXPERIENCE: Eighth year...won the 25-29 XTERRA National Championship in 2006. Best pro finish was 4th at XTERRA Mountain Champs in 2009.

2007: 15th in Temecula, 9th in Alabama, 12th in Richmond, 5th in Utah, 15th at the USA Champs and 7th in Pro Series.

2008: 12th in Temecula, 13th in 'Bama, 17th in Richmond, 7th in Utah, 13th at XTERRA USA, and 34th pro at XTERRA Worlds in Maui.

2009: 13th at XTERRA West Cup, 11th at Midwest, 7th at Southeast Cup, 9th at the Northwest Cup, 4th at the Mountain Cup, 7th at XTERRA USA Championship, and 27th at XTERRA Worlds.

2010: Placed 6th at XTERRA West Champs and the South Central Championships, was 5th at the Southeast Champs, 9th at the East Championship, 5th at the Mountain Champs, 4th at XTERRA Canada, 8th at the USA Championship, and 20th at the World Championship.

2011: Placed 9th at the XTERRA West Champs, 10th at the South Central Champs, was 15th at ITU Cross Tri Worlds, seventh at the Pacific Champs, a season-best 6th at the Southeast Champs, 8th at the East Champs, 9th at the Mountain Champs, 7th at the XTERRA Canada Championship, 10th at the USA Champs. Finished 7th in XTERRA Pro Series, and 31st at XTERRA Worlds.

2012: Placed 12th at the XTERRA West Championship.

Cody



XTERRA

#8

MEET THE ELITES

#12

NICO STERK

Pretoria, South Africa

2011 CROSS TRI RESULTS: Finished 19th at the ITU Cross Triathlon World Championship.

2012 CROSS TRI RESULTS: Finished 8th at XTERRA Buffelspoort, third at the South African Cross Triathlon Championships, and won the ATU Cross Triathlon African Championships.

#9

THEO BLIGNAUT

Pretoria, South Africa

PERSONAL: Born September 17, 1988.

WEBSITE: theoblignaut.wordpress.com

2012 CROSS TRI RESULTS: Finished 10th at XTERRA Buffelspoort, 7th at the XTERRA South Africa Championships, and won the South African Cross Triathlon Championship.

#10

SEAN BECHTEL

Caledon, Ontario, Canada

PERSONAL: Born December 23, 1983.

XTERRA EXPERIENCE: Finished 15th at the 2010 XTERRA West Championship.

#11

RYAN DeCOOK

Rochester Hills, Michigan

PERSONAL: Born October 10, 1980...ran cross country, indoor track and outdoor track at Michigan State University where he earned a degree in accounting...earned his MBA from Oakland University.

XTERRA EXPERIENCE: Ninth year, missed half of 2010 and all of 2011 with knee injuries. Won the XTERRA National Championship in the 20-24 division in 2005.

BEST XTERRA FINISH: 5th at the 2010 XTERRA South Central Championship in Waco, Texas.

DAMIAN GONZALEZ

Stockton, California

2012 XTERRA U.S. PRO SERIES RANK: 14

PERSONAL: Born December 20, 1976.

WEBSITE: damianxp.blogspot.com

XTERRA EXPERIENCE: 12th year. Won the 30-34 XTERRA National Championship in 2007.

2008: Placed 21st at the West and Southeast races, 18th at East Champs and Nationals, and was 32nd at Worlds.

2009: Finished 16th at the West Cup, 13th at the XTERRA USA Championship, and 38th at Worlds.

2010: Finished 14th at West Champs, 12th at South Central Champs, a career-best 9th at Southeast Champs, 12th at East Champs, and 16th at USA Champs.

2011: Finished 21st at the West Champs, 15th at the South Central Champs, and 13th at Pacific and Southeast races.

2012: Placed 14th at the XTERRA West Championship.



#15

DAVID HENESTROSA

Clearfield, Utah (via Spain)

2012 XTERRA U.S. PRO SERIES RANK: 6

PERSONAL: Born February 9, 1977

BIKE/SHOE: Specialized 26" / Keen

XTERRA EXPERIENCE: Fourth year...raced in 2004, 2007, and at the USA Champs in 2011. Won the XTERRA Italy Championship in 2004.

2011: Finished 8th at the XTERRA USA Championship, and was 25th in XTERRA U.S. Pro Series final standings.

2012: Placed 6th at the XTERRA West Championship.

MEET THE ELITES

#18

WILL KELSAY **Boulder, Colorado**

2012 XTERRA U.S. PRO SERIES RANK: First race

PERSONAL: Born August 5, 1981...attended the University of Colorado where he raced on the national championship tri team and earned a degree in mechanical engineering.

WEBSITE: willkelsay.com

TWITTER: @WillKelsay

HEIGHT: 6-3

SPONSORS: Timex, Quintana Roo/Litespeed, PowerBar, Rudy Project, Holy Crap, Challenge Tires, mix1, Champion System, Shimano, LifeSport Chiropractic

BIKE/SHOE: Litespeed Cohutta 29er/New Balance MT110

XTERRA EXPERIENCE: 10th year. Named Mr. XTERRA after going on a 12,630-mile, 12-week, 12-race, x-country road trip in a beat-up RV to share his love for XTERRA. In 2011 he went on a six-week, six-country XTERRA road trip.

BEST XTERRA FINISH: 2nd XTERRA Japan 2011, 3rd XTERRA Mexico 2011, 9th XTERRA USA Champs 2010

FAVORITE XTERRA? Japan. Hands down! Super technical. A real adventure and the true definition of XTERRA's motto - Live More!

2006: Finished 11th in California, 11th in Alabama, DNF in Richmond, was a career-best 9th in Milwaukee, 10th in Utah, 17th at USA Championship and 114th in Maui.

2007: 14th at XTERRA West Champs, 10th in Alabama, 14th in Richmond, 8th at Mountain Champs in Utah, his best career finish. Was 13th at USA Champs & 64th in Maui.

2008: Finished 18th in Temecula, 19th in 'Bama, 14th in Richmond, 12th in Utah, and 12th at the XTERRA USA Championship. Placed 16th overall in the Pro Series.

2009: Finished 14th at XTERRA West and Midwest, 9th at Southeast, 11th at Northwest Cup, 9th at Atlantic and South Central, 8th at Northeast Cup, 10th at Mountain Cup, 10th at USA Championship, and 25th at XTERRA Worlds.

2010: Placed 17th at the XTERRA West Champs, 8th at South Central, 6th at Southeast Champs, 7th at the East and Mountain Champs, 9th at the USA Champs, and DNF at XTERRA Worlds.

2011: Finished 19th at XTERRA West Champs, 14th at the South Central Championship, DNF at East Champs, won the XTERRA Forest Drive point series race, was 3rd at XTERRA Mexico, 15th at XTERRA Czech, 10th at the XTERRA European Championship/XTERRA Germany, 2nd at XTERRA Japan, and 11th at the USA Championship. Finished 20th in XTERRA U.S. Pro Series and 18th on

Will



XTERRA European Tour.

2012 XTERRA RACES: Finished 7th at XTERRA Guam, 7th at XTERRA Philippines, and 8th at XTERRA Saipan on consecutive weekends in March.

#19

MEET THE ELITES

#21

CHRIS LEGH

Melbourne, Australia

2012 XTERRA U.S. PRO SERIES RANK: 4

PERSONAL: Born November 18, 1972.

XTERRA EXPERIENCE: 11th year.

RACING ACCOMPLISHMENTS: 2-time Ironman Champion, 5-time Australian National Champion, held world number one ranking in long course triathlons from March - May '99 and May - October 2000. Over 70 worldwide professional race wins, and 10 top 5 Ironman finishes.

2005: Placed 7th at the XTERRA USA Championship where he posted the fastest run, and was 5th at the XTERRA World Championship in Maui.

2006: Finished 3rd at the XTERRA USA Championship and had the fastest run there for second straight year. DNF'd in Maui at World Champs.

2007: Finished 4th at the XTERRA World Championship and posted the fastest run.

2008: Won the XTERRA Australia Championship back in April, was 7th at XTERRA USA Championship with the fastest run, and 10th at XTERRA Worlds.

2009: Placed 24th at XTERRA Worlds.

2010: DNF at XTERRA Worlds.

2011: Placed 10th at the XTERRA World Championship, where he had the fastest pro run split for the fourth time in Maui.

2012: Finished fourth at the XTERRA West Championship.



WILL ROSS

Anchorage, Alaska

2012 XTERRA U.S. PRO SERIES RANK: 10

PERSONAL: Born May 1, 1989...works as a bike mechanic at Chain Reaction Cycles...won the Alaska state biathlon as a 17-year-old...went to the Arctic Winter Games twice for cross-country skiing.

WEBSITE: willrossracing.blogspot.com

SPONSORS: Stan's NoTubes, SPY Optics, Kaladi Brothers/Subway Cycling Team

BIKE/SHOE: Trek Superfly 29er / Inov-8 X-Talon 190

XTERRA EXPERIENCE: 6th year, second as a pro

2011: Placed 8th at the XTERRA South Central Championship, a career-best 7th at the East Champs, and was 17th at the USA Championship. Finished 18th in the Pro Series and was 33rd at XTERRA Worlds.

2012: Finished 10th at the XTERRA West Championship.



#24

MEET THE ELITES

#25

PATRICK VALENTINE **Colorado Springs, Colorado**

2012 XTERRA U.S. PRO SERIES RANK: First race

FINAL 2011 XTERRA U.S. PRO SERIES RANK: 13

PERSONAL: Born March 19, 1986...originally from Pendleton, Indiana...earned a degree in exercise science from Purdue University...is a full-time endurance coach for Carmichael Training Systems.

WEBSITE: patrickvalentine.blogspot.com

TWITTER: @pat_valentine

SPONSORS: Honey Stinger, Bontrager Off-Road Team, Aqua Sphere

BIKE/SHOE: 29er hardtail / Inov-8

XTERRA EXPERIENCE: Fifth year.

2010: 18th at XTERRA USA Championship (3rd amateur).

2011: Placed 20th at the West Champs, 9th at the South Central Champs, 8th at the Southeast Champs, 10th at the Mountain Championship, and 22nd at XTERRA USA Championship. Finished 13th in the Pro Series.



ADAM WIRTH **Boise, Idaho**

2012 XTERRA U.S. PRO SERIES RANK: 11

FINAL 2011 XTERRA U.S. PRO SERIES RANK: 12

PERSONAL: Born April 30, 1978...earned an MBA in accounting at the University of Nebraska, and works as an accountant when not racing.

WEBSITE: adamwirth.com

BIKE/SHOE: Trek Superfly 100 Elite 29er/Avia

RACING ACCOMPLISHMENTS: Placed 5th at XTERRA Canada in 2010.

XTERRA EXPERIENCE: Fifth year.

2010: Placed 18th at XTERRA France in first race as a pro, was 5th at XTERRA Canada, 11th at XTERRA USA Championship, and 29th at XTERRA Worlds.

2011: Placed 13th at the XTERRA West Champs, 12th at the South Central Championship, DNF at the Pacific Champs due to mechanical, was 10th at the Southeast Champs, 11th at the Mountain Champs, 9th at XTERRA Canada Championship, and 15th at USA Champs. Finished 12th in Pro Series and was 34th at XTERRA Worlds.

2012: Finished 11th at the XTERRA West Championship.



MEET THE ELITES

#61

MELANIE McQUAID

Victoria, B.C., Canada

**2011 ITU Cross Tri World Champion
4-time XTERRA U.S. Pro Series Champ
2003, '05 & '06 XTERRA World Champ**

2012 XTERRA U.S. PRO SERIES RANK: 5

PERSONAL: Born May 17, 1973 in Victoria, BC, Canada...has a degree in biochemistry...raced with Canada's National Cycling team for six years...started up the MelRad racing team in 2009.

WEBSITE: racergirl.com

SPONSORS: AVIA, PowerBar, Nathan, Sundog eyewear, Shimano, CycleOps, USANA, Big Air, Champion System, and Saltstick

XTERRA EXPERIENCE: 11th year.

2002: Finished in the runner-up position in both the XTERRA East and Central Championships before winning the West title at Half Moon Bay. Finished 4th at the USA Championship and was the runner-up in Pro Series.

2003: 2nd at Big Bear and Richmond, won in Canada, was 2nd in Tahoe, and 2nd in Pro Series. Won XTERRA Worlds.

2004: Won in Richmond, then finished runner-up to Whitmore in Keystone, Big Bear, and Tahoe. Also finished second in the XTERRA U.S. Pro Series. Won XTERRA Canada and placed second at XTERRA Worlds.

2005: Won in Temecula, finished 7th at XTERRA Czech, won XTERRA Italy, placed 2nd in Richmond and Milwaukee, won Keystone to tie Whitmore for the Series lead heading into Tahoe. Placed second in Tahoe and 2nd in the Pro Series. Was 9th in the XTERRA European Tour standings. Became the first female to win her second XTERRA World Championship in Maui.

2006: 2nd in Temecula, won inaugural XTERRA Southeast Championship, 2nd in Richmond and Milwaukee, won the Mountain Championship to create a virtual tie with Whitmore for Pro Series lead, then won in Tahoe to capture her first Pro Series crown after three runner-ups. Followed with 2nd straight & unprecedented 3rd XTERRA World Title.

2007: Won in California, was second in Alabama, Richmond, and Utah. Placed 5th at USA Champs, 2nd in Pro Series, and was the runner-up at XTERRA Worlds.

2008: Won West Champs for second straight year, 8th at Southeast, won the East, Mountain, USA Champs, and US Pro Series crown. DNF'd at XTERRA Worlds.

2009: Won XTERRA West, Midwest, Southeast, Northwest, and Atlantic Cup races, was 2nd at South Central and



Melanie

Northeast Cups, then won XTERRA USA Championship and XTERRA US Pro Series title for the second straight year (her third overall - also won in 2006). Finished 3rd at XTERRA Worlds, her seventh time in the top 3 at Maui.

2010: Placed 2nd at the XTERRA West Champs, 3rd at the South Central Championship, won the XTERRA European Championship in Italy, was 2nd at the Southeast Champs, 3rd at the East Champs, won Ironman Lake Stevens 70.3, won the XTERRA Canada Championship, won the XTERRA USA Championship, placed 11th at the XTERRA World Championship, and was third at the XTERRA Trail Running World Championship.

2011: Won the XTERRA West and South Central Championships, then captured the inaugural ITU Cross-Tri World Title in Spain, was 5th at the Pacific Champs, won the Southeast title, was 2nd at East Champs, 2nd at the Mountain Champs, won XTERRA Canada second straight year, and the USA Championship for fourth year in a row. Won the Pro Series for the fourth time, and was on her way to winning XTERRA Worlds before exhaustion struck and she collapsed just 60 yards from the finish and DNF.

2012: Placed 5th at the XTERRA West Championship.

MEET THE ELITES

#62

SHONNY VANLANDINGHAM

Durango, Colorado

2010 XTERRA World Champion

2008-11 XTERRA National Champion

2012 XTERRA U.S. PRO SERIES RANK: First race

PERSONAL: Born May 29, 1969...earned her degree in nutrition and played NCAA I basketball at East Texas State University...roasts her own coffee at her second home on the Big Island of Hawaii...in 1993 she was leading bike tours in Maui that eventually spurred her professional racing career.

WEBSITE: teamlunachix.com

SPONSORS: Luna Pro Team, Clif Bar, Orbea, Orca, Avia, Mavic, Maxxis, Lazer, Fox, Selle Italia, Camelbak, Pedros, Genuine Innovations, Shimano, Vetta, Squadra, Chariot, Sock Guy, High Sierra, Selle Italia, Kicker, Cytek, Planet Sun, KonaRed, Dedicated Athlete.

BIKE/SHOE: Orbea Alma 29er/AVIA Bolt XZR

XTERRA EXPERIENCE: Seventh year, fourth full season. In her first-ever XTERRA at the World Championship in 2005 she posted fastest bike split and finished 7th.

RACING ACCOMPLISHMENTS: With 15 NORBA National race wins and three NORBA Series Championship titles, Vanlandingham is the most successful rider in NORBA history. A 7-time U.S. National Mountain Bike Team Member, 3x (2004-06) NORBA National Series X-Country Champ & 2005 U.S. National Short Track Champ.

2006: Finished 9th (5th best bike split) at both the XTERRA USA Championship in Tahoe and the XTERRA World Championship in Maui (third-best bike).

2007: Placed 5th at Mountain Champs, 7th at XTERRA USA, and 7th in Pro Series. Finished XTERRA-best 4th at XTERRA World Champs and the fastest bike.

2008: Won the Southeast Champs (her first XTERRA victory), was 3rd at the East Champs, 2nd at the Mountain Champs, 7th at the XTERRA USA Championship (Top American), was also the top American in the U.S. Pro Series (2nd overall) and finished 3rd at XTERRA Worlds where she once again posted the fastest bike split.

2009: Had the fastest bike split and placed 3rd at XTERRA Saipan behind Julie Dibens and Renata Bucher. Finished 2nd at XTERRA West Cup, 4th at the Midwest and Southeast Cups, 2nd at the Atlantic Cup, won the XTERRA South Central Cup in Arkansas, was third at the Northeast Cup in Vermont, won the Mountain Cup, won XTERRA Mexico, and was second at XTERRA USA Champs (and



Shonny

top American for the second straight year). Placed 5th at XTERRA Worlds, her third straight year in the top 5.

2010: Placed 2nd at the XTERRA Saipan Championship and XTERRA Guam in March. Won the XTERRA West Championship on April 25, was second at the South Central Championship, won XTERRA Southeast, was 2nd at XTERRA East Championship, won the Mountain Champs, won XTERRA Brazil, was second at XTERRA Mexico, third at the USA Championship, and won the XTERRA World Championship in Maui at the age of 41.

2011: Won the inaugural XTERRA Philippines Championship on March 6 and the XTERRA Saipan Championship for the second year in a row a week later. Placed second at both the XTERRA West and South Central Championship races in April, was 2nd at ITU Cross Tri Worlds, was 4th at Pacific Champs, 2nd at Southeast Champs, won the East and Mountain Championships, won XTERRA Mexico, was 5th at XTERRA Czech and 2nd at the XTERRA European Championship in Germany. Placed 7th at the XTERRA USA Championship despite racing on torn ACL. Finished 2nd in the XTERRA U.S. Pro Series.

MEET THE ELITES

#63

EMMA GARRARD **Park City, Utah**

2012 XTERRA U.S. PRO SERIES RANK: 3

PERSONAL: Born June 11, 1981...originally from Anchorage, Alaska...a writer/photographer now living in Park City, Utah...also serves as a ski instructor, Computrainer class instructor, and junior nordic team coach

WEBSITE: emmagarrard.com

TWITTER: Emma_Garrard

SPONSORS: Specialized, Salomon, Champion System, Blue Seventy, ProBar, Gu Energy Labs

BIKE/SHOE: Specialized Fate 29er/Salomon Speedcross 3

XTERRA EXPERIENCE: Sixth year, won the overall amateur XTERRA National title in 2007.

RACING ACCOMPLISHMENTS: Was a cross-country skier at the University of Nevada, Reno qualifying for the NCAA Championships in 2002, 2003 and 2004.

2008: Finished 7th at XTERRA West Champs, 13th at the East Champs, 7th at the XTERRA United Kingdom Championship, 12th at the Mountain Champs, 12th at the USA Championship and 13th at XTERRA Worlds

2009: Placed 6th at XTERRA West Cup, 7th at the Midwest Cup, 5th at Southeast and Atlantic Cups, 6th at Northeast Cup, 8th at the Mountain Cup, 11th at the USA Championship, and 11th at XTERRA Worlds.

2010: Finished 7th at the West Champs, 4th at South Central Champs, 5th at Southeast Champs, 4th at East Champs, 4th at Mountain Champs, 8th at USA Championship, and 10th at XTERRA Worlds.

2011: Won the USAT Winter Triathlon National Championship. Placed 6th at the West Champs, 5th at the South Central Champs, career-best 3rd at ITU Cross Tri Worlds and matched that with a 3rd at the Pacific Champs, was 5th at the Southeast Champs, 5th at the Mountain Champs, won the XTERRA Brazil Costa Verde off-road tri, was fourth at XTERRA Canada, and 5th at XTERRA USA Champs. Finished 4th in the Pro Series and was 8th at XTERRA Worlds.

2012: Finished 3rd at the XTERRA West Championship.

Emma



MEET THE ELITES

#64

RENATA BUCHER

Lucerne, Switzerland

2012 Guam, Philippines, Saipan Champ

4-time XTERRA European Tour Champ

2012 XTERRA U.S. PRO SERIES RANK: 1

PERSONAL: Born May 30, 1977...attended the University of Zuerich.

WEBSITE: renata-bucher.onlinetri.com

BIKE/SHOE: Cannondale Flash 29er/Asics Fuji Racer

XTERRA EXPERIENCE: Eighth year.

RACING ACCOMPLISHMENTS: Has won 24 XTERRA Championship races in 11 countries, the U.S. Territory of Guam and the Commonwealth of the Northern Mariana Islands (Saipan).

FAVORITE XTERRA: Saipan

2004: 9th at XTERRA Germany in first-ever XTERRA.

2005: Won XTERRA Saipan, and was second at Tagaman to win the PIC Double with a combined time of 6:14:11. Was 3rd at Temecula, won XTERRA Czech (beating three World Champs in Angle, McQuaid, and Whitmore in the process), 3rd at XTERRA Italy, 5th in Richmond, won XTERRA Austria, second at XTERRA Spain, and third at XTERRA Germany. Won the XTERRA European Tour and was 9th in the XTERRA U.S. Pro Series. Placed 4th at World Champs in Maui.

2006: Won everything she entered starting with XTERRA Saipan, then a clean sweep in Europe with victories at France, Italy, Czech, Spain, and UK. Won second straight XTERRA European Title. Placed 5th at World Champs. Placed 4th at Tagaman and was 2nd in the PIC Double standings behind Whitmore.

2007: Won XTERRA Saipan Championship then injuries kept her sidelined for the rest of the season.

2008: Won XTERRA Saipan for the fourth straight year, plus the Tagaman Triathlon and Pacific Islands Club Double award, placed 2nd at XTERRA European Championship in Italy, won XTERRA France-Auron, was second at XTERRA Austria, won XTERRA France-Mondelieu and her third straight Euro Tour title. Also won XTERRA Japan, was 2nd at XTERRA USA, and 4th at XTERRA Worlds.

2009: Won XTERRA Saipan for 5th straight year, the Tagaman road tri on Saipan a week later and the Pacific Islands Club Resort Double award for having the fastest combined time in the 2 races. Finished 4th at XTERRA West, 2nd at Midwest, 3rd at Southeast Cup, won XTERRA Malaysia, won XTERRA Italy, was 2nd at XTERRA Czech,



won XTERRA Northeast Cup (her first win in the U.S.), won XTERRA European Championship in Austria and the Euro Tour for the fourth time, was 8th at XTERRA USA Champs, and 14th at XTERRA Worlds.

2010: Won five races, starting with XTERRA Saipan for the 6th straight year, and the Pacific Islands Club Resort Double award. Won XTERRA Guam, won inaugural XTERRA Portugal Championship, won XTERRA South Central Championship, placed 2nd at XTERRA European Championship in Italy, placed 4th at the Southeast Champs, won the East Champs, was 2nd at XTERRA France, won XTERRA Czech, and was 2nd at XTERRA Switzerland. Finished in a points tie for first with Marion Lorblanchet for the Euro Tour title, but lost tie-breaker (position at last race). DNF at XTERRA Worlds.

2011: Finished 2nd at XTERRA Philippines, 3rd at XTERRA Saipan, 2nd at XTERRA Italy, won XTERRA France, was 7th at ITU Cross Tri Worlds, was third at XTERRA Czech and Germany, and 5th at XTERRA Switzerland. Placed 2nd at the XTERRA Pacific Championship, third at the Southeast Championship, and fourth at XTERRA World Championship. Finished 2nd in the XTERRA European Tour and 11th in the U.S. Pro Series

2012: Won the XTERRA Guam, Philippines, and Saipan Championship races on consecutive weekends - a clean sweep of the XTERRA Asia Pacific triple crown, then won the XTERRA West Championship.

#65

MEET THE ELITES

#66

CARINA WASLE **Kundl, Austria**

2012 XTERRA U.S. PRO SERIES RANK: First race

PERSONAL: Born October 20, 1984.

XTERRA EXPERIENCE: Fifth year.

2005: Finished 3rd at XTERRA Austria in first-ever XTERRA then won XTERRA Germany. Placed 7th in XTERRA European Tour.

2006: Finished 2nd at XTERRA Czech and XTERRA Spain, was 3rd at Denmark and won XTERRA Germany.

2007: Placed 2nd at XTERRA Italy, 4th at XTERRA Denmark, 3rd at XTERRA Austria, and won XTERRA Germany for 3rd straight year. Was 10th at World Champs.

2008: Placed 3rd at European Championship in Italy, won XTERRA Czech, was third at XTERRA France-Auron, and second at XTERRA France-Mondelieu. Finished 2nd in XTERRA European Tour standings. Placed third at XTERRA USA Championship, and 8th at XTERRA Worlds.

2009: Placed 6th at XTERRA Italy, won XTERRA Czech, was 7th at XTERRA Germany, 2nd at XTERRA Austria, and 4th at XTERRA USA Champs.

2010: Placed 4th at XTERRA Portugal and the European Championship in Italy, was third at XTERRA France, 5th at Czech, 10th at the USA Championship, and 6th at XTERRA Worlds.

2011: Won the XTERRA South Africa Championship, was 3rd at XTERRA Philippines, 2nd at XTERRA Saipan, 5th at XTERRA Italy, 11th at ITU Cross Tri Worlds, won XTERRA Brazil, 2nd at XTERRA France, 4th at XTERRA Czech, 6th at XTERRA Germany, 4th at XTERRA Switzerland, and 11th at USA Champs. Finished 3rd in the XTERRA European Tour and 19th in the XTERRA U.S. Pro Series.

2012: Placed 2nd at XTERRA South Africa Championship on February 26, then 2nd at XTERRA Guam, 4th at XTERRA Philippines, and 3rd at XTERRA Saipan.



Carina

SUZIE SNYDER **Fredericksburg, Virginia**

2012 XTERRA U.S. PRO SERIES RANK: 6

PERSONAL: Born March 30, 1982...originally from Averill Park, NY...was a three-sport state champ in cross country, pole vault, and Slalom waterskiing...earned a masters degree in exercise science from Springfield College...was a competitive slalom waterskier from the ages of 12-18...works as a human performance coach for a federal law enforcement agency.

TWITTER: @SnyderSuzie

SPONSORS: Luna Pro Team

BIKE/SHOE: Orbea Alma 29er / AVIA Stoltz & Bolt

XTERRA EXPERIENCE: Ninth year. Won the 20-24 division XTERRA World Title in 2004 and 2006. Is also a 4-time XTERRA age group National Champion.

2010: Finished 5th at the XTERRA Mountain Champs in first race as a pro, was 9th at the XTERRA USA Championship, and a career-best 5th at XTERRA Worlds.

2011: Placed 4th at the XTERRA Saipan Championship and won the Tagaman road triathlon a week later in Saipan. Placed 7th at the XTERRA West Champs, 4th at the South Central Champs, 13th at ITU Cross Tri Worlds, 7th at the Pacific and Southeast Championships, a career-best 3rd at the East Champs, 8th at the Mountain Champs, and 9th at the USA Champs. Finished 5th in the Pro Series and was 15th at XTERRA Worlds.

2012: Finished 6th at the XTERRA West Championship.



Suzie

MEET THE ELITES

#67

SARA TARKINGTON **Boulder, Colorado**

2012 XTERRA U.S. PRO SERIES RANK: 9

PERSONAL: Born February 18, 1981...earned master's degree in social work from Colorado State...ran cross country at the University of Colorado...a social worker for Boulder County Housing and Human Services and runs a private practice working with athletes around sports performance issues (see flatirontherapy.com)

WEBSITE: saratarkington.blogspot.com

TWITTER: @xterrasara

SPONSORS: AVIA, Specialized, Stan's No Tubes, Honey Stinger, XTERRA Wetsuits, Native Eyewear, Infinit

BIKE: Specialized Womens Fate 29er

SHOE: AVIA Bolt and AVIA Stoltz

XTERRA EXPERIENCE: Fifth year.

RACING HIGHLIGHTS: Member of the junior national triathlon team that competed in ITU Worlds in '97 and '98 and Under 23 national team at Worlds in 2003 and '04.

2007: Won XTERRA Buffalo Creek and was third at the Crested Butte Bank XTERRA. Placed 7th at XTERRA Mountain Champs in Utah, 9th at XTERRA USA Championship, and 12th at XTERRA Worlds.

2008: Placed 14th at XTERRA East Champs, 10th at Mountain and USA Champs, and 9th at XTERRA Worlds.

2009: Placed third at the XTERRA Mountain Cup, and 6th at XTERRA USA Championship, and 9th at XTERRA Worlds.

2010: Finished 8th at the XTERRA West Champs, 2nd at the Mountain Championship, 7th at the USA Championship, and 8th at XTERRA Worlds in Maui.

2011: Placed 17th at ITU Cross Tri Worlds, 4th at the XTERRA Mountain Championship, 6th at XTERRA Canada, and 8th at XTERRA USA Champs. Finished 13th in Pro Series and was 7th (top American) at the XTERRA World Championship.

2012: Placed 9th at the XTERRA World Championship.



Sara



#68

MEET THE ELITES

#71

KIM BAUGH

Colorado Springs, Colorado

2012 XTERRA U.S. PRO SERIES RANK: First race

XTERRA EXPERIENCE: Second year as a pro. Won the 25-29 XTERRA World Title in 2006.

2011: Placed 9th at the XTERRA Mountain Championship in first pro race. Finished 17th at the 2011 XTERRA USA Championship, and 17th in the U.S. Pro Series.

#69

COURTENAY BROWN

Boulder, Colorado

2012 XTERRA U.S. PRO SERIES RANK: 12

PERSONAL: Born September 7, 1978...from Annapolis, Maryland, living in Boulder, Colorado...earned degree from the University of Virginia and currently working toward PhD from the University of Colorado at Boulder.

WEBSITE: courtenaybrown.com

TWITTER: @cour10nay

SPONSORS: Rev3 Racing Team, RecoveryPump, Pearl Izumi, PowerBar, Lazer Helmets, Splish, Rolf Prima

BIKE: Trek Superfly Elite hardtail 29er

SHOE: Pearl Izumi IsoTransition

XTERRA EXPERIENCE: Second year. Won the XTERRA Forest Drive points series race in first-ever XTERRA race in 2011.

2012: Placed 12th at the XTERRA West Championship.

#70

KATIE BUTTON

Stouffville, Canada

2012 XTERRA U.S. PRO SERIES RANK: First race

XTERRA EXPERIENCE: First year as a pro. Won the 25-29 division at the XTERRA Southeast Championship race at this venue last year, became the XTERRA Canada amateur champion and ultimately placed 2nd in the 25-29 division at the XTERRA World Championship in 2011.

CAROLINE COLONNA

Taos, New Mexico

2012 XTERRA U.S. PRO SERIES RANK: Not ranked

PERSONAL: Born April 20, 1964...won collegiate Taekwondo Championship in 1986 while at UC Berkeley...works as doctor of oriental medicine.

WEBSITE: colonnadare2tri.com

SPONSORS: Hammer, K-TAOS, Fat Tire Cycles, Willow Clinic, Biomedical Research Laboratories

BIKE/SHOE: Specialized Epic 29er / AVIA Bolt

XTERRA EXPERIENCE: Ninth year, first XTERRA in 2000.

RACING ACCOMPLISHMENTS: Won the 45-49 division XTERRA World Championship in 2010.

2011: Placed 7th at XTERRA Saipan Championship, 8th at the South Central Championship, 9th at the Pacific and Southeast Champs, 6th at the East Champs, 11th at the Mountain Champs, and 16th at XTERRA USA Champs. Finished 7th in the XTERRA U.S. Pro Series.

2012: DNF at XTERRA West Championship.



TAMARA DONELSON

Edwards, Colorado

#72

2012 XTERRA U.S. PRO SERIES RANK: 11

PERSONAL: Born August 29, 1975.

WEBSITE: tamaradonelson.com

TWITTER: @tamdonelson

XTERRA EXPERIENCE: First year pro. Won amateur XTERRA World title in 2011, placing 14th overall.

2012: Placed 11th at the XTERRA West Championship.

#74

MEET THE ELITES

#76

BRANDI HEISTERMAN
Brackendale, Canada

2012 XTERRA U.S. PRO SERIES RANK: First race

XTERRA EXPERIENCE: Second year.

2011: Placed second at the XTERRA Canada Championship in her first-ever XTERRA, and was 9th at the XTERRA World Championship in Maui.

#75

HEATHER HOLMES
Atlanta, Georgia

2012 XTERRA U.S. PRO SERIES RANK: First race

PERSONAL: Born September 24, 1980...from Pocatello, Idaho but in the last two years has lived in South Korea, Salt Lake City, Germany and Atlanta...earned undergrad degree in mechanical engineering from Montana State and MS and PhD degrees in same from the University of Utah....currently doing her postdoc at Georgia Tech researching air quality.

XTERRA EXPERIENCE: Second year.

2011: Placed 8th at XTERRA Italy in her first-ever triathlon (let alone XTERRA). Was 7th at XTERRA France and XTERRA Czech, 8th at XTERRA Germany and XTERRA Switzerland. Finished 7th in the XTERRA European Tour.

2012: Finished 6th at the XTERRA West Championship.



DANELLE KABUSH
Calgary, Alberta, Canada

2012 XTERRA U.S. PRO SERIES RANK: 4

PERSONAL: Born April 26, 1975...originally from Courtenay, British Columbia...was a track & cross-country Runner for University of Washington in Seattle, 1998 NCAA Division One 1500m finalist...earned PhD in sport psychology from the Univsity of Ottawa in 2007...has a 4-year-old girl, Zoe, and a boy "Nico" born in May, 2010.

WEBSITE: teamlunachix.com

BIKE/SHOE: Orbea Oiz and Orbea 29er/Avia

XTERRA EXPERIENCE: Eighth year.

RACING ACCOMPLISHMENTS: 4th & 5th overall in 2003/2004 Canada Cup Mountain Bike Series, was 9th in 1998 NCAA 1500m Final.

2004: 2nd at XTERRA Canada, 3rd at XTERRA Worlds.

2005: Finished 6th in Temecula, 9th in Richmond, 7th in Milwaukee, 9th in Keystone, and 4th in Tahoe. Placed 6th in XTERRA U.S. Pro Series and 6th at XTERRA Worlds.

2006: Finished 8th at Temecula, 4th in Alabama, 5th in Richmond, 8th in Milwaukee, 4th in Utah, 3rd at the XTERRA USA Championship in Tahoe, and career-best 2nd at XTERRA World Championship.

2007: Took year off to have her first child.

2008: Placed 4th at West Champs, 7th at Southeast Champs, 5th at East Champs, 4th at Mtn Champs, 6th at USA Champs and 2nd at Worlds (fastest run split).

2009: Placed 9th at XTERRA West Cup, 7th at Southeast Cup, 2nd at Northwest Cup, 3rd at Atlantic Cup, 5th at Northeast Cup, 2nd at Mountain Cup, and 7th at the XTERRA USA and World Championships.

2010: Won the XTERRA Alberta off-road tri, placed third at the XTERRA Canada Championships, and was 12th at XTERRA Worlds.

2011: Placed 5th at the XTERRA West Championship, 3rd at the XTERRA Canada Championship, and 3rd at the USA Championship. Finished 12th in XTERRA U.S. Pro Series and was 5th at XTERRA Worlds (her fourth top 5 in Maui).

2012: Placed 4th at the XTERRA West Championship.

PATRICIA MARQUEZ
Venezuela

#77

XTERRA EXPERIENCE: Second race. Won the inaugural XTERRA Venezuela Championship in 2011.

#78

MEET THE ELITES

#79

DARELLE PARKER **London, United Kingdom**

PERSONAL: Born June 24, 1968...is a professional stunt woman when not racing...earned a degree in Theatre from the Dartington College of Arts in the UK...also a spin and swim coach.

WEBSITE: dazparker.co.uk

TWITTER: @dazzystunts

SPONSORS: Cannondale, Craft, Suunto, Bikeboxalan, Blueseventy, Clifbar, Shock absorber, bike and run, Chelmer cycles.

BIKE/SHOE: Cannondale Scalpel 26"/Asics

XTERRA EXPERIENCE: Fifth year

RACING ACCOMPLISHMENTS: Won the 2009 overall amateur XTERRA World Title, and the 2008 ITU Sprint amateur world title.

2010: Placed 8th at XTERRA Portugal, 10th at the XTERRA West Championship, 7th at XTERRA France, 5th at XTERRA Switzerland, and 15th at XTERRA Worlds.

2011: Finished 4th at XTERRA Philippines, 6th at XTERRA Saipan, and 2nd at XTERRA Guam while racing with a fractured shoulder (from pre-riding the day before) that ultimately required surgery and kept her out of racing for the season.

2012: Placed 3rd at the XTERRA Philippines Championship.



LESLEY PATERSON **San Diego, California (via Scotland)** **2011 XTERRA World Champion**

2012 XTERRA U.S. PRO SERIES RANK: 2

PERSONAL: Born October 12, 1980...moved from Sterling, Scotland to the U.S. in 2001...earned bachelor's degree in performing arts from England and a master's in theatre acting from San Diego State...works constantly as a film producer, writer, and tri coach...ambition is to win an Oscar & be on the podium at XTERRA Worlds in same year.

WEBSITE: lesleypaterson.com

TWITTER: @lesleydoestri

SPONSORS: Trek, KSwiss, CEP, Xendurance, Bonk, Breaker, Aquasphere, GU, Oakley

BIKE/SHOE: Trek Superfly 29er / KSwiss Kwicky Blade

XTERRA EXPERIENCE: Fifth year. Finished in top 3 in 7-straight XTERRA Championship races from '09 to 2010.

RACING ACCOMPLISHMENTS: Placed 2nd at XTERRA Worlds in 2009 and 2nd at Ironman 70.3 California in 2010. Won the 2007 Subaru Sprint triathlon in San Diego and Scotland National Triathlon Championship in 2007.

2008: Finished 9th at XTERRA West Champs, 2nd at the Southeast Champs, 7th at the East Champs, 7th at the Mountain Champs, 4th at the USA Champs and 10th at XTERRA Worlds.

2009: Placed 3rd at XTERRA West Cup, 2nd at the Southeast Cup, 3rd at the USA Championship, and 2nd at XTERRA Worlds.

2010: Placed 3rd at XTERRA West and Southeast Championships, was 2nd at XTERRA USA Champs, and 7th at XTERRA Worlds.

2011: Won the XTERRA Pacific Championship in Santa Cruz, CA on May 15, and was 2nd at the XTERRA USA Championship on Sept. 24 in Utah. Finished 10th in the Pro Series with just those two results, then won her first XTERRA World Championship.

2012: Placed 2nd at the XTERRA West Championship.



Xterra

#80

MEET THE ELITES

#82

KATHRYN ROSS Boulder, Colorado

2012 XTERRA U.S. PRO SERIES RANK: 10

PERSONAL: Born May 27, 1990...from Doylestown, PA...coaches Vista Ridge swim team and youth triathlon.

BIKE: Blue XC Hardtail 26"

SHOE: Saucony

XTERRA EXPERIENCE: 2nd year. Won the 20-24 division at the 2011 XTERRA Indian Peaks points series race in her first-ever XTERRA.

2012: Placed 10th at the XTERRA West Championship.



#81

REBECCA STAYNOR Victoria, B.C., Canada

PERSONAL: Born March 5, 1981...working towards faculty of business degree at the University of Victoria...owns business selling Calorie Thief.

SPONSORS: OGC

BIKE: Divinci Dexter 26"

SHOE: Salomon Speedcross

XTERRA EXPERIENCE: Second year, first as a pro. Finished 2nd in 20-24 division at 2011 XTERRA Worlds.

CARLA VAN HUYSSTEEN Pretoria, South Africa

2012 XTERRA South Africa Champion

PERSONAL: Born April 19, 1984...from Johannesburg...earned a degree in physiotherapy from the University of Pretoria...turned professional when she was 24.

TWITTER: @carla_vh

WEBSITE: carlagermishuys.blogspot.com

SPONSORS: INOV-8, Sailfish, Rudy Project, 32Gi, Hatfield Cycles.

BIKE: SCOTT Scale 29er Pro

SHOE: INOV8 X-Talon 190

XTERRA EXPERIENCE: Sixth year.

2011: Placed 3rd at XTERRA Italy, 5th at XTERRA France, 4th at XTERRA Germany, and 7th at XTERRA Switzerland. Finished 4th in the XTERRA European Tour.

2012: Won XTERRA Buffelspoort and the XTERRA South Africa Championship.



2012 XTERRA U.S. PRO SERIES STANDINGS (AFTER 1)

PRO MEN

PI	Name	West	S'East	East	Mtn	USA	Totals
1	Conrad Stoltz, RSA	100					
2	Josiah Middaugh, USA	90					
3	Dan Hugo, RSA	82					
4	Chris Legh, AUS	75					
5	Branden Rakita, USA	69					
6	David Henestrosa, ESP	63					
7	Craig Evans, USA	58					
8	Doug Hall, GBR	53					
9	Lewis Elliot, USA	49					
10	Will Ross, USA	45					
11	Adam Wirth, USA	41					
12	Cody Waite, USA	37					
13	Chris Ganter, USA	34					
14	Damian Gonzalez, USA	31					



PRO WOMEN

PI	Name	West	S'East	East	Mtn	USA	Totals
1	Renata Bucher, SUI	100					
2	Lesley Paterson, GBR	90					
3	Emma Garrard, USA	82					
4	Danelle Kabush, CAN	75					
5	Melanie McQuaid, CAN	69					
6	Suzie Snyder, USA	63					
7	Kate Major, AUS	58					
8	Beth Walsh, USA	53					
9	Sara Tarkington, USA	49					
10	Kathryn Ross, USA	45					
11	Tamara Donelson, USA	41					
12	Courtenay Brown, USA	37					
13	Jennifer Todd, USA	34					



- 1 - April 14 - XTERRA West Championship (Aston MonteLago Village Resort - Lake Las Vegas, NV)
- 2 - May 19 - XTERRA Southeast Championship (Oak Mountain State Park - Pelham, AL)
- 3 - June 10 - XTERRA East Championship (Richmond, VA)
- 4 - July 14 - XTERRA Mountain Championship (Beaver Creek Resort - Avon, CO)
- 5 - Sept. 22 - XTERRA USA Championship (Ogden/Snowbasin Resort, UT)

Key: 1=100, 2=90, 3=82, 4=75, 5=69, 6=63, 7=58, 8=53, 9=49, 10=45, 11=41, 12=37, 13=34, 14=31, 15=28

ABOUT THE 2012 XTERRA U.S. PRO SERIES

The 2012 XTERRA U.S. Pro Series consists of five events - four regional championships and Nationals.

April 14	XTERRA West Championship	Lake Las Vegas Resort (Henderson, NV)
May 19	XTERRA Southeast Championship	Oak Mountain State Park (Pelham, AL)
June 10	XTERRA East Championship	Richmond, VA
July 14	XTERRA Mountain Championship	Beaver Creek Resort (Avon, CO)
Sept. 22	XTERRA USA Championship	Ogden/Snowbasin Resort, UT

The top 15 pros at each event are awarded points based on overall pro finish. Pros will count their best three of four regional scores plus the points they get (or don't get) at the XTERRA USA Championship in Utah. Thus, the final point total combines an athletes' best three scores in the first four races, plus the USA Championship race points. He/she with the most points in the end is declared the U.S. Pro Series Champ. The U.S. Series will dish out \$145,000 in prize money: \$15,000 at the West, East and Mountain Championships, \$20,000 at the Southeast and USA Championship races, and \$60,000 to the top overall points scorers in the Series.

Note: The XTERRA World Championship Oct. 28 in Kapalua, Maui is a stand-alone event worth \$105,000.

2012 Pro Points Score Breakdown:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
100	90	82	75	69	63	58	53	49	45	41	37	34	31	28

ELIGIBILITY

Athletes racing pro must have been accepted as a professional by a recognized multisport governing body (USA Triathlon, USA Cycling - road, cyclocross, track or mountain bike; any national governing body for triathlon; and any national governing body for cycling), and USA Triathlon offers an elite off-road pro license specifically designed for XTERRA specialists. You can find this information at <http://usatriathlon.org/content/index/670>. Questions should be directed to Katie Baker, USA coordinator at katie@usatriathlon.org.

In addition, athletes holding elite licenses in cycling, running, swimming or that have participated in the Olympics in the past 10 years can be eligible by writing to Dave Nicholas kahunadav@teamunlimited.com and presenting their qualifications.



2011 XTERRA U.S. PRO SERIES CHAMPS

Conrad Stoltz
Stellenbosch, South Africa

The "Caveman" is a 9-time XTERRA U.S. Pro Series Champion, having won the title in his rookie season of 2001, and also in 2002, '03, '05, then five straight from 2007-to-2011.

Melanie McQuaid
Victoria, B.C., Canada

McQuaid won the XTERRA Pro Series crown for the fourth time in her career in 2011. Only Jamie Whitmore has more, with five.



2012 XTERRA AMERICA TOUR PRIZE MONEY BREAKDOWN

XTERRA West, East, Mtn Championship Races Pro Purse (\$15,000)

Rank	Men	Women
1st	\$2,300	\$2,300
2nd	\$1,700	\$1,700
3rd	\$1,300	\$1,300
4th	\$900	\$900
5th	\$600	\$600
6th	\$400	\$400
7th	\$300	\$300



ITU Cross Tri Worlds // XTERRA Southeast Champs Pro Purse (\$20,000)

Rank	Men	Women
1st	\$2,500	\$2,500
2nd	\$2,000	\$2,000
3rd	\$1,500	\$1,500
4th	\$1,000	\$1,000
5th	\$800	\$800
6th	\$700	\$700
7th	\$600	\$600
8th	\$400	\$400
9th	\$300	\$300
10th	\$200	\$200

XTERRA USA Championship Pro Purse (\$20,000)

Rank	Men	Women
1st	\$2,500	\$2,500
2nd	\$2,000	\$2,000
3rd	\$1,500	\$1,500
4th	\$1,200	\$1,200
5th	\$900	\$900
6th	\$700	\$700
7th	\$500	\$500
8th	\$350	\$350
9th	\$200	\$200
10th	\$150	\$150

XTERRA U.S. Pro Series Pro Purse (\$60,000) awarded in Utah

Rank	Men	Women
1st	\$10,000	\$10,000
2nd	\$6,000	\$6,000
3rd	\$3,500	\$3,500
4th	\$2,500	\$2,500
5th	\$2,000	\$2,000
6th	\$1,500	\$1,500
7th	\$1,200	\$1,200
8th	\$1,000	\$1,000
9th	\$800	\$800
10th	\$600	\$600
11th	\$400	\$400
12th	\$300	\$300
13th	\$200	\$200



XTERRA World Championship Pro Purse (\$100,000) @ Maui

Rank	Men	Women
1st	\$20,000	\$20,000
2nd	\$12,000	\$12,000
3rd	\$7,000	\$7,000
4th	\$4,000	\$4,000
5th	\$2,500	\$2,500
6th	\$1,500	\$1,500
7th	\$1,000	\$1,000
8th	\$800	\$800
9th	\$600	\$600
10th	\$500	
11th	\$400	
12th	\$300	
*Double	\$2,500	\$2,500



**The Hawaiian Airlines "Double" Purse is awarded to the pro man and woman with the fastest combined 2012 XTERRA World Championship and Ironman Hawaii Championship time, a feat reserved for the world's leading endurance athletes as the two races are held just two weeks apart.*

2011 XTERRA U.S. PRO SERIES FINAL STANDINGS

The XTERRA USA Championship on Sept. 24 in Utah was the last of seven races in the XTERRA U.S. Pro Series that featured six regionals and the national championship. Here's a look at the final standings:

PRO MEN

PI	Name	West	SC	Pacific	S'East	East	Mtn	USA	Totals
1	Conrad Stoltz	90	100	100	100	100	DNR	75	565
2	Josiah Middaugh	100	90	75	82	DNR	100	82	529
3	Nicolas Lebrun	75	75	DNR	69	82	75	100	476
4	Branden Rakita	82	69	69	x-58	75	69	63	427
5	Dan Hugo	DNR	DNR	90	90	90	DNR	90	360
6	Seth Wealing	58	82	82	DNF	DNR	90	37	349
7	Cody Waite	49	x-45	58	63	53	49	45	317
8	Craig Evans	41	63	53	75	69	DNR	DNP	301
9	Trevor Glavin	53	58	63	41	DNR	DNR	DNR	215
10	Brad Zoller	31	DNR	DNR	DNR	63	63	49	206
11	Jason Michalak	28	34	DNR	49	DNR	58	34	203
12	Adam Wirth	34	37	DNF	45	DNR	41	28	185
13	Patrick Valentine	DNP	49	DNR	53	DNR	45	DNP	147
14	Brian Smith	45	DNR	DNR	DNR	DNR	82	DNP	127
15	Matt Boobar	DNR	DNP	DNR	37	49	37	DNR	123

Also: Shiloh Mielke (119), Chris Stehula (118), Will Ross (111), Damian Gonzalez (96), Will Kelsay (72), Lance Armstrong (69), Jim Thijs (63), Ben Allen (58), Tim Reed (53), David Henestosa (53), Eric Clarkson (45), Barry Wicks (37), Jimmy Archer (34), Tim DeBoom (31), Chris Vander Linden (31).

PRO WOMEN

PI	Name	West	Scentral	Pacific	S'East	East	Mountain	USA	Totals
1	Melanie McQuaid	100	100	x-69	100	90	90	100	580
2	Shonny Vanlandingham	90	90	x-75	90	100	100	58	528
3	Christine Jeffrey	82	82	63	75	75	x-58	63	440
4	Emma Garrard	63	69	82	69	DNR	69	69	421
5	Suzie Snyder	58	75	58	58	82	x-53	49	380
6	Jessica Noyola	53	63	53	63	69	DNR	45	346
7	Caroline Colonna	DNR	53	49	49	63	41	DNP	255
8	Tracy Thelen	45	58	DNR	53	DNR	45	34	235
9	Kelley Cullen	75	DNR	DNR	DNR	DNR	82	75	232
10	Lesley Paterson	DNR	DNR	100	DNR	DNR	DNR	90	190
11	Renata Bucher	DNR	DNR	90	82	DNR	DNR	DNR	172
12	Danelle Kabush	69	DNR	DNR	DNR	DNR	DNR	82	151
13	Sara Tarkington	DNR	DNR	DNR	DNR	DNR	75	53	128
14	Luisa Bryce	DNR	DNR	DNR	DNR	DNR	63	37	100
15	Jaime Brede	DNR	DNR	DNR	DNR	58	DNR	DNR	58

Also: Rosemarie Gerspacher (49), Kim Baugh (49), Stella Carey (45), Carina Wasle (41), Tammy Jacques (31), Mical Dyck (28)

April 10 - XTERRA West Championship (Lake Las Vegas, NV) - April 17 // XTERRA South Central Championship (Cameron Park - Waco, TX)
 May 15 - XTERRA Pacific Championship (Wilder Ranch State Park - Santa Cruz, CA) // May 22 - XTERRA Southeast Championship (Pelham, AL)
 June 12 - XTERRA East Championship (Richmond, VA) // July 16 - XTERRA Mountain Championship (Beaver Creek Resort - Avon, CO)
 Sept. 25 - XTERRA USA Championship (Ogden/Snowbasin Resort, UT)

Key: 1=100, 2=90, 3=82, 4=75, 5=69, 6=63, 7=58, 8=53, 9=49, 10=45, 11=41, 12=37, 13=34, 14=31, 15=28

DNR = Did Not Race
 DNP = Did Not Place

TOP 5 IN XTERRA U.S. PRO SERIES SINCE 1999

2011 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	565	1. Melanie McQuaid	580
2. Josiah Middaugh	529	2. S. Vanlandingham	528
3. Nico Lebrun	476	3. Christine Jeffrey	440
4. Branden Rakita	427	4. Emma Garrard	421
5. Dan Hugo	360	5. Suzie Snyder	380

2010 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	500	1. S. Vanlandingham	452
2. Josiah Middaugh	434	2. Melanie McQuaid	444
3. Seth Wealing	378	3. Renata Bucher	401
4. Nico Lebrun	341	4. Emma Garrard	347
5. Craig Evans	318	5. Christine Jeffrey	345

2009 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	572	1. Melanie McQuaid	600
2. Nico Lebrun	562	2. S. Vanlandingham	552
3. Josiah Middaugh	534	3. Renata Bucher	463
4. Mike Vine	487	4. Danelle Kabush	447
5. Dan Hugo	414	5. Christine Jeffrey	426

2008 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	353	1. Melanie McQuaid	400
2. Dan Hugo	345	2. S. Vanlandingham	330
3. Josiah Middaugh	326	3. Jenny Smith	316
4. Brian Smith	290	4. Danelle Kabush	282
5. Mike Vine	276	5. Lesley Paterson	281

2007 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	400	1. Jamie Whitmore	400
2. Mike Vine	337	2. Melanie McQuaid	349
3. Josiah Middaugh	322	3. Jennifer Smith	329
4. Seth Wealing	322	4. Candy Angle	314
5. Andrew Noble	303	5. Amber Monforte	258

2006 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Seth Wealing	428	1. Melanie McQuaid	480
2. Brent McMahan	413	2. Jamie Whitmore	459
3. Andrew Noble	391	3. Candy Angle	403
4. Conrad Stoltz	303	4. Danelle Kabush	354
5. Brian Smith	300	5. Janae Pritchett	320

2005 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	390	1. Jamie Whitmore	390
2. Mike Vine	310	2. Melanie McQuaid	380
3. Olivier Marceau	309	3. Candy Angle	302
4. Brent McMahon	283	4. Jessica Harrison	282
5. Francisco Serrano	275	5. Melissa Thomas	271
6. Josiah Middaugh	252		

2004 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Sylvain Dodet	290	1. Jamie Whitmore	300
2. Josiah Middaugh	264	2. Melanie McQuaid	280
3. Conrad Stoltz	249	3. Candy Angle	239
4. Nicolas LeBrun	247	4. Janae Deverell	209
5. Justin Thomas	179	5. Lynley Allison	208

2003 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	290	1. Jamie Whitmore	300
2. Steve Larsen	280	2. Melanie McQuaid	270
3. Nicolas LeBrun	264	3. Melissa Thomas	232
4. Justin Thomas	218	4. Jenny Tobin	202
5. Jason Chalker	207	5. Candy Angle	200

2002 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	300	1. Jamie Whitmore	290
2. Nicolas LeBrun	248	2. Melanie McQuaid	265
3. Kerry Classen	235	3. Raeleigh Tennant	234
4. Mike Vine	228	4. Kerstin Weule	222
5. Andrew Noble	201	5. Melissa Thomas	214

2001 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Conrad Stoltz	465	1. Anke Erlank	469
2. Nicolas LeBrun	404	2. Monique Merrill	375
3. Ned Overend	373	3. Raeleigh Tennant	343
4. Mike Vine	365	4. Jenny Tobin	326
5. Kerry Classen	319	5. Cheri Touchette	309

2000 U.S. PRO POINTS SERIES RESULTS

Men		Women	
1. Michael Tobin	826	1. Kerstin Weule	890
2. Mike Vine	820	2. Jody Purcell	810
3. Kerry Classen	802	3. Lorraine Barrows	688
4. Ned Overend	697	4. Jenny Tobin	635
5. Dave Harrison	596	5. Linda Gabor	524

1999* U.S. PRO POINTS SERIES RESULTS (First year)

Men		Women	
1. Michael Tobin	886	1. Kerstin Weule	886
2. Jimmy Riccitello	732	2. Jody Purcell	827
3. John Koenig	676	3. Lorraine Barrows	718
4. Ned Overend	660	4. Jenny Wood	708
5. Kerry Classen	635	5. Linda Gabor	675



Bold denotes top American (National Champ) in Pro Series



2011 XTERRA SOUTHEAST CHAMPIONSHIP RESULTS

Shelby County, AL (May 22, 2011)

PRO MEN

PI	Name	Age	Hometown	Time	Pts	Purse
1	Conrad Stoltz	37	Stellenbosch, South Africa	2:22:22	100	\$1,800
2	Dan Hugo	25	Stellenbosch, South Africa	2:22:41	90	\$1,250
3	Josiah Middaugh	32	Vail, Colorado	2:26:05	82	\$800
4	Craig Evans	33	Hendersonville, Tennessee	2:27:40	75	\$500
5	Nicolas Lebrun	38	Digne, France	2:30:52	69	\$400
6	Cody Waite	32	Lakewood, Colorado	2:31:44	63	\$300
7	Branden Rakita	30	Manitou Springs, Colorado	2:33:15	58	\$200
8	Patrick Valentine	25	Colorado Springs, Colorado	2:33:40	53	
9	Jason Michalak	33	Lakewood, Colorado	2:34:52	49	
10	Adam Wirth	32	Boise, Idaho	2:36:39	45	

Also: Trevor Glavin (41), Matt Boobar (37), Damian Gonzalez (34)

PRO WOMEN

PI	Name	Age	Hometown	Time	Pts	Purse
1	Melanie McQuaid	37	Victoria, B.C., Canada	2:39:58	100	\$1,800
2	Shonny Vanlandingham	41	Durango, Colorado	2:41:31	90	\$1,250
3	Renata Bucher	33	Lucerne, Switzerland	2:44:36	82	\$800
4	Christine Jeffrey	38	Guelph, Ontario, Canada	2:47:48	75	\$500
5	Emma Garrard	29	Park City, Utah	2:50:28	69	\$400
6	Jessica Noyola	28	San Diego, California	2:57:20	63	\$300
7	Suzie Snyder	29	Fredericksburg, Virginia	3:03:52	58	\$200
8	Tracy Thelen	31	Colorado Springs, Colorado	3:06:34	53	
9	Caroline Colonna	46	Taos, New Mexico	3:08:40	49	

XTERRA SOUTHEAST CHAMPS CHAMPIONS (FEMALE)

Division	Name	Time	Hometown
25 - 29	Katie Button	3:22:08	Stouffville, Canada
30 - 34	Brook Pace	3:10:59	Tallahassee, FL
35 - 39	Mimi Stockton	3:05:43	Stevensville, MI
40 - 44	Karen Masson	3:08:22	Asheville, NC
45 - 49	Lori Goldweber	3:15:04	Birmingham, AL
50 - 54	Beverly Enslow	3:17:35	Metamora, IL

XTERRA SOUTHEAST CHAMPS CHAMPIONS (MALE AGE GROUP)

Division	Name	Time	Hometown
20 - 24	Michael Keith	2:47:01	Mars Hill, NC
25 - 29	Blake Voges	2:55:10	Santa Claus, IN
30 - 34	A.J. Petrillo	2:53:49	Blue Ridge, GA
35 - 39	Fred Smith	2:40:07	Knoxville, TN
40 - 44	Mark Woody	2:47:16	Chapin, SC
45 - 49	Mark Rudder	2:52:38	Atlanta, GA
50 - 54	Casey Fannin	2:50:00	Birmingham, AL
55 - 59	Mike Bagent	3:55:02	Niceville, FL
60 - 64	Frank George	3:45:08	Rome, GA
65 - 69	Richard Snow	5:30:42	Tuscaloosa, AL

* TOP AMATEURS



2010 XTERRA SOUTHEAST CHAMPIONSHIP RESULTS

Shelby County, AL (June 13, 2010)

TOP PRO MEN

PI	Name	Age	Hometown	Time	Pts	Purse
1	Conrad Stoltz	36	Stellenbosch, South Africa	2:21:27	100	\$1,800
2	Josiah Middaugh	31	Vail, Colorado	2:23:54	90	\$1,250
3	Craig Evans	32	Hendersonville, Tennessee	2:26:55	82	\$800
4	Seth Wealing	31	Boulder, Colorado	2:31:20	75	\$500
5	Cody Waite	31	Lakewood, Colorado	2:33:53	69	\$400
6	Will Kelsay	28	Boulder, Colorado	2:40:05	63	\$300
7	Scott Gall	35	Cedar Falls, Iowa	2:40:24	58	\$200
8	Kevin Carter	36	College Park, Maryland	2:40:46	53	
9	Damian Gonzalez	34	Stockton, California	2:47:26	49	
10	Ryan DeCook	30	Rochester, MI	2:43:18	45	

Also: Matt Boobar (41), Trevor Glavin (37)

TOP PRO WOMEN

PI	Name	Age	Hometown	Time	Pts	Purse
1	Shonny Vanlandingham	40	Durango, Colorado	2:38:02	100	\$1,800
2	Melanie McQuaid	36	Victoria, B.C., Canada	2:42:05	90	\$1,250
3	Lesley Paterson	29	Sterling, Scotland (San Diego)	2:46:28	82	\$800
4	Renata Bucher	32	Lucerne, Switzerland	2:49:41	75	\$500
5	Emma Garrard	28	Truckee, California	2:49:57	69	\$400
6	Christine Jeffrey	37	Guelph, Ontario, Canada	2:55:06	63	\$300
7	Fabiola Corona	30	Mexico City, Mexico	3:00:02	58	\$200
8	Tracy Thelen	31	Colorado Springs, Colorado	3:02:19	53	

XTERRA SOUTHEAST CHAMPIONS (FEMALE AGE GROUP)

Division	Name	Time	Hometown
20 - 24	Jo Markham	3:26:27	Collierville, TN
25 - 29	Suzanne Snyder	2:55:08	Wallingford, CT
30 - 34	Julia Radmann	3:27:14	Smyrna, GA
35 - 39	Heather Coddington	3:35:51	Indianapolis, IN
40 - 44	Angie Childre	3:40:03	Milledgeville, GA
45 - 49	Lori Ann Goldweber	3:22:41	Birmingham, AL
50 - 54	Beverly Enslow	3:13:27	Metamora, IL
60+	Charlotte Mahan	5:54:22	Lenoir City, TN

XTERRA SOUTHEAST CHAMPIONS (MALE AGE GROUP)

Division	Name	Time	Hometown
15 - 19	John Gorum	3:27:03	Fortson, GA
20 - 24	Tomek Barc	4:14:20	Irmo, SC
25 - 29	Blake Voges	2:59:49	Santa Claus, IN
30 - 34	Omar Fraser	2:45:10	Birmingham, AL
35 - 39	Chris Scott	2:48:46	Morrison, IL
40 - 44	Mark Woody	2:44:49	Chapin, SC
45 - 49	Mark Rudder	2:52:32	Atlanta, GA
50 - 54	Casey Fannin	2:46:45	Birmingham, AL
55 - 59	Walt Rider	3:18:24	Memphis, TN
60 - 64	Al Marvin	3:48:35	Denver, CO
65 - 69	Peter Lilley	4:26:19	Charlotte, NC



2009 XTERRA SOUTHEAST CHAMPIONSHIP RESULTS

Shelby County, AL (May 23, 2009)

TOP 10 PRO MEN

PI	Name	Age	Hometown	Time	Pts	Purse
1	Conrad Stoltz	35	Stellenbosch, South Africa	2:04:27	100	\$1,800
2	Josiah Middaugh	30	Vail, Colorado	2:05:19	90	\$1,250
3	Mike Vine	35	Victoria, B.C., Canada	2:06:58	82	\$800
4	Dan Hugo	24	Stellenbosch, South Africa	2:08:07	75	\$500
5	Nico Lebrun	35	Digne, France	2:09:07	69	\$400
6	Craig Evans	31	Spring Hill, Tennessee	2:10:14	63	\$300
7	Cody Waite	30	Lakewood, Colorado	2:15:47	58	\$200
8	Branden Rakita	28	Manitou Springs, Colorado	2:17:57	53	
9	Will Kelsay	27	Boulder, Colorado	2:20:18	49	
10	Matt Boobar	36	Stratton Mountain, Vermont	2:28:54	45	

TOP 10 PRO WOMEN

PI	Name	Age	Hometown	Time	Pts	Purse
1	Melanie McQuaid	35	Victoria, B.C., Canada	2:23:52	100	\$1,800
2	Lesley Paterson	28	Sterling, Scotland	2:26:33	90	\$1,250
3	Renata Bucher	31	Lucerne, Switzerland	2:28:46	82	\$800
4	Shonny Vanlandingham	39	Durango, Colorado	2:29:03	75	\$500
5	Emma Garrard	27	Truckee, California	2:32:11	69	\$400
6	Jenny Smith	36	Westport, New Zealand	2:33:11	63	\$300
7	Danelle Kabush	34	Canmore, Alberta, Canada	2:33:20	58	\$200
8	Kristy Lanier	38	Marlinton, West Virginia	2:37:38	53	
9	Erin Kummer	24	Boulder, Colorado	2:45:07	49	
10	Alexandra Borrelly	33	Digne, France	2:50:39	45	

XTERRA SOUTHEAST CUP CHAMPIONS (Amateur Women)

Division	Name	Time	Hometown
25 - 29	Erin Nielsen	2:53:17	North Haverhill, NH
30 - 34	Brook Pace	2:51:03	Tallahassee, FL
35 - 39	Tina Eakin	2:51:36	Huntsville, AL
40 - 44	Missy Grant	3:13:52	Raleigh, NC
45 - 49	Lori Goldweber	2:52:23	Birmingham, AL
50 - 54	Beverly Enslow	2:51:37	Metamora, IL
55 - 59	Ruth Ference	3:36:56	Rome, GA
60+	Charlotte Mahan	5:31:10	Lenoir City, TN

* TOP AMATEURS

XTERRA SOUTHEAST CUP CHAMPIONS (Amateur Men)

Division	Name	Time	Hometown
20 - 24	Jared Levin	2:54:21	Richmond, VA
25 - 29	Blake Voges	2:26:08	Santa Claus, IN
30 - 34	Nat Faulkner	2:20:37	Ontario, Canada
35 - 39	Scott Mills	2:25:44	Montgomery, AL
40 - 44	Rickey Tolliver	2:26:53	Parker, CO
45 - 49	Casey Fannin	2:22:53	Birmingham, AL
50 - 54	Scott Ewing	2:36:39	Destin, FL
55 - 59	Bill Blankenship	3:19:08	Santa Fe, NM
60 - 64	William English	3:51:19	Clemson, SC
65 - 69	Peter Lilley	3:52:21	Charlotte, NC
70+	Nathaniel Grew	4:30:20	Costa Rica
PC	Todd Atkins	3:23:15	Fayetteville, GA
Collegiate	Graeme Keith III	2:43:17	Charleston Law School



2008 XTERRA SOUTHEAST CHAMPIONSHIP RESULTS

Shelby County, AL (June 8, 2008)

TOP 15 PRO MEN

PI	Name	Age	Hometown	Final Time	Purse	Pts
1	Conrad Stoltz	34	Stellenbosch, South Africa	2:05:58	\$2,500	100
2	Dan Hugo	23	Stellenbosch, South Africa	2:06:14	\$2,000	90
3	Craig Evans	30	Spring Hill, Tennessee	2:08:27	\$1,500	82
4	Dominic Gillen	30	Milford, Connecticut	2:09:46	\$1,200	75
5	Kelly Guest	31	Vancouver, B.C., Canada	2:10:26	\$900	69
6	Brian Smith	32	Gunnison, Colorado	2:12:10	\$700	63
7	Rom Akerson	24	Tambor, Costa Rica	2:12:54	\$500	58
8	Ryan Ignatz	29	Boulder, Colorado	2:13:50	\$350	53
9	Tyler Johnson	28	Chester, Connecticut	2:14:44	\$250	49
10	Mike Vine	35	Victoria, B.C., Canada	2:15:57	\$200	45

Also receiving points: Mark Leishman (\$150, 41), Branden Rakita (\$100, 37), Cody Waite (34), Jordan Jones (31), Ryan DeCook (28).

TOP 11 PRO WOMEN

PI	Name	Age	Hometown	Final Time	Purse	Pts
1	Shonny Vanlandingham	38	Durango, Colorado	2:26:46	\$2,500	100
2	Lesley Paterson	28	Stirling, Scotland	2:31:36	\$2,000	90
3	Christine Jeffrey	35	Guelph, Ontario, Canada	2:31:53	\$1,500	82
4	Jenny Smith	34	Westport, New Zealand	2:32:11	\$1,200	75
5	Amber Monforte	29	Reno, Nevada	2:33:17	\$900	69
6	Kristy Lanier	37	Marlinton, West Virginia	2:35:29	\$700	63
7	Danelle Kabush	33	Canmore, Alberta, Canada	2:35:37	\$500	58
8	Melanie McQuaid	35	Victoria, B.C., Canada	2:39:05	\$350	53
9	Jenny Tobin	39	Boise, Idaho	2:39:23		49
10	Nic Leary	24	Palmerston North, New Zealand	2:42:38		45

Also receiving points: Candy Angle (41)

TOP SPLITS

Fastest 0.93-mile lake swim: Craig Evans (20:01), Christine Jeffrey (20:59)

Fastest 17.2-mile mountain bike: Conrad Stoltz (1:05:10), Shonny Vanlandingham (1:13:31)

Fastest 6.2-mile trail run: Brian Smith (38:17), Lesley Paterson (44:33)

XTERRA SOUTHEAST CHAMPS (FEMALE BY DIV.)

Age Group	Name	Time	Hometown
20 - 24	Erin Kummer	2:48:37	Boulder, CO
25 - 29	Suzie Snyder	2:59:22	Wallingford, CT
30 - 34	Julie Radmann	3:05:58	Smyrna, GA
35 - 39	Lisa Lieb	2:51:42	Durango, CO
40 - 44	Cheryl Stine	3:02:12	Bloomington, IN
45 - 49	Meiling Yee	3:01:37	Sunnyvale, CA
50 - 54	Lucia Colbert	3:09:01	Cordova, TN
60+	Charlotte Mahan	5:27:44	Lenoir City, TN

* TOP AMATEURS

XTERRA SOUTHEAST CHAMPS (MALE BY DIV.)

Age Group	Name	Time	Hometown
20 - 24	Blake Voges	2:37:12	Durango, CO
25 - 29	Omar Fraser	2:20:10	Birmingham, AL
30 - 34	James Walsh	2:18:14	Carlsbad, CA
35 - 39	Matthew Boobar	2:27:59	Plymouth, NH
40 - 44	John Close	2:34:24	Birmingham, AL
45 - 49	Casey Fannin	2:25:26	Birmingham, AL
50 - 54	Scott Ewing	2:47:16	Destin, FL
55 - 59	Bill Blankenship	3:14:40	Santa Fe, NM
60 - 64	Bruce Wacker	3:15:23	Colorado Springs, CO
65 - 69	Peter Lilley	3:48:55	Charlotte, NC
70+	Nathaniel Grew	4:13:58	Santa Barbara, Costa Rica



2007 XTERRA SOUTHEAST CHAMPIONSHIP RESULTS

June 10, 2007 – Conrad “the Caveman” Stoltz rode his mountain bike “on another level” to dominate the men’s race while Jamie Whitmore chased down Melanie McQuaid on the run as the two emerged victorious today at the second annual XTERRA Southeast Championship at Oak Mountain State Park in Shelby County.

It was a magnificent day for racing among the tall oak trees with clear blue skies and temperatures in the mid-80’s for the 9:30am start warming up to the low-90’s in the afternoon with welcome breezes making their way through the park.

“Alabama is always a very interesting cultural experience for me,” smiled Stoltz. “I had hush puppies, fried catfish, prawns, cornbread, and grits. We went to the Cracker Barrel and I thought that it was a mom and pop store and someone said ‘No, there’s thousands of them’. We got to meet a lot of the locals, talk to the people, enjoy the Southern hospitality and the Southern food which was really pretty cool.”

TOP PRO MEN

PI	Name	Age	Hometown	Final Time	Purse	Pts
1	Conrad Stoltz	33	Stellenbosch, South Africa	2:02:36	\$2,500	100
2	Andrew Noble	41	Gold Coast, Australia	2:06:24	\$2,000	90
3	Josiah Middaugh	28	Vail, Colorado	2:06:50	\$1,500	82
4	Mike Vine	34	Victoria, B.C., Canada	2:07:33	\$1,200	75
5	Craig Evans	29	Nashville, Tennessee	2:08:22	\$900	69
6	Seth Wealing	28	Boulder, Colorado	2:08:52	\$700	63
7	Brian Smith	31	Gunnison, Colorado	2:09:04	\$500	58
8	Jamie Cleveland	35	Frederickton, Texas	2:13:34	\$350	53
9	Cody Waite	28	Denver, Colorado	2:14:08	\$250	49
10	Will Kelsay	25	Boulder, Colorado	2:16:39	\$200	45

Also receiving points: Mark Leishman (\$150, 41), Jimmy Archer (\$100, 37).

TOP PRO WOMEN

PI	Name	Age	Hometown	Final Time	Purse	Pts
1	Jamie Whitmore	31	Somerset, California	2:20:25	\$2,500	100
2	Melanie McQuaid	34	Victoria, B.C., Canada	2:21:54	\$2,000	90
3	Candy Angle	37	Weymouth, Massachusetts	2:23:50	\$1,500	82
4	Jennifer Smith	34	Westport, New Zealand	2:27:51	\$1,200	75
5	Shae Rainer	27	Austin, Texas	2:31:24	\$900	69
6	Amber Monforte	29	Reno, Nevada	2:33:07	\$700	63

TOP SPLITS

Fastest 0.9-mile lake swim (out of transition time): Craig Evans (19:26), Candy Angle (21:29)

Fastest 18.5-mile mountain bike: Conrad Stoltz (1:03:19), Jennifer Smith (1:13:06)

Fastest 6.2-mile trail run: Tyler Stanfill, amateur (37:13), Josiah Middaugh (37:13), Jamie Whitmore (43:54)

AGE GROUP CHAMPS - - - - -

XTERRA SOUTHEAST CHAMPS (FEMALE BY DIV.)

Division	Name	Time	Hometown
15 - 19	Lanie Drenning	3:09:17	Owens Crossroads, AL
25 - 29	Gabriela Baranova	2:51:45	Zion, IL
30 - 34	Toni Axelrod	2:48:59	Vail, CO
35 - 39	Tina Eakin	2:45:07	Redstone Arsenal, AL
40 - 44	Lori Goldweber	2:51:44	Homewood, AL
45 - 49	Meiling Yee	2:54:17	Sunnyvale, CA
50 - 54	Beverly Enslow	2:57:27	Metamora, IL
55 - 59	Cindi Toepel	3:19:48	Littleton, CO
60+	Charlotte Mahan	5:41:30	Lenoir City, TN

XTERRA SOUTHEAST CHAMPS (MALE BY DIV.)

Division	Name	Time	Hometown
15 - 19	Matthew Robbins	2:37:36	Cordova, TN
20 - 24	Caleb Guest	2:36:59	Tempe, AZ
25 - 29	Michael Harlow	2:26:56	Richmond, VA
30 - 34	Damian Gonzalez	2:21:23	Stockton, CA
35 - 39	David Meadows	2:27:18	Birmingham, AL
40 - 44	Bruce Gennari	2:26:39	Brentwood, TN
45 - 49	Casey Fannin	2:23:02	Birmingham, AL
50 - 54	Ian Davidson, Jr.	2:30:05	Clemson, SC
55 - 59	Walt Rider	2:50:44	Germantown, TN
60 - 64	Richard Suggs	3:20:51	Nacogdoches, TX
65+	Errol Lassiter	3:31:53	Woodstock, GA



2006 XTERRA SOUTHEAST CHAMPIONSHIP RESULTS

June 11, 2006 – A pair of Canadians, Brent McMahon and Melanie McQuaid, took home top honors at the inaugural XTERRA Southeast Championship on a beautiful sunny day with temperatures in the mid-90's.

McMahon led the swim from start to finish, clocked a time of 16:27, and was the first racer out on the bike. Seth Wealing came out of the water about 25 seconds later, followed by Andrew Noble then Conrad Stoltz – a full minute-thirty behind McMahon. It turned out the top four swimmers would be the top four finishers in the same order – McMahon, Wealing, Noble, Stoltz – although there was plenty of chasing, crashing, passing, mechanicals, and all-out racing in between.

In the women's race Melanie McQuaid won it on the bike – posting the fastest split at 1:13:42, despite mechanicals. Some 300 athletes from 32 states made their way to Alabama for the inaugural event.

TOP 15 PRO MEN

PI	Name	Age	Hometown	Final Time	Purse	Pts
1	Brent McMahon	25	Victoria, B.C., Canada	2:00:51	\$2,500	100
2	Seth Wealing	27	Boulder, Colorado	2:01:38	\$2,000	90
3	Andrew Noble	39	Gold Coast, Australia	2:03:55	\$1,500	82
4	Conrad Stoltz	32	Stellenbosch, South Africa	2:03:59	\$1,200	75
5	Brian Smith	31	Gunnison, Colorado	2:05:01	\$900	69
6	Ryan Ignatz	27	Boulder, Colorado	2:06:58	\$700	63
7	Dominic Gillen	28	South Royalton, Vermont	2:07:22	\$500	58
8	Justin Thomas	31	Reno, Nevada	2:08:08	\$350	53
9	Tyler Johnson	26	Chester, Connecticut	2:11:47	\$250	49
10	Brian Astell	25	Hampstead, New Hampshire	2:12:17	\$200	45

Also receiving points: Will Kelsay (\$150, 41), Jim Vance (\$100, 37), Jimmy Archer (34), Mike Vine (31), Hank Campbell (28).

TOP 15 PRO WOMEN

PI	Name	Age	Hometown	Final Time	Purse	Pts
1	Melanie McQuaid	32	Victoria, B.C., Canada	2:19:35	\$2,500	100
2	Jamie Whitmore	30	Somerset, California	2:19:57	\$2,000	90
3	Candy Angle	36	Weymouth, Massachusetts	2:24:31	\$1,500	82
4	Danelle Kabush	31	Canmore, Alberta, Canada	2:26:32	\$1,200	75
5	Monique Sawicki	26	Mililani, Hawaii	2:27:02	\$900	69
6	Jennifer Smith	33	Greymouth, New Zealand	2:29:29	\$700	63
7	Jen Tobin	37	Boise, Idaho	2:30:44	\$500	58
8	Shae Rainer	26	Austin, Texas	2:32:40	\$350	53
9	Janae Pritchett	29	Crested Butte, Colorado	2:33:15	\$250	49
10	Ingrid Rolles	33	Honolulu, Hawaii	2:33:35	\$200	45

Also receiving points: Melissa Thomas (\$150, 41), Aracelly Clouse (\$100, 37), Nicole Newton (34), Amber Monforte (31), and Christy Murphy (28).

AGE GROUP CHAMPS - - - - -

XTERRA SOUTHEAST CHAMPS (FEMALE BY DIV.)

Division	Name	Time	Hometown
20 - 24	Kristin Markham	3:40:03	Coueville, Tennessee
25 - 29	Julia Radmann	3:03:36	Smyrna, Georgia
30 - 34	Leslie Trussler	2:59:00	Manchester, Tennessee
35 - 39	Barbara Chandler	3:12:18	Atlanta, Georgia
40 - 44	Christiane Reetz	2:58:45	San Antonio, Texas
45 - 49	Jackie Ryan	3:01:51	Birmingham, Alabama
60+	Charlotte Mahan	5:47:22	Lenoir City, Tennessee

* TOP AMATEURS

XTERRA SOUTHEAST CHAMPS (MALE BY DIV.)

Division	Name	Time	Hometown
15 - 19	Riley Spahn	3:02:19	Trussville, Alabama
20 - 24	Jeremy Chandler	2:36:05	Knoxville, Tennessee
25 - 29	Craig Evans	2:09:40	Spring Hill, Tennessee
30 - 34	Matt Boobar	2:21:34	Plymouth, New Hampshire
35 - 39	Ross McMahon	2:26:37	Incline Village, Nevada
40 - 44	Bruce Gennari	2:19:00	Brentwood, Tennessee
45 - 49	Scott Ewing	2:39:48	Destin, Florida
50 - 54	Marshall Reeves	2:55:41	Melbourne, Florida
55 - 59	John Robson	3:12:00	Melbourne, Florida
60 - 64	Dale Vaughan	3:02:24	Macon, Georgia
65+	Robert Alt	3:29:32	Tullahoma, Tennessee

2012 XTERRA WORLD TOUR CHAMPIONSHIP RACES

Date	Event	Location
Feb 26	XTERRA South Africa Championship Conrad Stoltz and Carla van Huyssteen	Western Cape
Mar 10	XTERRA Guam Championship Ben Allen and Renata Bucher	Guam
Mar 10	XTERRA Motatapu Braden Currie and Fleur Lattimore	South Island, New Zealand
Mar 18	XTERRA Philippines Championship Ben Allen and Renata Bucher	Cebu
Mar 24	XTERRA Saipan Championship Ben Allen and Renata Bucher	Northern Marianas
Apr 14	XTERRA New Zealand Championship Ben Allen and Jacqui Slack	Rotorua
May 27	XTERRA Italy Championship+	Orosei, Sardinia
June 23	XTERRA Brazil Championship	Manaus, Amazon
July 8	XTERRA France Championship+	Xonrupt, Gerardmer
Aug 4	XTERRA Czech Championship+	Prachatice
Aug 4	XTERRA Mexico Championship	Tapalpa
Aug 11	XTERRA Germany Championship+	Zittau
Aug 25	XTERRA Japan Championship	Marunuma
Sept 2	XTERRA Canada Championship	Canmore, AL
Sept 8	XTERRA Switzerland Championship+	Prangins
Sept 16	XTERRA Venezuela Championship	Villa de Caribe
Sept 22	XTERRA USA Championship	Ogden/Snowbasin, UT
Oct 28	XTERRA World Championship	Maui, Hawaii

Race winners in Bold

+ XTERRA European Tour events - Schedule tentative and subject to change. As of April 4, 2012



2012 XTERRA WORLD CHAMPIONSHIP - OCTOBER 28



Following an action-packed racing season that will span 16 countries with more than 100 events, XTERRA will host its 17th XTERRA World Championship at the Kapalua Resort in Maui on October 28. A season-ending blow-out like no other, the World Championship is the culmination of a worldwide series of races held in South Africa, Guam, Philippines, Saipan, New Zealand, Italy, Brazil, France, Czech, Mexico, Germany, Japan, Canada, Switzerland, Venezuela, and the United States.

The race course, considered one of XTERRA's toughest and most grueling, will consist of a 1.5-kilometer roughwater swim, a grueling 30-kilometer mountain bike, and a 10-kilometer trail run.

The maxed-out field is limited to 750 competitors, who represent the best off-road, multisport athletes on the planet. It is a "winner take all" race, with one of the richest pro purses in multisport at \$100,000, and it is awarded solely on the basis of the Maui performance. Since this race is a stand-alone event, it offers a unique opportunity to competitors. Even those who have had a less than stellar season, are given an opportunity to redeem themselves and earn the coveted title of XTERRA World Champion.

A special prize, the Hawaiian Airlines Double, will pay \$2,500 to the man and woman with the fastest combined Hawaii Ironman and XTERRA World Championship time. Only two weeks and a narrow channel of ocean separate the two events, which each year attract a growing number of endurance athletes.

QUALIFYING FOR MAUI

Amateur athletes can qualify for the XTERRA World Championship by finishing in one of the 40 qualifying spots available at each World Tour Championship event or one of the 86 qualifying spots (see below) available here at the ITU Cross Triathlon World Championship / XTERRA Southeast Championship race in Shelby County, Alabama on May 19.

DIVISION	Men	Women
15-19	2	2
20-24	2	2
25-29	4	4
30-34	6	4
35-39	6	4
40-44	6	4
45-49	4	4
50-54	2	2
55-59	2	2
60-64	2	2
65+	x	2
65-69	2	x
70-74	2	x
75+	2	x
PC	6	6

2011 XTERRA USA AND WORLD CHAMPIONS

XTERRA USA CHAMPIONS (FEMALE AGE GROUP)

Division	Name	Time	Hometown
15 - 19	Hannah Rae Finchamp	3:17:52	Altadena, CA
20 - 24	Laurel Peak	3:55:07	Augusta, MI
25 - 29	Margaret Peterson	3:20:31	Wenatchee, WA
30 - 34	Heather Lyman	3:05:06	South Lake Tahoe, CA
35 - 39	Tamara Donelson (2)	3:04:01	Edwards, CO
40 - 44	Gina Rau	3:13:45	Sandy, UT
45 - 49	Keri Grosse (3)	3:25:13	Spokane, WA
50 - 54	Beverly Enslow (6)	3:27:52	Metamora, IL
55 - 59	Barbara Peterson (7)	3:50:14	Berkeley, CA
60 - 64	Cindi Toepel (7)	3:45:53	Littleton, CO

XTERRA USA CHAMPIONS (MALE AGE GROUP)

Division	Name	Time	Hometown
15 - 19	Nielsen Powless	2:54:24	Roseville, CA
20 - 24	Mathieu Signoretty	2:48:49	Sammamish, WA
25 - 29	Nick Fisher	2:38:15	Ogden, UT
30 - 34	Ryan Ignatz	2:37:26	Boulder, CO
35 - 39	Jason Jablonski (2)	2:40:31	Wenatchee, WA
40 - 44	Kevin Donovan	2:49:39	Boise, ID
45 - 49	Rob Laurie	2:54:55	Incline Village, NV
50 - 54	Brent Peacock	3:00:07	Jackson, WY
55 - 59	Steve Cole	3:20:14	Olive Branch, MS
60 - 64	Michael Orendorff	3:21:03	Pueblo, CO
65 - 69	Bruce Wacker	3:37:46	Colorado Springs, CO
70+	Nataniel Grew (2)	6:05:58	South Woodstock, VT
PC	Willie Stewart (3)	3:18:17	Boise, ID

* TOP AMATEURS

XTERRA WORLD CHAMPIONS (FEMALE AGE GROUP)

Div	Name	Hometown	Time
15-19	(2) Hannah Rae Finchamp	Altadena, California	3:16:16
20-24	Danielle Kehoe	Arvada, Colorado	3:22:14
25-29	Lizzie Orchard	Auckland, New Zealand	3:10:05
30-34	Maia Ignatz	Boulder, Colorado	3:12:44
35-39	Tamara Donelson	Edwards, Colorado	3:09:47
40-44	Kim Baldwin	Boulder, Colorado	3:22:52
45-49	Sue Lambert	Anchorage, Alaska	3:30:42
50-54	Tamara TabEEK	San Diego, California	3:29:04
55-59	(6) Barbara Peterson	Berkeley, California	3:56:52
60-64	(4) Cindi Toepel	Littleton, Colorado	3:59:45

XTERRA WORLD CHAMPIONS (MALE AGE GROUP)

Div	Name	Hometown	Time
15-19	Marvin Gruget	Beaumes De Venise, France	2:35:22
20-24	(2) Alexander Haas	Georgensgmund, Germany	2:33:37
25-29	Daniel Carleton	Sheffield Beach, South Africa	2:49:21
30-34	Ryan Ignatz	Boulder, Colorado	2:36:53
35-39	(2) Thomas Vonach	Schwarzach, Austria	2:40:10
40-44	(4) Calvin Zaryski	Calgary, Canada	2:39:28
45-49	(2) Mark Geoghegan	Honolulu, Hawaii	2:50:17
50-54	David Maclean	Ludington, Michigan	3:02:36
55-59	Jaroslav Balatka	Jablonec, Czech Republic	3:19:56
60-64	Mike Lyons	Mairangi Bay, New Zealand	3:52:52
65-69	(2) Bruce Wacker	Colorado Springs, Colorado	3:33:27
70+	(2) John Stover	Jackson, Michigan	4:37:55
CEO	Mike Byam	Grand Rapids, Michigan	4:10:00
PC	(6) Fouad Fattoumy	Honolulu, Hawaii	3:32:51





XTERRA AMERICA TOUR

2012 SCHEDULE

DATE	Race	Location	Region
2/19	XTERRA Puerto Rico	San Juan	SE
3/10	XTERRA Guam Championship	Piti	W
3/11	XTERRA Miami	North Miami, Florida	SE
3/24	XTERRA Saipan Championship	Northern Marianas	W
3/31	XTERRA Renegade	San Dimas, California	W
4/1	XTERRA REAL	Granite Bay, California	W
4/1	XTERRA Camp Eagle	Rocksprings, Texas	SC
4/14	XTERRA West Championship	Lake Las Vegas, NV	W
4/22	XTERRA Hickory Knob	McCormick South Carolina	SE
4/22	XTERRA Bluebonnet	Burnet, Texas	SC
4/28	XTERRA Fort Yargo	Winder, Georgia	SE
4/29	XTERRA Jersey Devil	Barneget, New Jersey	AT
5/5	XTERRA Epic - Rustman	Ruston, Louisiana	SC
5/6	XTERRA Gator Terra	Ruston, Louisiana	SC
5/13	XTERRA King Of The Hill	Lebanon, New Jersey	AT
5/19	XTERRA Southeast Championship	Pelham, Alabama	SE
5/20	XTERRA Last Stand	Augusta, Michigan	MW
6/2	XTERRA Four Corners	Farmington, New Mexico	SC
6/3	XTERRA Tsali	Bryson City, North Carolina	SE
6/9	XTERRA Moab	Moab, Utah	MT
6/9	XTERRA Eureka Springs	Eureka Springs, Arkansas	SC
6/10	XTERRA East Championship	Richmond, Virginia	AT
6/10	XTERRA East Fork	Bethel, Ohio	MW
6/17	XTERRA Torn Shirt	Brighton, Michigan	MW
6/17	XTERRA Muleshoe	Spicewood, Texas	SC
6/23	XTERRA Clemson	Clemson, South Carolina	SE
6/23	XTERRA Scales Lake	Boonville, Indiana	MW
6/23	XTERRA Pipestem Creek	Jamestown, North Dakota	MT
6/23	XTERRA Tahoe City	Tahoe City, California	W
6/24	XTERRA Dawg Dayz	Arkadelphia, Arkansas	SC
6/24	XTERRA Curt Gowdy	Cheyenne, Wyoming	MT
6/30	XTERRA Dairyland	Sheboygan, Wisconsin	MW
6/30	XTERRA Lock 4 Blast	Gallatin, Tennessee	SE
7/8	XTERRA Magnolia Hill	Navasota, Texas	SC
7/8	XTERRA Vashon Island	Vashon Island, Washington	NW
7/8	XTERRA Freedom Fest	Ka'a'awa, Hawaii	W
7/14	XTERRA Mountain Championship	Beaver Creek Resort, Avon, CO	MT
7/14	XTERRA Hammerman	Anchorage, Alaska	NW
7/15	XTERRA EX2	Flintstone, Maryland	AT
7/15	XTERRA Whitewater	Charlotte, North Carolina	SE
7/21	XTERRA La Grande	La Grande, Oregon	NW
7/21	XTERRA DINO Versailles	Versailles, Indiana	MW
7/21	XTERRA Dread Mon	Truth or Consequences, New Mexico	SC
7/22	XTERRA Dirty Grizzly	Macungie, Pennsylvania	AT
7/28	XTERRA Sky High	Grafton, New York	NE
7/29	XTERRA Wild Horse Creek	Bozeman, Montana	MT
7/29	XTERRA Panther Creek	Morristown, Tennessee	SE
7/29	XTERRA Sugar Bottom	North Liberty, Iowa	MW
8/4	XTERRA Indian Peaks	Nederland, Colorado	MT
8/4	XTERRA Snow Valley	Running Springs, California	W
8/5	XTERRA Appalachia	Indiana, Pennsylvania	AT
8/5	XTERRA Black Diamond	Black Diamond, Washington	NW
8/11	XTERRA DINO Logansport	Logansport, Indiana	MW
8/11	XTERRA B.O.L.T.	Raymond, Nebraska	MT
8/11	XTERRA Portland	Forest Grove, Oregon	NW
8/12	XTERRA STOKED	Hanover, New Hampshire	NE
8/12	XTERRA Charlottesville	Charlottesville, Virginia	AT
8/18	XTERRA Iron Creek	Spearfish, South Dakota	MT
8/18	XTERRA Illinois Wilds	Hanna City, Illinois	MW
8/19	XTERRA Wild Ride	McCall, Idaho	NW
8/19	XTERRA Cameron Park	Waco, Texas	SC
8/19	XTERRA MountainMan	Ka'a'awa, Hawaii	W
8/25	XTERRA Lake Tahoe	Incline Village, Nevada	W
8/26	XTERRA Lory	Bellvue, Colorado	MT
8/26	XTERRA Schiff Scout	Wading River, New York	NE
9/8	XTERRA Central Oregon	Sisters, Oregon	NW
9/9	XTERRA Big Bear	Hazelton, West Virginia	AT
9/9	XTERRA Pueblo	Pueblo, Colorado	MT
9/9	XTERRA Dueces Wild	Show Low, Arizona	W
10/27	XTERRA Epic - Iron Mountain	Arkadelphia, Arkansas	SC
10/27	XTERRA Degray Lake	Arkadelphia, Arkansas	SC
9/22	XTERRA USA Championship	Ogden/Snowbasin Resort, UT	
10/28	XTERRA World Championship	Kapalua, Maui, HI	

Red = America Tour Championship Race (Worlds Qualifier) NOTE: Races shown in GREY award points toward the 2013 season

Regions: NE - Northeast / AT - Atlantic / SE - Southeast / MW - Midwest / SC - South Central / MT - Mountain / NW - Northwest / W - West
Tentative as of 2.16.12. For more information visit www.xterraplanet.com or call toll-free to 877-751-8880



HOW THE XTERRA AMERICA TOUR WORKS FOR AMATEURS

The XTERRA America Tour is designed to provide age group athletes with a bona-fide championship to compete for within their geographic region. At the end of the regular season the top performers in each of eight regions are invited to compete against other athletes their same age - but from different regions - at the national championship in Utah on September 22. This year there are 70 races in 39 states across the country, as well as the U.S. Territory of Guam and Commonwealth of the Northern Mariana Islands (Saipan). It marks the 16th straight year of expansion for XTERRA.

Here's how the Series works:

1) CHOOSE REGION: There are 8 regions, determined by a competitor's primary residence at the time of their first race:

NORTHEAST (NE) - Maine, New Hampshire, Vermont, Rhode Island, Massachusetts, Connecticut, New York.

ATLANTIC (AT) - Pennsylvania, New Jersey, Delaware, Maryland, Virginia, West Virginia, Washington D.C.

SOUTHEAST (SE) - Tennessee, North Carolina, South Carolina, Georgia, Alabama, Florida, Puerto Rico, U.S. Virgin Islands.

MIDWEST (MW) - Minnesota, Iowa, Wisconsin, Illinois, Indiana, Michigan, Ohio, Kentucky.

SOUTHCENTRAL (SC) - Texas, New Mexico, Oklahoma, Kansas, Missouri, Louisiana, Mississippi, Arkansas.

MOUNTAIN (MT) - Montana, North Dakota, South Dakota, Nebraska, Colorado, Utah, Wyoming.

NORTHWEST (NW) - Washington, Oregon, Idaho, Alaska.

WEST (W) - California, Nevada, Arizona, Hawaii, Guam, Northern Mariana Islands, Pacific Territories.

2) DETERMINE YOUR DIVISION/AGE GROUP: "XTERRA Age" is based on a competitor's age on December 31, 2011.

Athletes compete in the following age categories: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+ (w), 65-69 (m), 70-74 (m), and 75+ (m), and we also have Physically Challenged Divisions.

Physically Challenged Division: There are two physically challenged age groups, 15-39 and 40+, and 6 categories: Below the knee amputee, above the knee amputee, below the elbow amputee, above the elbow amputee, blind and impaired/les autres.

3) RACE AND SCORE: Series competitors race for points at their choice of 70 events - including XTERRA Points Series (XPS) races & XTERRA Championship Series (XCS) races. Competitors can enter as many events as they'd like and their best four finishes count towards their total points score. Competitors are required to race in at least one event in their region, and must COUNT two events in their region. Note: You don't have to race in two, but you have to count two in your region. Bottom line, to play the game (to qualify for nationals and win a regional championship) you have to race in at least one event in your region, and everything more than that is gravy and increases your chances of winning.

4) COUNT 'EM UP: Points are awarded to the top 15 finishers in each age group at each race. Athletes can earn more points at XCS races and XTERRA Epic because, generally, participation is higher and the courses are tougher. If an athlete races at more than one XCS event, only the best finish counts at full points. Any other finishes earn points at the same rate as an XPS race. There are two points systems:

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th
XTERRA Championship Series Races:	100	90	82	75	69	63	58	53	49	45	41	37	34	31	28
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th
XTERRA Points Series Races:	75	67	61	56	51	47	43	39	36	33	30	27	25	23	21

HOW THE XTERRA AMERICA TOUR WORKS CONTINUED...

5) BECOMING A REGIONAL CHAMP: At the end of the regular season in late August, the athlete with the most points - by gender, by division, by region - earns the title of XTERRA Regional Champion. In addition, the highest points scorers in **each region** are invited to compete for a national title at the XTERRA USA Championship in Utah (qualifying spots based on chart below).

XTERRA USA Championship Slots Available in each of eight regions:

DIVISION	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+	PC
Male	4	14	18	18	20	20	14	14	10	6	4	4	2	2per cat
Female	4	8	18	18	16	12	10	10	4	4	2			2per cat

And then comes the showdown! Win in Utah, and you are the XTERRA National Age Group Champion.



All the technical details on How the Series Works can be found online at xterraplanet.com



Note: All XTERRA America Tour events are sanctioned by USA Triathlon, the national governing body of multisport in the United States. As such all athletes are subject to the rules and regulations set forth by the USAT. Details available at usatriathlon.org.

The XTERRA Points Series races are a collection of independently produced off-road triathlons owned and operated by local promoters, while the Championship Series events are bigger races with pro purses on full-length courses operated by the TEAM Unlimited / XTERRA staff.

Mathieu Signoretty of Sammamish, Washington (pictured) won the 20-24 division XTERRA National Championship in 2011, and had some fun along the way...

----- 2011 XTERRA WOMEN'S

REGION	15-19 DIVISION	20-24 DIVISION	25-29 DIVISION	30-34 DIVISION	35-39 DIVISION
NE	Julia Slyer <i>Averill Park, NY</i>	³ Emily Gassman <i>Jericho, VT</i>	Kate Mitchell <i>Stratton Mountain, VT</i>	Courtney Kaup <i>Bolton Valley, VT</i>	Heather Wentworth <i>Portsmouth, NH</i>
A		Emily Anthony <i>Richmond, VA</i>	Nicole Valentine <i>Rioville, MD</i>	² Emily Bashton <i>Richmond, VA</i>	Meredith Jones <i>Chadds Ford, PA</i>
SE		Rachel Raby <i>Nashville, TN</i>	² Jill Zemsta <i>Hampstead, NC</i>	⁴ Julia Radmann <i>Smyrna, GA</i>	Christine Jones <i>Durham, NC</i>
MW	Meghan Mahoney <i>Carmel, IN</i>	Laurel Peak <i>Augusta, MI</i>	Kathleen Fitzpatrick <i>Madison, WI</i>	Amanda Frost <i>Columbiana, OH</i>	² Mimi Stockton <i>Stevensville, MI</i>
SC	² Cady Simpson <i>Farmington, NM</i>	Jessica Martin <i>Bentonville, AR</i>	² Robyn Reyes <i>Beaumont, TX</i>	Dionnie Hoelsken <i>San Angelo, TX</i>	Melanie Etherton <i>Austin, TX</i>
MT	Erin Quinn <i>Littleton, CO</i>	* ³ Danielle Kehoe <i>Arvada, CO</i>	Amelia Van Dyke <i>Avon, CO</i>	Maia Ignatz <i>Boulder, CO</i>	* Tamara Donelson <i>Edwards, CO</i>
NW	Gabrielle Dymont <i>Everett, WA</i>	Lauren Keele <i>Pocatello, ID</i>	² Kristin Jo Markham <i>Olympia, WA</i>	⁶ Brandyn Roark <i>Silverdale, WA</i>	Sara Lloyd <i>Boise, ID</i>
W	³ Katherine Pollard <i>Roseville, CA</i>	Victoria Rochat <i>Chula Vista, CA</i>	Stephanie Miller <i>Woodland, CA</i>	² Sian Turner <i>Redwood City, CA</i>	² Lisa Heisinger <i>Santa Rosa, CA</i>

----- 2011 XTERRA MEN'S

Region	15-19 DIVISION	20-24 DIVISION	25-29 DIVISION	30-34 DIVISION	35-39 DIVISION	40-44 DIVISION
NE	² Logan Marshall <i>Altamont, NY</i>	Ian King <i>New London, CT</i>	² Drew Hess <i>New Haven, CT</i>	Shawn Jackson <i>Marlboro, NY</i>	⁴ Anthony Snoble <i>Selden, NY</i>	Michael Chase <i>Bowdoin, ME</i>
A	Connor Bell <i>Harrisonburg, VA</i>	Joel Nankman <i>Bethlehem, PA</i>	Andrew Blatecky <i>Washington, DC</i>	Dominik Van Der Deen <i>Rockville, MD</i>	Bob Horn <i>Red Bank, NJ</i>	Karl Gordon <i>Richmond, VA</i>
SE	Morgan Marable <i>Franklin, TN</i>	² Matthew Robbins <i>Cordova, TN</i>	Alex Modestou <i>Durham, NC</i>	Daniel Morse <i>Blairsville, GA</i>	² Fred Smith <i>Knoxville, TN</i>	Frank Fernandez-Posse <i>Deerfield Beach, FL</i>
MW	Ryan Hospelhorn <i>Hudson, IL</i>	³ Sean Hyser <i>Normal, IL</i>	Jake England <i>Chicago, IL</i>	Dominic Couturier <i>Grand Rapids, MI</i>	⁴ Chris Scott <i>Morrison, IL</i>	Brian Parker <i>Morrison, IL</i>
SC	² Thomas Hernandez <i>Tomball, TX</i>	Jack Parks <i>Bellaire, TX</i>	⁹ Kyle Grieser <i>Marble Falls, TX</i>	² Joey Guajardo <i>Richardson, TX</i>	³ Adrian Barron <i>Austin, TX</i>	Dustin Roberson <i>Owasso, OK</i>
MT	Hunter Tolbert <i>Heber City, UT</i>	Spencer Hallowell <i>Boulder, CO</i>	Matthew Hallowell <i>Boulder, CO</i>	Jason Hilgers <i>Englewood, CO</i>	Kevin Noleen <i>Colorado Springs, CO</i>	⁶ Ed Oliver <i>Broomfield, CO</i>
NW	Egan Dunning <i>Seabeck, WA</i>	² Taylor Seavey <i>Seward, AK</i>	David Conley <i>Ashland, OR</i>	⁴ Justin Barnhart <i>Portland, OR</i>	Eric Atwood <i>Sammamish, WA</i>	Michael Williams <i>Nine Mile Falls, WA</i>
W	Neilson Powless <i>Roseville, CA</i>	Brian Crooks <i>Murrieta, CA</i>	² David Miller <i>Esparto, CA</i>	Isaac Smead <i>Reno, NV</i>	Bryce Phinney <i>Tucson, AZ</i>	John Hatala <i>San Marcos, CA</i>

----- PHYSICALLY CHALLENGE

40+ W Les Autres
Fouad Fattoumy
Honolulu, HI

40+ NW Arm Impairment
⁴ Willie Stewart
Boise, ID

40+ MT Blind
³ Michael Stone
Boulder, CO

15-39 MT Les Autres
⁴ Craig Vogtsberger
Highlands Ranch, CO

2011 marks the 11th year of the
XTERRA USA Championship Series

REGIONAL CHAMPIONS - - - - -

40-44 DIVISION

Cindi Wight
Rutland, VT
5 Kathleen Couthino
Fairfax Station, VA
Karen Masson
Asheville, NC
2 Christina Halioris
Crestwood, KY
Maria Hernandez
Reklaw, TX
Gina Rau
Sandy, UT
Kristen Armstrong
Spokane, WA
Regina Detolve
Valencia, CA

45-49 DIVISION

Celeste St. Pierre
Lincoln, NH
Audrey Kane
Richmond, VA
2 Lori Goldweber
Birmingham, AL
5 Ellen Sauter
Powell, OH
Joy Billeaud
China Spring, TX
3 Paula Maresh
Littleton, CO
4 Keri Grosse
Leavenworth, WA
5 Meiling Yee
Sunnyvale, CA

50-54 DIVISION

2 Stephanie Landy
Ballston Spa, NY
7 Valerie Hardin
Doylestown, PA
5 Lucia Colbert
Cordova, TN
*** \$ 10 Beverly Enslow**
Metamora, IL
2 Renee Laperriere
Laredo, TX
Deanna McClain
Kremmling, CO
Lisa Brummond
Canby, OR
2 Tamara Tabeeek
San Diego, CA

55-59 DIVISION

2 Vianna Zimbel
Glastonbury, CT

2 Ruth Ference
Rome, GA
Eileen Sherburne
Milwaukee, WI

Susan Kaklikian
Casdtle Rock, CO
3 Celia Rozen
Anchorage, AK
9 Barbara Peterson
Berkeley, CA

60-64 DIVISION

8 Linda Usher
Upton, MA
2 Lynne Collard
Gaithersburg, MD
\$ 6 Libby Harrow
Vero Beach, FL

*** 9 Cindi Toepel**
Littleton, CO
4 MaryEllen LaBerge
LaGrande, OR
9 Kathy Frank
Santa Cruz, CA

KEY

NE - Northeast Region
AT - Atlantic Region
SE - Southeast Region
MW - Midwest Region
SC - South Central Region
MT - Mountain Region
NW - Northwest Region
W - West Region
denotes number of regional championships
* denotes 2010 XTERRA USA Champion
\$ denotes 2010 XTERRA World Champion

REGIONAL CHAMPIONS - - - - -

45-49 DIVISION

8 Ken Robins
Cutchogue, NY
2 Jon Schafer
Wynnewood, PA
2 Mark Rudder
Dunwoody, GA
2 Bert Wellens
Chicago, IL
Armando Guerrero
Rockwall, TX
Brent Bieshaar
Highlands Ranch, CO
Troy Bucy
Beaverton, OR
Todd Gottfried
Valencia, CA

50-54 DIVISION

David Desantis
Milton, MA
2 Bruce McLaughlin
Royersford, PA
10 Casey Fannin
Birmingham, AL
2 David Maclean
Ludington, MI
David Chapman
Cashion, OK
2 Craig Harrison
Aberdeen, SD
Phil Barnhart
Portland, OR
Wayne Avery
Reno, NV

55-59 DIVISION

2 Douglas Usher
Upton, MA
2 Brad Altman
York, PA
6 Audie Smith
Knoxville, TN
Kenneth Frankenbery
Peninsula, OH
11 Steve Cole
Olive Branch, MS
2 Woody Noleen
Colorado Springs, CO
Glenn Matsuda
Lynnwood, WA
3 John Royson
Albany, CA

60-64 DIVISION

8 Russell Clark
Scotia, NY
4 Don Morrison
West Brandywine, PA
Frank George
Rome, GA
7 Marc Hawley
Mount Vernon, IN
3 James Dewlen
Stillwater, TX
Michael Orendorff
Pueblo, CO
2 Ed Dunning
Seabeck, WA
2 Ricardo Gonzalez
San Jose, CA

65-69 DIVISION

2 Stuart Christie
Dedham, MA

5 Peter Lilley
Charlotte, NC
7 GL Brown
Ada, MI
6 Richard Suggs
Nacogdoches, TX
2 Bruce Wacker
Colorado Springs, CO

Roger Kern
Scotts Valley, CA

70+ DIVISION

4 Nathaniel Grew
Montpelier, VT

5 John Stover
Jackson, MI

Johnny Chapin
Boulder, CO
\$ 5 Ron Hill
Hayden, ID
*** 9 Hans Dieben**
Chula Vista, CA

ED REGIONAL CHAMPIONS - - - - -

15-39 MT Moderate Leg Impairment

Arthur Plonka
Aspen, CO

40+ SE Moderate Leg Impairment

2 Paul Leonard
Fayetteville, NC

15-39 AT Les Autres

2 Syd Lea
Taneytown, MD

15-39 W Moderate Leg Impairment

2 Monamed Lahna
Daly City, CA

OGDEN, SNOWBASIN = “TITLE TOWN OF XTERRA”

ALL 140 OF XTERRA’S U.S. OFF-ROAD TRIATHLON AND TRAIL RUNNING EVENTS LEAD TO UTAH

For the second year-in-a-row the XTERRA USA off-road triathlon and Trail Run National Championship races will be held at Snowbasin Resort near Ogden, Utah, on Sept 22.

The XTERRA Trail Run Nationals will be held one day after the XTERRA USA Championship of off-road triathlon to create the ultimate XTERRA racing weekend.

The two events will bring more than 1,000 of the nation’s very best amateur and professional triathletes and trail runners to Northern Utah to battle for the title of XTERRA National Champion.

While the USA Championship off-road triathlon is an invite only race, the XTERRA Trail Run National Championship is open to the public, so one and all can challenge the best-of-the-best trail runners and race for a national championship.

XTERRA Trail Run Nationals is the final event of the 70-race XTERRA U.S. Trail Run Series, which is currently underway with races across the country. Runners from the 12 respective regions in the U.S. Series can now focus on Snowbasin in September as one of their goals.

The trail run championship is a 21-kilometer half-marathon, and the course will start and finish at Snowbasin Resort – a world-class ski resort that hosted the downhill and super G races for the 2002 Winter Olympics, and most recently served as the final stop of the Winter Dew Tour.

Located just 35 miles north of Salt Lake City, and just up the road from the adventure capitol of Ogden, Snowbasin is an easy get to and increasingly popular adventure travel destination.

It has an incredible collection of trails, which are nothing short of spectacular in late September as the fall colors start bursting in an array of red, pink, orange, and yellow.

“We are terribly excited to bring our entire XTERRA Tribe – both triathletes and trail runners - together in Utah this September. The energy level is going to be off-the-charts,” said Janet Clark, president of TEAM Unlimited/XTERRA.



“Ogden and Snowbasin are proven winners – between the facilities at Snowbasin, the great restaurants and atmosphere along Historic 25th Street in Ogden, and the unbelievably supportive community – we couldn’t have asked for a better situation.”

The invite only off-road tri nationals will be held on Saturday, Sept. 22, along with full and half-distance XTERRA Utah off-road tris that are open to everyone.

The Trail Run Nationals will take place on Sunday, Sept. 23, and will be accompanied by 5km and 10km trail runs (registration for all events except the invite-only tri nationals is open now at www.xterrautah.com).

Both the tri and trail running races will be filmed for nationally syndicated TV programs that will expose the beauty of Utah to millions. In addition to the races, XTERRA will host an expo in downtown Ogden with free kids races, vendor booths, Paul Mitchell hair cut-a-thon for charity, and evening dinner parties.

2012 marks the sixth year XTERRA has hosted a trail running national championship race. In the inaugural season of 2007 nationals was a 10km race at Incline Village, NV. In 2008 XTERRA switched the championship distance to the 21km half-marathon, and moved to Bend, Oregon, who played host to the past three title races from 2008-2010.

For more information visit www.xterraplanet.com or www.xterratrailrun.com, or call toll-free to 877-XTERRA-1.

2012 XTERRA TRAIL RUN SERIES SCHEDULE

DATE	RACE	LOCATION	DISTANCE/PART OF SERIES
1/8/12	XTERRA Boney Mountain Xduro Trail Run	Newbury Park, CA	6/21km – SoCal Series #4
1/8/12	XTERRA White Tanks Trail Run	Waddell, AZ	6/19km – Arizona Series #2
1/29/12	XTERRA Bayamon Trail Run	Bayamon, PR	5km – Puerto Rico Series #1
2/5/12	XTERRA Mission Gorge Trail Run	Santee, CA	5/15km – SoCal Series #5
2/5/12	XTERRA McDowell Mountain Trail Run	Fountain Hills, AZ	7/24km – Arizona Series #3
2/25/12	XTERRA Thrill in the Hills Trail Run	Winder, GA	21/42km – Georgia Series #5
3/24/12	XTERRA Fort Steilacoom Trail Run	Lakewood, WA	8/16km – Pacific NW Series #1
3/25/12	XTERRA Black Canyon Trail Run	Rock Springs, AZ	9/21km – Arizona Series #4
3/25/12	XTERRA Black Mountain Trail Run	Rancho Penasquito, CA	5/15km – SoCal Series #6
3/25/12	XTERRA Trout Creek Trail Runs	Tampa, FL	5/15km – Florida Series #2
4/7/12	XTERRA Power to the Tower Trail Run	Kingsport, TN	8/21km – Tennessee Series #1
4/14/12	XTERRA Cheyenne Mountain Trail Run	Colorado Springs, CO	12/24km – Colorado Series #2
4/15/12	XTERRA Lake Las Vegas Trail Run	Henderson, NV	5/10/21km – America Tour
4/21/12	XTERRA Bluebonnet Trail Run	Burnet, TX	5/10km – Texas Series #1
4/21/12	XTERRA Hickory Knob Trail Run	McCormick, SC	5/12km – South Carolina Series #1
4/29/12	XTERRA Claw Trail Run	Lithia, FL	8/16km – Florida Series #3
4/29/12	XTERRA Malibu Creek Xduro Trail Run	Malibu, CA	6/22km – SoCal Series #7
5/5/12	XTERRA Big Pocono Trail Run	Tannersville, PA	5km – Pocono Series #1
5/19/12	XTERRA Seven Tubs Trail Run	Wilkes-Barre, PA	5km – Pocono Series #2
5/19/12	XTERRA Tanasi Trail Run	Copperhill, TN	5/21km – Tennessee Series #2
5/20/12	XTERRA Oak Mountain Mud and Trail Runs	Pelham, AL	5/10/21/42km – Alabama Series #4
5/27/12	XTERRA Salinas Trail Run	Salinas, PR	8km – Puerto Rico Series #2
6/2/12	XTERRA Deep South Trail Run	Jackson, GA	15km – Georgia Series #6
6/2/12	XTERRA Hickory Trail Run	White Haven, PA	11km – Pocono Series #3
6/2/12	XTERRA Balarat Trail Run	Jamestown, CO	10/21km – Colorado Series #3
6/2/12	XTERRA Lord Hill Trail Run	Snohomish, WA	10/21km – Pacific NW Series #2
6/8/12	XTERRA Moab Trail Run	Moah, UT	5km – America Tour
6/9/12	XTERRA Richmond Trail Run	Richmond, VA	10/21km – America Tour
6/16/12	XTERRA Earth Conservancy Trail Run	Mocanaqua, PA	21km – Pocono Series #4
6/17/12	XTERRA Muleshoe Trail Run	Spicewood, TX	5/10km – Texas Series #2
6/30/12	XTERRA Gouldsboro Trail Run	Gouldsboro, PA	9km – Pocono Series #5
7/7/12	XTERRA Freedom Fest Trail Run	Ka'a'awa, Oahu, HI	10km – America Tour
7/8/12	XTERRA Magnolia Hill Trail Run	Navasota, TX	5/10km – Texas Series #3
7/8/12	XTERRA Harbison Half Marathon Trail Run	Columbia, SC	5/21km – South Carolina Series #2
7/14/12	XTERRA Whitewater Trail Run	Charlotte, NC	6/13km – North Carolina Series #1
7/15/12	XTERRA Beaver Creek Trail Run	Avon, CO	10/21km – Colorado Series #4
7/28/12	XTERRA Beech Mountain Trail Run	Beech Mountain, NC	5/15km – North Carolina #2
7/28/12	XTERRA Sugar Bottom Trail Run	Solon, IA	5/10km – America Tour
8/5/12	XTERRA Snow Valley Trail Run	Running Springs, CA	10/21km – America Tour
8/12/12	XTERRA Cabo Rojo Trail Run	Cabo Rojo, PR	5km – Puerto Rico Series #3
8/12/12	XTERRA Portland Trail Run	Forest Grove, OR	10/22km – America Tour
8/18/12	XTERRA Table Rock Trail Run	Pickens, SC	6/15km – South Carolina Series #3
8/18/12	XTERRA Cameron Park Trail Run	Waco, TX	5/10km – Texas Series #4
8/26/12	XTERRA Snow Mountain Ranch Trail Run	Granby, CO	20km – Colorado Series #5
9/1/12	XTERRA Fisher Farm Trail Run	Davidson, NC	8/16km – North Carolina Series #3
9/1/12	XTERRA Puget Sound Trail Run	Puget Sound, WA	TBD – Pacific NW Series #3
9/22/12	XTERRA Harbins Park Trail Run	Dacula, GA	10km – Georgia Series #1 – 2013
9/23/12	XTERRA Trail Running National Championship	Ogden, UT	5/10/21km – America Tour
9/29/12	XTERRA Cheaha Trail Run	Delta, AL	10km – Alabama Series #1 - 2013
10/6/12	XTERRA Marathon of Trail Races	Colorado Springs, CO	5/21/42km – Colorado Series #1 – 2013
10/7/12	XTERRA Estrella Mountain Trail Run	Goodyear, AZ	8/20km – Arizona Series #1 – 2013
10/13/12	XTERRA Harvest Half Trail Run	Kirkland, WA	10/21km – Pacific NW Series #1 – 2013
10/13/12	XTERRA Fall Fitness Trail Run	Buford, GA	5km – Georgia Series #2 – 2013
10/14/12	XTERRA Point Mugu Trail Run	Oxnard, CA	11/18km – SoCal Series #1 – 2013
10/20/12	XTERRA Red Mountain Park Trail Run	Birmingham, AL	5/8/16km – Alabama Series #2 – 2013
10/20/12	XTERRA Fairy Park Trail Run	Stuart, VA	2/8/12km – America Tour
10/27/12	XTERRA Kapalua Trail Run	Kapalua, Maui, HI	5/10km – World Tour
11/3/12	XTERRA Battle at Big Creek Trail Run	Roswell, GA	8/15km – Georgia Series #3 – 2013
11/4/12	XTERRA Wild Horse Trail Run	Tampa, FL	5/10/16/21km – Florida #1 – 2013
11/11/12	XTERRA Oak Mountain Trail Run	Pelham, AL	5/10/21km – Alabama Series #3 – 2013
11/17/12	XTERRA Little Mulberry Park Trail Run	Dacula, GA	5/10km – Georgia Series #4 - 2013
11/18/12	XTERRA Vega Alta Trail Run	Cerro Gordo, PR	5km – Puerto Rico Series #1 - 2013
11/22/12	XTERRA Topanga Turkey Trot Trail Run	Calabasas, CA	5/10/15km – SoCal Series #2 - 2013
12/1/12	XTERRA Victoria Bryant Trail Run	Royston, GA	5/10km – Georgia Series #5 – 2013
12/2/12	XTERRA Trail Running World Championship	Ka'a'awa, Oahu, HI	5/10/21km – World Tour
12/9/12	XTERRA Crystal Cove Trail Run	Laguna Beach, CA	5/17km – SoCal Series #3 – 2013

FOR REGISTRATION, MORE INFORMATION, OR TO SIGN UP FOR THE XTERRA TRAIL MIX NEWSLETTER VISIT...XTERRATRILRUN.COM. As of 3.25.12

HOW XTERRA GOT STARTED

IT REALLY STARTED in the late '80's. That's when Tom Kiely (CEO of TEAM Unlimited - owners and producers of XTERRA) was tasked with creating more publicity for the Waikiki Oahu Visitors Association. His idea was sports TV.

"First, sports is part of our life blood in Hawaii, and second, what looks good on TV? The beaches and the ocean," explained Kiely.

The concept was pretty simple. TV sports and entertainment is one of the biggest industries in the world. The travel industry is THE BIGGEST industry in the world. Bring those two together in programming, and you've got something big.

So he came up with the idea for the Hawaiian International Ocean Challenge - a lifeguard skills competition that attracted water safety specialists from Australia, New Zealand, California, and of course, Hawaii.

Then, he forged a relationship with ESPN - the worldwide leader in sports.

In 1990 the Ocean Challenge was broadcast on ESPN, and millions of viewers were exposed to the beauty of Waikiki - the sun, sand, and crystal clear blue water of the Pacific Ocean. Subsequently, this is where David "Kahuna" Nicholas enters the picture - as "race director."

"So we get into producing the Ocean Challenge," says Kiely. "And now I'm thinking I've got all these athletes and TV crews and if it costs me this much to produce one show, it'll cost less for another, and even less for a third."

ESPN approves two more shows (Waikiki King's Race and Diamond Head Wahine Windsurfing Classic) and in 1991 TEAM Unlimited produces three events and three TV shows. The concept is working, and Hawaii is reaping the benefits of the outdoor exposure the shows are generating.

"So the next year (1992) we produced seven Hawaiian Sports Adventure Shows...multiple segments, different stories, great scenics, and 30-minutes of entertaining, good fun stuff," said Kiely.

Those seven shows were in addition to the Ocean Challenge and a few others televised events, including the inaugural Tour O' Hawaii.

"Now that was a great event," said Nicholas - now the managing director of the XTERRA Global Tour. "The Tour O' Hawaii happened before professional cyclists were allowed to compete in the Olympics so the top riders from every country kept their amateur status so they could race in the Olympics. We just missed Lance because he signed with Motorola, but we had George Hincapie, Jan Ulrich,

Tyler Hamilton, and dozens of others. Looking back, the field was a who's who of international cycling."

A few years later the Olympics allowed pros to compete, road cycling in the U.S. was on the decline, and the Tour O' Hawaii was no more. At the same time, however, mountain biking was taking off. So in 1995, in addition to 12 other TV shows and several events, TEAM Unlimited produced the Hawaiian Mountain Tour.

In doing so Nicholas and mountain bike Hall-of-Famer Dean Crandall established the rules and held the first-ever mountain bike stage race. This is also where many of the XTERRA greats first appeared. The likes of Ned Overend, Shari Kain, Melanie McQuaid, Steve Larsen, Mike Kloser, Leslie Tomlinson, and host of others were taking part in the Hawaiian Mountain Tour. Now these races took place at Kualoa Ranch on Oahu, where the Koolau mountain range meets the ocean, and the story goes that after their races the mountain bikers would ride down to the beach and jump in the water. It sparked a thought...why not have a mountain bike triathlon?

By 1996 TEAM Unlimited had produced more than 50 shows and sporting events, and while the idea of an off-road triathlon was enticing - who'd pay for it?

Almost simultaneously, the Aston Hotel in Maui (now the Wailea Marriott Resort) was shopping for a good idea for their grand opening and the Maui Visitors Bureau was looking for a new event that could tell a different story about Maui's south shore because all the exposure up to that point was golf. Well, what better way to show off the hotel and south shore than 1) starting the race at this beautiful beach in front of the sponsor hotel, 2) follow a race that covers 21 miles of terrain with two dozen camera's, and 3) put it on TV for the whole world to see?

Add a phone call to Kiely from a friendly competitor in the marketplace (to remain unnamed) inquiring on the very subject of producing an off-road triathlon and you have all the main ingredients for XTERRA's birth.

Kiely likes to define luck as the "intersection of opportunity and activity." He recalls bringing Nicholas and VP of Marketing Janet Clark into his office.

"Look, I said, so-and-so called me and said that they were thinking about doing an off-road tri and if they do, then we're forever second, so we have to be the first ones to do it. I immediately called Aston and the MVB and said O.K., I've got the idea, here's the thing, bing, bang, boom," said Kiely.

"And that's what got us started in XTERRA."

TEAM UNLIMITED

TEAM Unlimited is a Hawaii-based television events and marketing company, founded in 1988. It owns and produces XTERRA and in 2011 produced more than 100 XTERRA off-road triathlon and trail running races in 15 countries worldwide. In the U.S. alone nearly 200,000 participants took part in the XTERRA lifestyle last year while XTERRA's TV, publicity, advertising, online, and grassroots marketing efforts generated more than 400 million impressions. In addition, TEAM TV has produced more than 300 adventure television shows resulting in three Emmy's and 42 Telly Awards for production excellence since 1990. View samples at www.xterra.tv, and learn more at xterraplanet.com and xterratrailrun.com.



XTERRA THROUGH TIME

- 1996: Jimmy Riccitello and Michellie Jones win inaugural event in Wailea, Maui.
- 1997: XTERRA adds two events in California, and one in Louisiana in addition to World Championship.
- 1998: The XTERRA tour goes to Michigan, Colorado, Oregon, and back to Louisiana.
- 1999: 11 races spanning from California to New Jersey. First year of Pro Points Series.
- 2000: XTERRA goes global with its first international races in England, Japan, and Canada.
- 2001: The first year of the XTERRA USA Championship Series, Australia and the Netherlands.
- 2002: The inaugural XTERRA Saipan Championship, and races in Germany and the Czech Republic. The XTERRA USA Championship Series expands to 31 races.
- 2003: The seventh consecutive year of expansion provides more than 50 events to compete in.
- 2004: Forty-five events in the U.S., plus 33 international races and a full-fledged XTERRA European Tour
- 2005: First year of the stand-alone XTERRA Trail Running Series and Nevada Passage Adventure Competition.
- 2011: More than 100 XTERRA off-road triathlon races and 70+ XTERRA Trail Runs. First year for XTERRA Philippines.
- 2012: First year for the XTERRA Guam Championship and the "Triple Crown" of Guam, Philippines, and Saipan on back-to-back-to-back weekends in March.

TEAM TV

Since 1990 TEAM TV has produced more than 300 television shows resulting in three regional Emmy's and 42 Telly Awards for production excellence.



XTERRA.TV - FREE 24/7 WEB TV NETWORK

Check out XTERRA.TV to watch a wide variety of XTERRA programming right now. Available content, which is updated weekly, features everything from the XTERRA World Championship show to adventures in Utah. To see the XTERRA broadcast schedule listing shows that are on in your hometown check out our network TV Schedule.

Produced by TEAM TV

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XTERRA.TV

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XTERRA

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This is XTERRA

Quiksilver Eddie Aikau
December 8, 2009 - Waimea Bay, Oahu, Hawaii
The surfing event of the year!

2010 XTERRA West Champi...
Check out last year's highlights at Lake Las Vegas, Nevada. This year's race date is April 25. Will you be t...

2010 XTERRA Saipan Champ...
Northern Mariana Islands - The crown jewel of the XTERRA World Tour, XTERRA Saipan, is March 13. Rac...

Nick Diaz XTERRA Bike Crash
Nick Diaz XTERRA Bike Crash

