

How to Race 2012 Shelby County ITU Cross Triathlon World Championships

By: Courtney Johnson with additional insight from Dave Nicholas, Managing Director of the XTERRA World Tour / Photos: XTERRAPlanet.com

Date: May 19th, 2012

Qualification: All Team U.S.A. athletes that raced and/or qualified for the 2011 ITU Cross Triathlon World Championship in Extremadura, Spain have an automatic slot and will be notified by Team U.S.A. The second way to qualify is on a skills basis. Athletes must email a link to their best race finish result from any 2011 cross (off-road) triathlon result to teamusa@usatriathlon.org by **April 9th, 2012** to be considered for the team.

Location: Shelby County, Alabama. Close to Birmingham, the race takes place at Oak Mountain State Park in Pelham, Alabama.

Travel: Athletes can fly in and out of Birmingham-Shuttlesworth International Airport with rental cars available onsite. Athletes can also fly in and out (possibly non-stop) from Atlanta's Hartsfield-Jackson International Airport and rent a car for the couple hours drive. Major rental car companies are also available in Atlanta.

Accommodations: There are many hotels in Pelham and Hoover to choose from including the Comfort Inn, Quality Inn, Hampton Inn and Best Western. To find convenient hotels to the venue site visit the Shelby County hotel link: <http://www.shelbycountytourism.org/PlacesToStay/accomodations/Pages/default.aspx>. Camping is available at Oak Mountain and the Birmingham South Campground (formerly KOA).





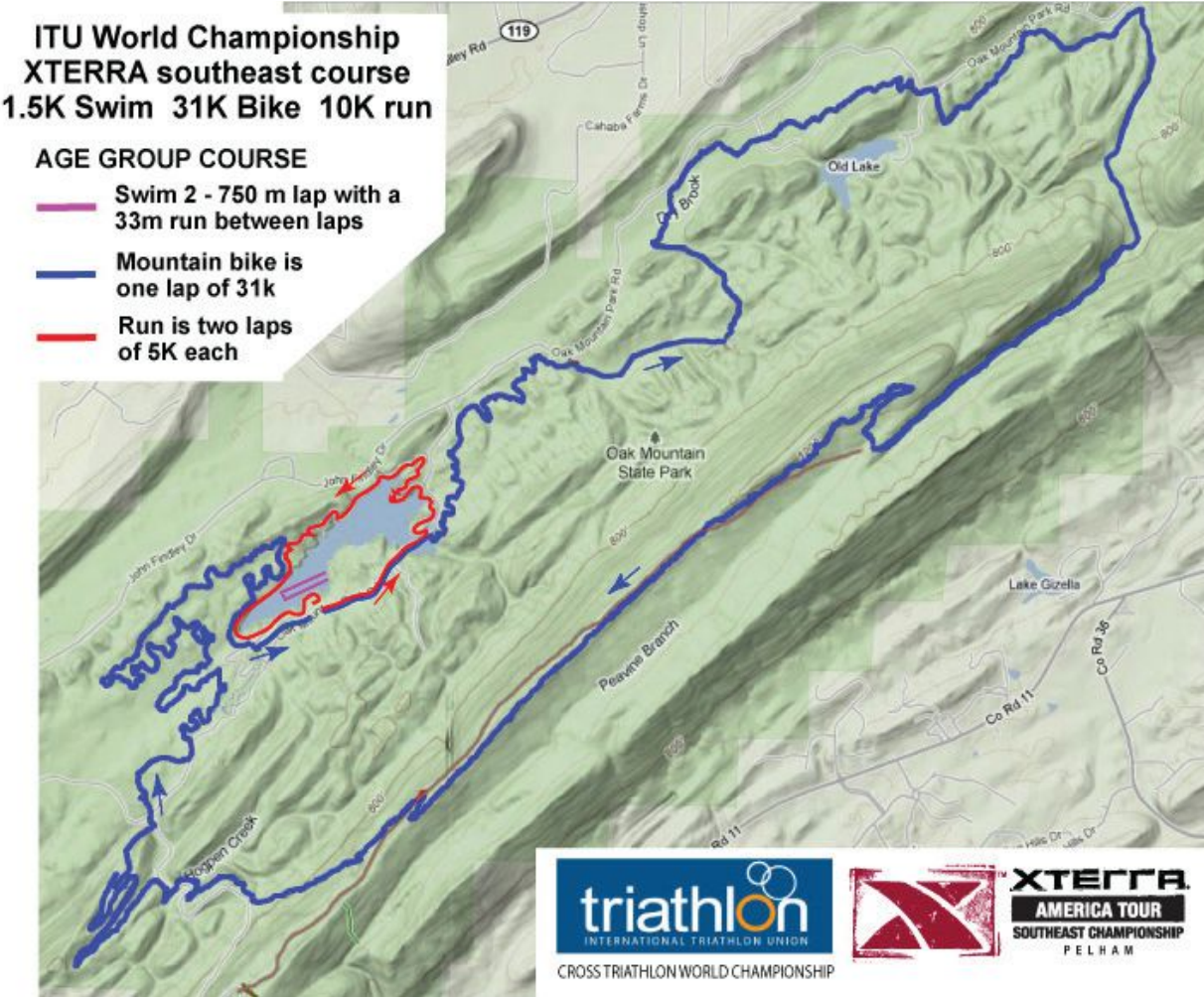


Food: Many types of food from Italian to American can be found in Pelham and Birmingham. The XTERRA crew is partial to the Margarita Grill at night and the Purple Onion for lunch. Check out this great link from the City of Pelham for a list of restaurants both local and chain: <http://www.pelhamonline.com/default.asp?id=878&pg=local+restaurants>.

Venue/Course Recon: Oak Mountain State Park is a public park and is open for athletes to check out the course pre-race. Registration opens on Wednesday at noon. Be aware that parts of the course may be closed for the professionals to pre-ride/run.

Be Prepared: Age group men will start in one wave, followed by age group women.

* 1.5 k Swim: Taking place in the clear waters of Double Oak Lake, the course is two 750-meter laps with a short beach run between loops and back into transition.





- * 31k Mountain Bike: This single loop course has something for everyone. Starting at 500 feet, the course rolls and turns until the 700-foot climb up to the summit past the seven mile mark. Be prepared for a fast and rocky descent as you fly through the “blood rock” section and back to transition.
- * 10k Trail Run: The course is two five-kilometer loops of scenic trail with one major climb.

Note: The pro men and women will race on a spectator-friendly three loop bike course as opposed to the single-loop bike course age groupers will race on.

Post Race Recovery/Party/Other Fun: For those who did not qualify for the Championship, XTERRA is also hosting an open

sprint race on Saturday along with 5k/10k mud runs and a half and full trail marathon at the park on Sunday. Hang out post race and enjoy the beer garden while watching the professional race on a very spectator friendly course. Enjoy the best of Southern Hospitality by heading to Birmingham for some Blues and BBQ, or head to the Birmingham Barons minor league baseball game for \$1 beer Thirsty Thursday pre-race.

* Please be aware that the course may change due to Mother Nature and other factors. tri

Check out the 2012
preview video here.

