



## **VOLUNTEERS NEEDED FOR A FUN-FILLED WEEKEND AT OAK MOUNTAIN STATE PARK - MAY 19-20, 2012**

**April 5, 2012** - The XTERRA America Tour returns to Oak Mountain State Park on May 19 and 20 and is looking for volunteers. Come on over and be part of “the greatest races on dirt” - a fantastic international event weekend with some of the best athletes from all over the world coming to swim, run, and ride mountain bikes in Pelham, Alabama.

XTERRA will host a full day of triathlon racing on Saturday (May 19) as the U.S. takes on the world in the ITU cross tri (off-road) World Championships. Then, on Sunday May 20, runners get in the action with 5K, 10K, 21K, and full marathon trail races. XTERRA could use help on both days.

Various duties include helping to register athletes before the race, prepping food/drinks in the recovery tent, handing out water/Gatorade on the course, being a course marshal, or helping out the timers.

Saturday hours are from 6am to about 8pm with morning and afternoon shifts available. Volunteers will get a great looking event tee shirt, food, all the Gatorade they can drink, and the undying gratitude of the XTERRA Tribe! The XTERRA crew will deploy volunteers to cover road crossings, help with transition (this is where the athletes go from swim-to-bike and later from bike-to-run) and to hand out water and drinks at aid stations, at the finish line, and with timing.

If you want to have a great day at the park and help show the world what Alabama hospitality is all about - come on out.

To confirm contact XTERRA Volunteer Coordinator Dayton Morinaga at 808-754-2567 or email [dayton@xterraplanet.com](mailto:dayton@xterraplanet.com)

### ***Here's some more info...***

The main event on Saturday combines a one-mile swim in Double Oak Lake with a grueling 20-mile mountain bike on the highly acclaimed Oak Mountain trails, and a twisty, turny 10k trail run around the lake.

The challenge lures professional athletes from around the world and amateurs from across the nation to Pelham, and the accompanying two-day XTERRA Sports Festival provides local athletes and outdoor enthusiasts an opportunity to join in the fun. More than 1,000 athletes are expected for the Saturday and Sunday races.

The XTERRA Southeast Championship/ITU Cross Tri World Championships features a \$20,000 prize purse for pros and amateur athletes compete for world titles, one of 40 qualifying spots into the XTERRA World Championship in Maui, and for points in the XTERRA USA Championship Series.

Aside from Saturday's XTERRA/ITU Championship and open XTERRA Sprint off-road triathlons, on Sunday there's a 5km walk, 5km and 10km mud runs, a 21km off-road half-marathon, and the XTERRA Oak Mountain trail marathon – 26 miles of single track trail running. At the expo participants will also find free clinics taught by pro athletes, corporate tents, demos, giveaways, music, and food.

Competitors, spectators, friends and family are encouraged to stay in one of the myriad of hotel offerings in Pelham for the weekend and take advantage of Oak Mountain State Park which serves as the ideal setting to run, mountain bike, go fishing, ride horses, or go golfing.

**Did you Know?** [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) along with Shelby County; 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 Oak Mountain Superintendent Michael Jeffreys to make this trail system what it is today.

"Outdoor sports enthusiasts from around the world have discovered that Shelby County's Oak Mountain State Park provides unparalleled resources, said Alex Dudchock, Shelby County Manager. " Our collaboration with the State of Alabama, City of Pelham, City of Hoover and Birmingham Urban Mountain Pedalers (BUMP) has made this event possible. Extensive improvements to the already top-rated trail system was made possible using federal funds from the Recreation Trails Program (RTP) through the Alabama Department of Economic and Community Affairs (ADECA) with matching funds and assistance from Shelby County, BUMP and Oak Mountain State Park."

XTERRA competitors have been praising the trails at Oak Mountain since the inaugural XTERRA Southeast Championship in 2006. Shonny Vanlandingham –the reigning XTERRA World Champion and the most successful mountain biker in NORBA history, said "I've raced all over the world, and I just love coming back here to Oak Mountain every year. It is one of the best mountain bike courses in the nation."

Conrad Stoltz – a four-time World XTERRA Champion and XTERRA's most visible pro athlete worldwide was quoted as saying "I love being here, love the Southern hospitality, and think this is the best XTERRA course on the whole circuit."

In addition to the influx of competitors and their families traveling to Shelby County from around the country to compete in the XTERRA events - the true beauty of these races is the celebration of the healthy, active, outdoors lifestyle they inspire – each setting great examples for the next generation to get outdoors and “Live More”.

“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.

Spread the word, tell a friend, and even if you don’t race or volunteer, come on out and watch these guys and gals compete for world titles!

Thank you for your support!

Oak Mountain State Park website – [www.alapark.com/OakMountain](http://www.alapark.com/OakMountain)

XTERRA Website - [www.xterrapelham.com](http://www.xterrapelham.com) / [xterra.tv](http://xterra.tv)

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