



ХТЕГГА®

OAK MOUNTAIN

ATHLETE GUIDE





WELCOME TO TRAIL HEAVEN!

Oak Mountain State Park is home to some of the best trails on earth, trails so good they've been recognized as America's best by *Runner's World Magazine* and many others. Credit goes to the hard working crews from Shelby County, Oak Mountain State Park, and BUMP, the local trails advocacy group, who have spent more than 100,000 hours on the design and construction of new trails over the past 20+ years and to this day are building, preserving, maintaining, and riding the sweet single track in the park.

To celebrate their efforts, we've invited the whole world to discover the trails for themselves at the first-ever XTERRA World Cup weekend in the U.S., featuring four fun-filled days of festivities from May 18-21.

It all starts Thursday evening with the Ales & Trails Bike Fest where riders can jump on a shuttle to the top of the downhill and rip it down, go on a guided pre-ride of the full course, race in the Short Track time trials, learn new mtb skills, listen to live music, and enjoy local beer with friends old and new.

On Friday, we've got XTERRA Super Sprint off-road triathlons, XTERRA University clinics, rego and packet pick-up.

Saturday ushers in the first of three main events, the XTERRA Oak Mountain full distance off-road triathlon, which doubles as XTERRA World Cup stop No. 2 with series points and \$15,000 in prize money up for grabs to the best off-roaders from across the globe. For amateurs, there are 56 spots into the XTERRA World Championship in Italy, and a chance to score big points towards winning an XTERRA Americas regional title. The challenge combines a 1.5K swim in Double Oak Lake with an epic 34K mountain bike and sweet singletrack 10K trail run.

There is also a shorter distance Sprint race with a 750-meter swim, 17K mountain bike and 5K trail run, and athletes can even create a two or three-person relay teams to tackle the Sprint or Full distance races together.

Once the racing is over, the party starts with Brendan Young in concert live at the park, a wide variety of food and drink options, yard games the whole family can enjoy, a free kids bike race, and a look at all the action from the day with the highlight video on the big screen.

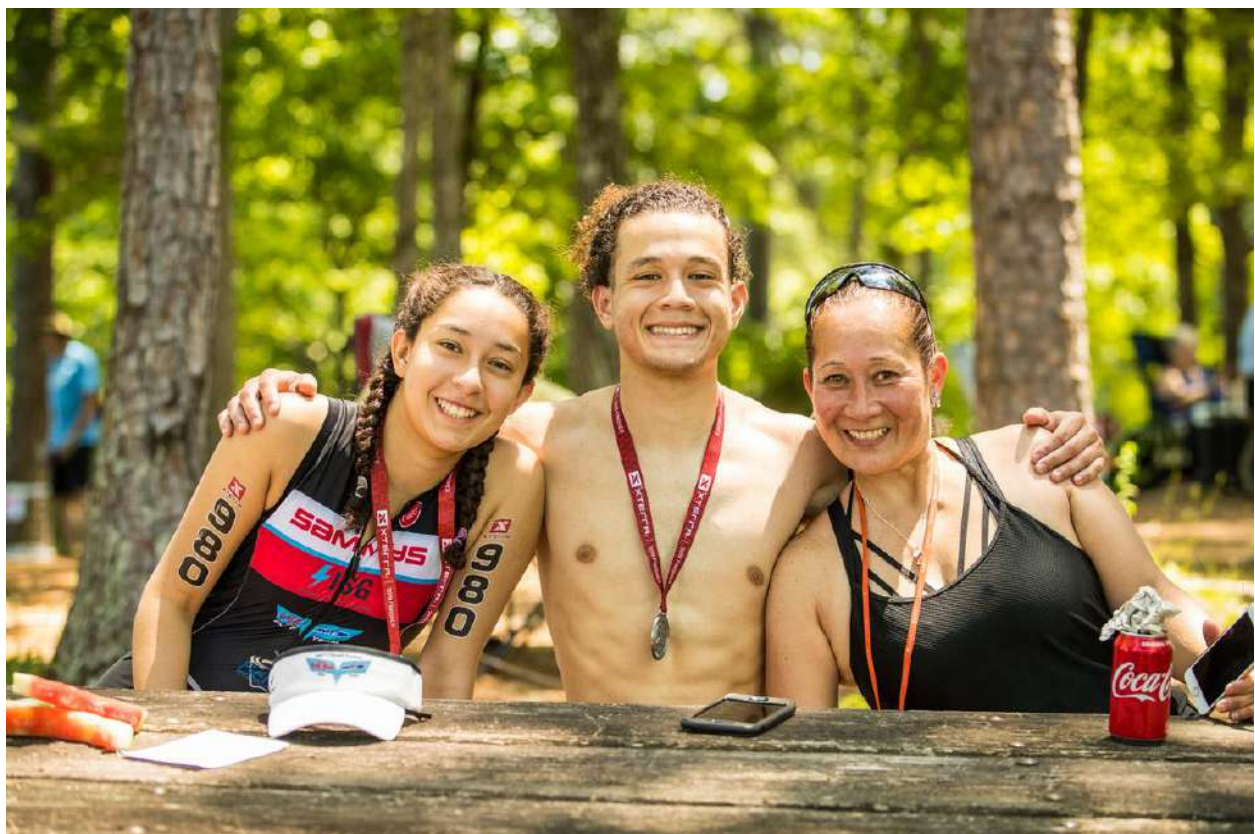
Then on Sunday morning, it's the runners' turn to take to the trails at the XTERRA Americas Trail Run Championship half and full marathons! There's 5K and 10Ks too, and a free fun run for the kids.

And on Sunday afternoon, starting at 3pm, it's showtime, as the first-ever XTERRA Short Track off-road triathlon in the U.S. pits World Cup stars from 12 nations against each other in an action-packed race against the clock for prize money and precious points in the series standings. The race will be streamed live online and hosted by triathlon Hall of Famers, Bob Babbitt and Jamie Whitmore.

We're thrilled to have you with us at this historic event, and grateful for your support! Read on for all the details you need to know to prepare yourself for XTERRA Oak Mountain 2023...

AND BRING YOUR FAMILY AND FRIENDS!

The Race Village is a great place to hang out and watch the races, play games, listen to music, check out the exhibitors, grab a beer, and have fun with the coolest crowd in endurance sports. And, the park's day-use picnic facilities include large pavilions and tables with grills, fishing lakes, a recreational lake with pedal boat and canoe rentals, a sandy beach swimming area, an 18-hole golf course, and even rental horseback riding facilities!



XTERRA SCHEDULE OF EVENTS

OAK MOUNTAIN STATE PARK - PELHAM, ALABAMA

Thursday, May 18

4pm-8pm	Ales & Trails Bike Fest, Expo, El Campo Tacos, Beer Garden & Super Sprint Packet Pickup
4pm	MTB Shuttle Rides start (to the top of the downhill)
4pm	Short Track time trials start (last time trial 6:45p)
4:30pm	Beginner Rides (meet at Cahaba tent)
4:30pm	Games and Contests begin
5pm	Live Music, featuring Kudzu
5pm	Skills Clinics (meet at Singletrackskills.bike tent)
6pm	Beginner Rides (meet at Cahaba tent)
6:30pm	Skills Clinics (meet at Singletrackskills.bike tent)
7pm	Short Track Head-to-Head Men's Race
7:15pm	Short Track Head-to-Head Women's Race
7:30pm	Last Shuttle Ride
7:45pm	Beer Garden Closes

Friday, May 19:

12-8pm	El Compa Tacos, Berries by Crystals & Pazzo's Big Slice open (Bar opens at 2p til 8pm)
2pm-8pm	Registration and Packet Pickup open for all events - plus yard games and music on-site! <i>Photo I.D. and USAT Membership card (mobile proof ok) required for triathlon registration</i>
4:30pm	Elite Meeting
5pm	XTERRA University and Triathlon Race Briefing with U.S. Elite Champions Suzie Snyder & Josiah Middaugh & XTERRA Race Directors
6pm	XTERRA Super Sprint triathlon start
7:30pm	XTERRA Super Sprint finisher recognition

Saturday, May 20:

6am-2pm	Coffee & Waffles Food Truck OPEN!
6am-7:30am	Late Packet Pickup for Sprint and Full Course races <i>Photo I.D. and USAT Membership card required for triathlon registration</i>
6:30am-8am	Transition open for set-up and body marking + swim cap & timing chip distribution
7:50am	XTERRA Sprint Pre-Race Briefing at the Swim Start
7:55am	T1 Closed for Full Course Athletes
8am	XTERRA Sprint Race Start
8:20am	XTERRA Full Course Pre-Race Briefing at the Swim Start
8:30am	XTERRA Oak Mountain Full Course Start
9am-5pm	XTERRA Americas Trail Run Registration and Packet Pickup Open
9am-9pm	XTERRA Festival Open - Live Racing, Live Music, Yard Games, Beer Garden & More
9:30am	XTERRA Sprint Race winner expected
10am-10pm	El Compa Tacos, Berries by Crystals & Pazzo's Big Slice open (Bar open 11a-8p)
10:40am	XTERRA Oak Mountain Full Course winner expected
11:30am	XTERRA Sprint Race Awards Ceremony
12:30pm	Top Elite Men and Women Recognition
1pm	Cutoff at T2
1pm	XTERRA Oak Mountain Full Course Awards ceremony
5pm	XTERRA Kids Bike Race
6-9pm	Live Music, featuring Brendan Young
8:15pm	XTERRA Oak Mountain Highlight Video

Sunday, May 21:

6am-2pm	Coffee & Waffles Food Truck OPEN!
6am-7:30am	Trail Run Registration and Packet Pickup
7am	Full and Half-Marathon Athlete Briefing
7:15am	Full and Half-Marathon Start
8am	5K & 10K Athlete Briefing
8:15am	5K & 10K Start
8:35am	First Half Marathon and 5K Finishers Expected
9am	First 10K Finisher Expected
10am	5K & 10K Awards Ceremony
10am-5pm	Festival Open - Exhibitors, Racing, Yard Games & Beer Garden
10am-5pm	El Compa Tacos, Berries by Crystals & Pazzo's Big Slice open (Bar open 11a-5p)
10:45am	First Marathon Finisher Expected
11am	XTERRA Kids Sprint
11:45am	Full Trail Marathon cut-off at water station 4 (approx 20km in)
1pm	Full and Half-Marathon Awards Ceremony
3pm	XTERRA Oak Mountain Short Track - Women's Race
3:50pm	XTERRA Oak Mountain Short Track - Women's Top 3 Flower Ceremony
4pm	XTERRA Oak Mountain Short Track - Men's Race
4:45pm	XTERRA Oak Mountain Short Track - Men's Top 3 Flower Ceremony



Watch it Live On-site or On-line at <https://www.xterraplanet.com/watch-live>

PARK ADDRESS

200 Terrace Drive, Pelham, AL 35124 // 205-620-2520

Race headquarters is on Terrace Dr, just past Park Headquarters. Look for big white tents and XTERRA signage.

HOW TO GET THERE

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

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

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

DAY USE FEES AT OAK MOUNTAIN STATE PARK (Cash Only!)

- \$5 per Adult (age 12+)
- \$2 per Child (age 4 to 11)
- \$2 per Senior (age 62+)
- Free for ages 3 & under
- All Active Military, Retired Military, and Veterans are Free

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

EVENT PARTNERS, SPECIAL OFFERS AND GIVEAWAYS

XTERRA Oak Mountain wouldn't be possible without the generous support of our event sponsors. Enjoy special offers in your virtual race bag here: <http://goveb.co/oe/302e12>



REGISTRATION

Super Sprint racers can pick up their packet starting Thursday (4-8pm) and all other event participants can pick up their packet starting Friday from 2-8pm, then Saturday from 6am-7:30am. Additional trail run registration times are Saturday from 9a-5pm, and Sunday from 6am-7:30am.

TRIATHLON PACKET PICKUP NOTES

USAT Membership fees for 2023:

- Adult Annual Membership: \$50
- Adult One-Day Membership: \$15
- Youth (ages 17 and under) Annual Membership: \$10

Triathletes may only pick up their own packets, and all relay team members must be present to receive the packet, or you will have to split up the relay packet for each participant.

All athletes are required to show a photo ID. NO ID, NO RACE, NO EXCEPTIONS. Every single participant, including relay participants, must have a photo ID. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID. Annual members are required to show their membership card every time they compete in a USA Triathlon-sanctioned event.

If an athlete does not bring a photo ID to packet pickup there are two options:

- a. Go home to get it
- b. Have someone email/fax them a copy of their photo ID

Athletes that need to purchase a one-day license must sign the USA Triathlon waiver if it was not included with the event registration process. Annual members do not have to sign a waiver at packet pickup because they signed it when they applied to become an annual member.

RACE PACKET

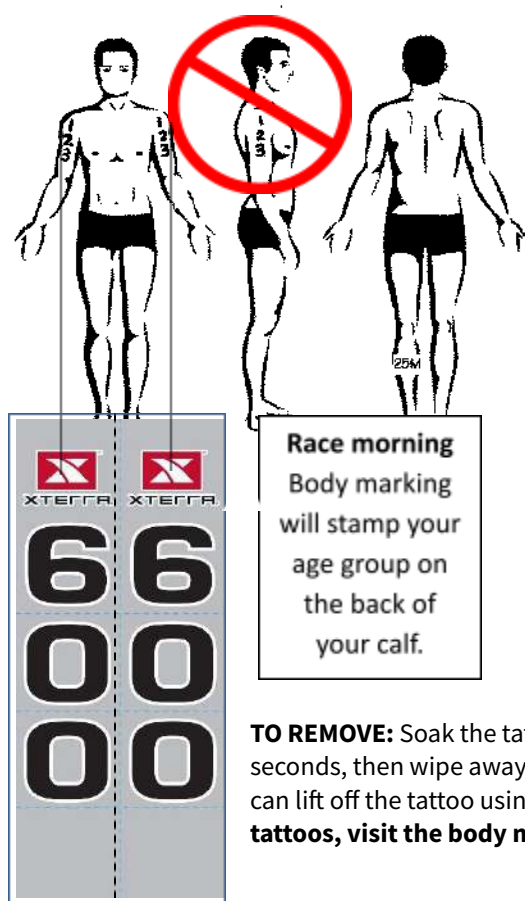
Registration fee includes a tee-shirt and post-race refreshments. Triathlon participant race packets will include:

- Bike Plate - Please attach this to your handlebars using the twist ties provided.
- Runner Bib - Please attach in a clear visible place on your front using safety pins provided or a race belt.
- Race Number Tattoos

TRIATHLON TIMING CHIPS & SWIM CAPS & BODY MARKING

We will distribute timing chips and swim caps race morning at Body Marking. Age groupers please go to body marking to stamp your age division on the back of your calf. Elites and relays do not need age division marking. Please strap ankle timing chips to your left ankle before the race. Remember to hand your timing chip back after you finish to ensure you receive an official time. Any chips not returned will incur a replacement fee.

RACE # TATTOOS are REQUIRED FOR ALL TRIATHLETES



TATTOO INSTRUCTIONS

MARK YOURSELF THE NIGHT BEFORE THE RACE

1. TEAR

Tear your number in half down the center.

2. STICK

Remove the protective top sheet.

Place on the FRONT of BOTH ARMS. Do not place on the side of your arms. Place the ink side to CLEAN and DRY skin, right side up.

3. Hold a very wet, folded paper towel over the paper backer of the tattoo for 30 seconds. Make sure it gets wet all the way through.

4. PEEL - Peel the paper backer off skin, leaving tattoo on your skin.

5. SUNSCREEN - Apply the morning of the race.

TO REMOVE: Soak the tattoos in baby oil, rubbing alcohol or nail polish remover for 30 seconds, then wipe away. If you make a mistake during application, within 3 minutes you can lift off the tattoo using a few pieces of transparent tape. **If you forget to put on your tattoos, visit the body marking station at the finish line on race morning.**

WHAT TO BRING

Here is a list of things to bring with you on race day.

- ☒ Timing chip and strap (if you picked up prior to race morning)
- ☒ Bike with your race # attached to the handlebars
- ☒ Helmet
- ☒ Approved wetsuit or speedsuit (wetsuit legal call to be made race morning)
- ☒ Goggles
- ☒ Race clothing including swimwear, bike shorts, top
- ☒ Race belt or pins for race bib on the run leg
- ☒ Water bottles
- ☒ Spare tube/Co2 canister in case of a flat
- ☒ Chain tool is a good idea
- ☒ Running shoes
- ☒ Sunglasses
- ☒ Hat/Visor (optional for the run)
- ☒ Sunscreen*
- ☒ Towel (optional)
- ☒ Wear your race number and division tattoos.

BAGGAGE STORAGE

Baggage storage is NOT available. Please leave your valuables at home.

LOST AND FOUND

On race day, lost and found items will be brought to the transition area. Check with the transition managers. If you have lost keys or a wallet, they will be held at the announcer tent at the finish line.

SWIM WAVES

The Sprint race will be a mass start.

There will be three wave starts for championship race

8:30 Elite men – blue swim cap

8:31 Elite women – pink swim cap

8:34 Age-group men 49-Under (TBD, Based on # of Athletes) – white swim cap

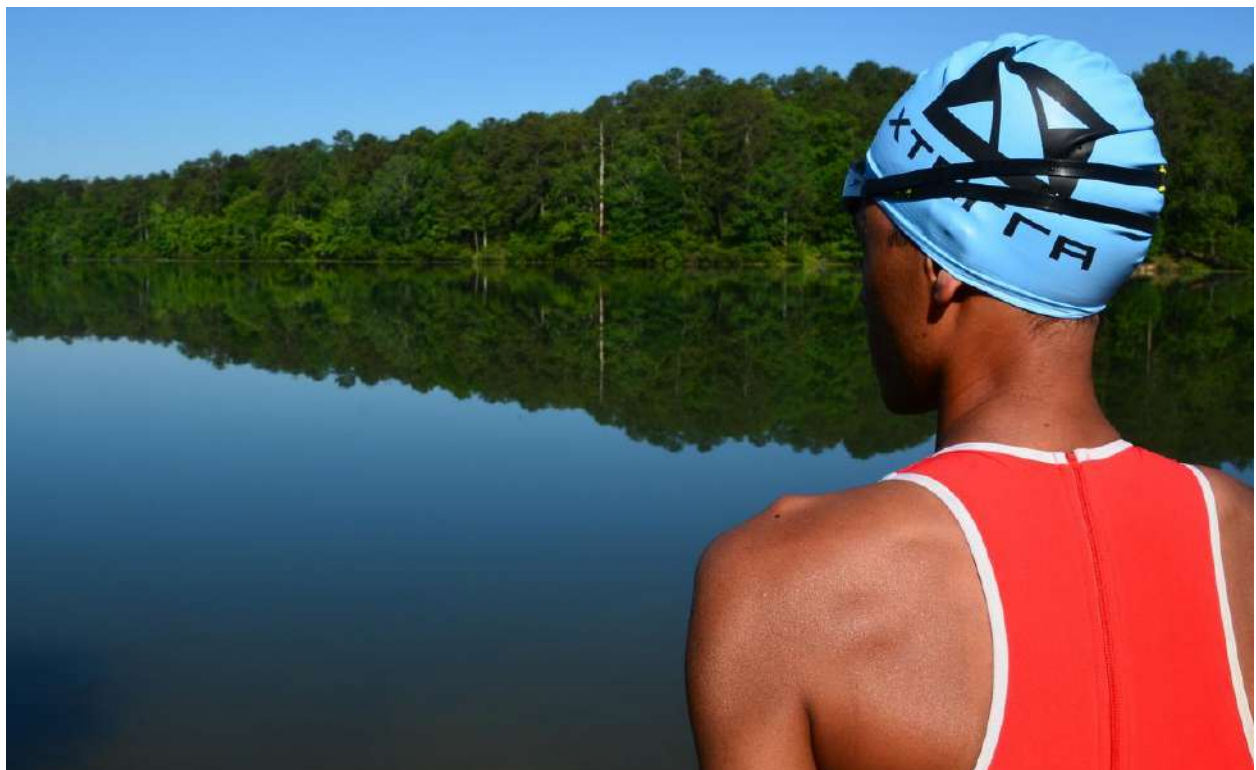
8:35 Age group men 50+, all women, physically challenged & relay teams – green swim cap (TBD)

TRANSITION AREA

The transition area will feature separate racks for elites. Please be mindful of others and ensure you allow six bikes per rack. ONLY athletes are allowed inside transition. Supporters need to wait outside. Please leave valuables at home or with your supporters. Do not leave them in transition. For security of your equipment you will need to show your race numbers when accessing the transition area. Bikes must be collected from transition by 3pm.

RAIN OR SHINE

XTERRA Oak Mountain will be held rain or shine and will only be postponed in extreme circumstances. If weather conditions may potentially cause any postponement or cancellation of the event, race organizers will communicate in the days prior to the event via email, and on the website to race participants. If a decision is to be made on the day of the event, announcements will be made at the Race Village. Please note the event will be staged unless extreme weather conditions occur on the day of or leading up to the event. i.e. not just a bit of rain.



WATER TEMP/WETSUITS

Final water temperature reading and determination of wetsuit use will take place on Saturday morning. XTERRA follows the Swimming Conduct rules for Wetsuit and Speedsuit Use established by USA Triathlon.

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council.

The AAC has set the wetsuit maximum temperature for elite athletes at 68 degrees for swim distances less than 3000 meters and 71.6 degrees for distances of 3000 meters or greater. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.

2023 USAT SWIMWEAR INFORMATION

Due to swimwear products entering and leaving the market over time, it is no longer feasible to have a predetermined "Approved" list. The information provided here is meant to help the athlete determine if the swimwear in question would be legal for use at USA Triathlon sanctioned events.

USA Triathlon Swimwear Rule

4.9a For the purpose of these rules, wetsuits are swimwear made of material providing thermal insulation. Wetsuits cannot exceed 5 millimeters thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5mm thickness limit. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5mm shall be disqualified. When wetsuits are permitted, wetsuit tops and/or shorts (constructed of rubberized, buoyant material such as polyurethane or neoprene) are allowed but may not be worn in addition to a wetsuit.

There are basically three categories of triathlon apparel: Wetsuits, Swim skins, and Tri suits/kits (including standard Cycling apparel).

Wetsuits: Are made with a nonpermeable material. Usually, neoprene. This material provides buoyancy and is only legal in wetsuit legal swims or wetsuit optional waves. Wetsuit legal water temperatures are variable depending on the hosting party. They are allowed a maximum thickness of 5mm.

Swim skins/skin suits: Are made of permeable synthetic textiles designed to smooth the swimmers in-water profile and reduce drag. They contain no neoprene and do not provide buoyancy. They are legal for use in either wetsuit or non-wetsuit legal swims. (Unless the swim is wetsuit mandatory in which case, they cannot be worn in place of a wetsuit.)

Tri suits/kits: Are made of permeable textiles (whether synthetic or natural materials). They contain no neoprene and do not provide buoyancy. They are legal for use in either wetsuit or non-wetsuit legal swims (unless the swim is wetsuit mandatory in which case, they cannot be worn in place of a wetsuit.) and may be worn underneath a wetsuit in wetsuit legal swims.

If you have a question not covered here regarding a specific swimskin/skinsuit please reach out to rulesandofficials@usatriathlon.org.

PRE-SWIM AND PRE-RIDING

Permitted at any time prior to the race during regular park hours.

RELAY TEAM ATHLETES

Team members must wait for their teammate at their rack position within the transition to hand over the timing chip. Remember you are responsible to make sure you are in the transition area at the right time to meet your team members. Also, make sure you return your chip at the end of the day to ensure you receive an official time. Any chips not returned will incur a replacement fee.

MEDICAL

We have qualified medical personnel at the Race Village and roaming on the course. If you feel unwell at any stage of the race, please alert the closest course marshal who will arrange for our medical staff to meet you.

XTERRA UNIVERSITY

Get ready to XTERRA with the sport's best. XTERRA University, on Friday, at 5pm in the Race Village, offers competitors a chance to take in last-minute advice and pointers from the best off-road multisport athletes in the sport. The FREE session, hosted by 2015 XTERRA World Champion Josiah Middaugh and 5x U.S. Elite Champion Suzie Snyder, targets improved swimming, biking and trail running techniques plus dealing with the specifics of the Pelham course. There will be time for Q & A with the pros during the session.

TRIATHLON RACE BRIEFING

Held in conjunction with XTERRA University, race officials Chris Appleton, Kirk Ermels, and/or Nico Lebrun will run through the ins and outs of the XTERRA Full and Sprint courses. There will also be a race briefing on race morning so please ensure that you check your race briefing time noted on the event schedule.

AFTER PARTY

Brendan Young is performing live on stage at the XTERRA Village starting at 6pm, with all the awesome food trucks and beer garden going full tilt until the sun goes down so please plan on celebrating under the stars with the XTERRA Family and our friends in the Shelby County community on Saturday night!

BIKE TECH

The official bike shop is Cahaba Cycles and they'll be on site Saturday morning for last minute needs and fixes. If you need help before then, visit their full service shop just outside the park at 2271 Pelham Parkway.

Phone: 205-987-4043. **Email:** ride@cahabacycles.com

BUMP

BUMP, the local trails advocacy group, stands for **BIRMINGHAM URBAN MOUNTAIN PEDALERS** and their motto is **"Build, Maintain, Ride and Preserve"** ... the trails in the Birmingham and surrounding area. Their members, riders like you, help keep trails in great shape and open to mountain bikers. They've maintained and built sustainable trails at Oak Mountain State Park since 1994. Respect the trails, thank BUMP.

CHAMPIONSHIP / SPRINT COURSE DESCRIPTION

The second stop on the 2023 XTERRA World Cup at Oak Mountain State Park in Shelby County, located in the southernmost part of the Appalachian Chain, is praised by competitors as being one of the most fun, fast, scenic, and difficult on the XTERRA schedule.

It's uniquely built for mountain bikers by mountain bikers, and the faster you go, the harder it gets, so riders with the best handling skills have a huge advantage.

The largest park in Alabama, Oak Mountain has 52 miles of trails spread among 10,000 lushly forested acres and includes rolling hills and stream crossings.

The race starts in Double Oak Lake, a long narrow warm water lake, with two 750-meter laps separated by a short beach shuffle in-between. Sprint racers swim a 750-meter lap.

From there the long, single-loop mountain bike course starts at about 500 feet elevation, twists, turns, and rolls through the forest. The flow starts on seven bridges trail, and just as the name suggests, there are seven bridges to cross and if it's wet, it's slippery, so riders have to cross it clean and straight or risk the front wheel slipping out.

After the bridges the first early passing opportunity opens up on camp road, about two miles in. This is the best chance to make a move and improve your position, because with so much single track ahead being in the front is always a good thing.

For the next few miles the course goes from Garret's Gulch to the Chimney's to Cat Dog Snake until you get to the North TrailHead and the start of the Red Road climb, a gradual, rocky, 700-foot ascent to the summit (1206 ft) and another prime opportunity to pass before it gets technical.

There is about 1,650 feet of climbing all told, just enough to get your heart rate jacked for some high-gear rhythm sections that will have you pedaling right through the downhill sections.

The descent is a fast, wild ride highlighted by the notorious "Blood Rock" section – a series of tricky to maneuver, uneven and jagged rocks. After descending through Blood Rock, take a right turn onto Centipede Trail for 0.8 mile making the connection to the very fun and flowing Jekyll 'n Hyde trail, left on Peavine Falls road to Johnsons Mountain down to Foreplay which connects to Mr. Toads Trail where the top men and women will be flyin!

The sprint bike course starts with a climb up Peavine Road then connects to the full course.

The 10K championship run course goes around Double Oak Lake on hard-packed, tight, and twisty trails with scenic views at every turn before connecting with the rocky Rattlesnake Ridge trail and the flowy Family Trail. Sprint course goes around the lake to the finish line. There's not a ton of climbing, just about 400 feet, but there's lots of roots and rocks ready to grab weary ankles.

XTERRA SUPER SPRINT COURSE DESCRIPTION

We start with a 200 meter swim in Double Oak Lake before getting on the bike for a 7k ride. This trail is ideal for young and new bikers! It follows the fun and smooth Lake Trail around Double Oak Lake before a lap on Family Trail and back to Transition. Put on your running shoes for a short 2k (a little over a mile) – it follows the Green-Yellow Connector trail before crossing Peavine Falls Road and returning to the finish line.

XTERRA SUPER SPRINT AND SPRINT RACE SWIM ASSIST CATEGORY

An unofficial swim assist category is available in the sprint and super sprint races for those athletes who would like to wear an inflatable tethered safety buoy (examples:

<https://www.sport-fitness-advisor.com/open-water-swim-buoy.html>) for the swim portion. Those swimmers will start at the back of the last wave and will not be counted in official results per USAT rules. Nothing larger than 30" in any direction when inflated, and no propulsive equipment (ex.: fins, paddles, etc.) are allowed.

TECHNICAL INFORMATION

SWIM COURSE - 1.5K XTERRA (Sprint: 750m or .5 miles; Xterra: 200m):

No swim fins, hand paddles or any swimming aids are allowed. See registration bulletin board for updated wetsuit ruling. Athletes must wear swim caps provided at body marking. If you decide not to continue during or after the swim you **MUST IMMEDIATELY REPORT** to the transition manager that you did not finish.

USAT SWIMMING CONDUCT:

4.1 Permissible Strokes. Swimmers may use any stroke to propel themselves through the water and may tread water or float.

4.2 Bottom Contact and Resting. A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress. A violation of this section shall result in a variable time penalty, unless the Head Referee in his/her sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(1).

4.3 Emergencies. A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up and down, and call or seek assistance. A swimmer, who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance.

4.4 Wetsuits. Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council. The AAC has set the wetsuit maximum temperature for elite athletes at 68 degrees for swim distances less than 3000 meters and 71.6 degrees for distances of 3000 meters or greater. Swimmers wearing a wetsuit with a thickness greater than 5 millimeters in any area shall be disqualified.

4.5 Notice of Wetsuit Policy. The wetsuit policy for any particular race shall be included on all race literature that is intended for distribution to potential participants. The wetsuit policy shall conform to Section 4.4, unless a change is granted in compliance with Section 1.4. The wetsuit policy on such literature shall include the following information, if applicable; a. Any changes from Section 4.4; b. Any specific restrictions on equipment; c. Any disparity between the wetsuit policy for age group athletes and the policy for elite athletes.

4.6 Measuring Water Temperature. It is recommended, but not required, that the water temperature for a race be finally determined by a measurement made within 2 hours of the race start. A water temperature measurement should also be taken prior to any pre-race meetings in order to forecast to the athletes as early as possible the likely water temperature on race day and the likelihood of whether wetsuits will be allowed on race day.

4.7 Official Equipment. If provided by race management, a swimmer shall wear the proper official swim cap corresponding to his wave. The penalty for an infraction of this rule is a variable time penalty. For safety reasons if no official cap is provided, all swimmers should wear their own brightly colored swim cap.

4.8 Goggles. Swimmers may wear, but shall not be required to wear, swim goggles or face masks.

4.9 Illegal Equipment. Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified. [Download full USAT competition rules](#)

TRANSITION:

You may not mount your bicycle before the exit of the transition area and you must dismount your bike before entering into transition. Riding your bicycle in transition will result in a 2-minute penalty.

ATHLETES OR REPRESENTATIVE MUST RETURN TIMING CHIP AND SHOW RACE NUMBER AT TRANSITION TO PICK UP BIKES AND GEAR AFTER RACE.

BIKE COURSE – 34K XTERRA (Sprint Course—17K, Xterra Course-7K): All competitors must start the run by 1pm. Course marshals will enforce 1pm cut-off times. Limited outside assistance is allowed from another athlete competing in the same event or a race official. No outside assistance is allowed from any person not competing in the event. These include but are not limited to spectators, friends, family, volunteers, photographers, or police. Assistance is limited to tools, tubes or any item that would be used to repair a faulty part or damaged bicycle or water, food, or first aid. Exchanging bikes is not allowed. The only permitted bicycles are mountain bikes. Bicycles must have 26", 27.5" or 29" wheels and straight handlebars. Cyclo-cross bikes and bicycles with drop handlebars are prohibited. Bar extensions or grips off the handlebars may not exceed 5". Drafting is allowed. Competitors must display the front number plate at all times. No advertising stickers, writing or alterations of the number plate are allowed. Approved helmets must be worn at all times while on the bike.

RUN COURSE, 10K or 6.2 miles (Sprint Course: 4.5k or 2.79 miles; Xterra Course: 2K): 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. Competitors may not use inline skates or other devices, human or otherwise powered, to assist them in running. HEADPHONES ARE NOT ALLOWED.

GENERAL RULES

- Do Not Litter the Course: XTERRA prides itself on leaving the trails better than we found them. Do your part and "leave no trace." Take your trash with you or leave it at an aid station.
- 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 of any nature must be submitted within one hour of the finish time of the person lodging the protest. Protests must be submitted in writing and signed by the accuser. Saying somebody cut the course is not good enough - it must be written and described as accurately as possible. All protests will be investigated. Because of the nature of XTERRA, it is not always possible to see infractions. XTERRA is in the woods, out of sight and marshaled only where necessary. In every case there will need to be verification of the infraction.
- No headphones of any kind are permitted while competing.

AID STATIONS

The self-serve aid station for the Full Bike course is at Mile 15. Water and Gatorade will be available.

The self-serve aid station for the Sprint Bike course is at Mile 6. Water and Gatorade will be available.

Run: There are two aid stations on the Sprint Course – one by the dam (about mile 1.5) and one at mile 2.5, and championship runners will hit each of those plus two more at roughly miles 4 and 5. Water and Gatorade will be available at each station in cups. There are no hand-offs, so grab cups off the table yourself.

COURSE MARKINGS

The course will be clearly marked using a mixture of corflute signs and arrows as well as bright tape tied to trees to reassure you that you are going the right way. The blue arrows are for the bike courses only. The red arrows are for all run courses. Please watch for course marshals to point you in the right direction.



VIEW & DOWNLOAD BIKE AND RUN ROUTES USING ALL TRAILS: <https://www.alltrails.com>

Full Course Bike - <https://www.alltrails.com/explore/map/xterra-full-course-bike-2021-2464647?>

Full Course Run - <https://www.alltrails.com/explore/map/xterra-full-course-run-2021-c41dd99?>

Sprint Course Bike - <https://www.alltrails.com/explore/map/thu-01-apr-2021-15-51-dd542bb?>

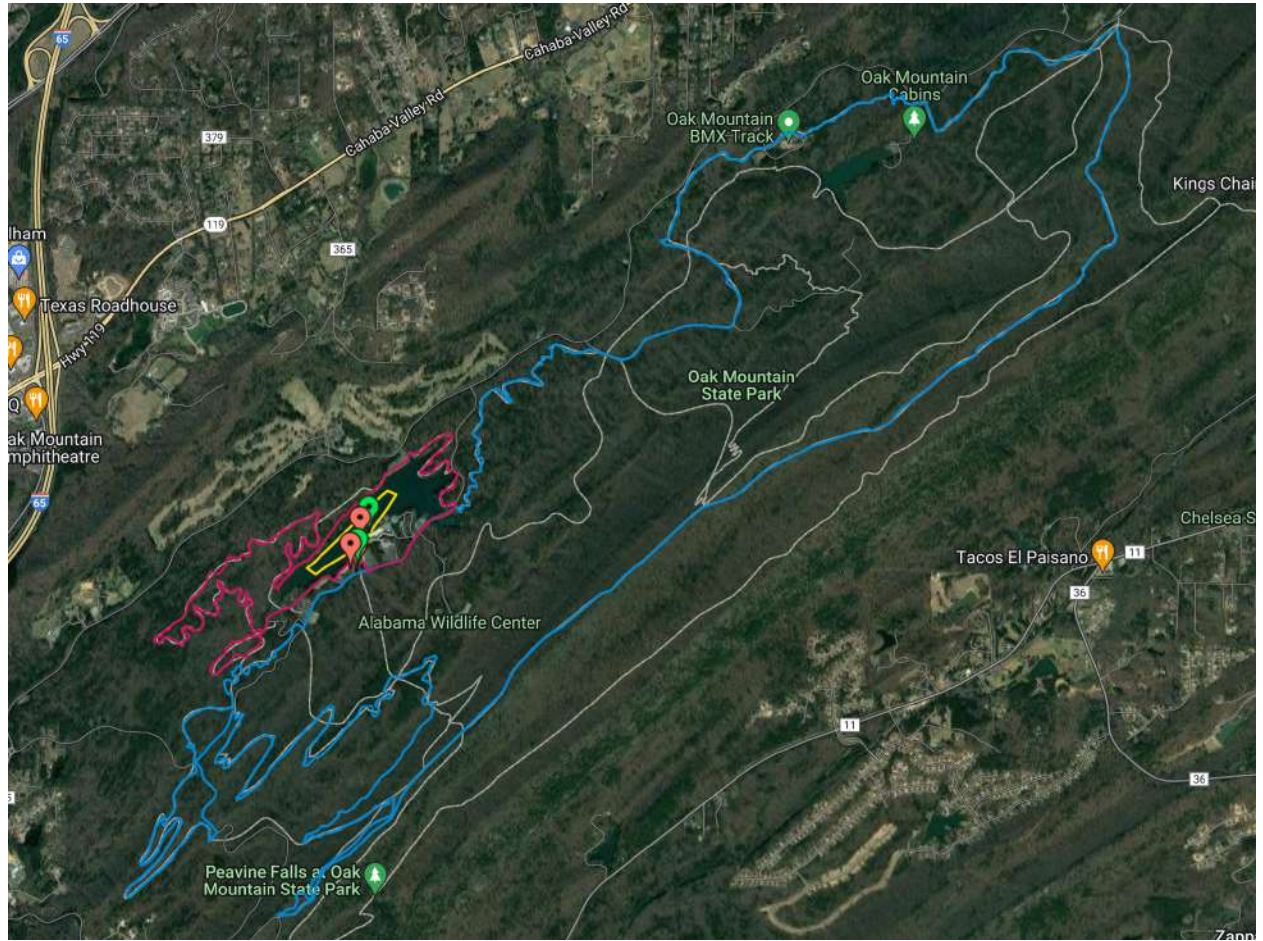
Sprint Course Run - <https://www.alltrails.com/explore/map/thu-01-apr-2021-15-58-0787191?>

Super Sprint Bike - <https://www.alltrails.com/explore/map/xterra-xticer-super-sprint-bike-course-831b1ac?>

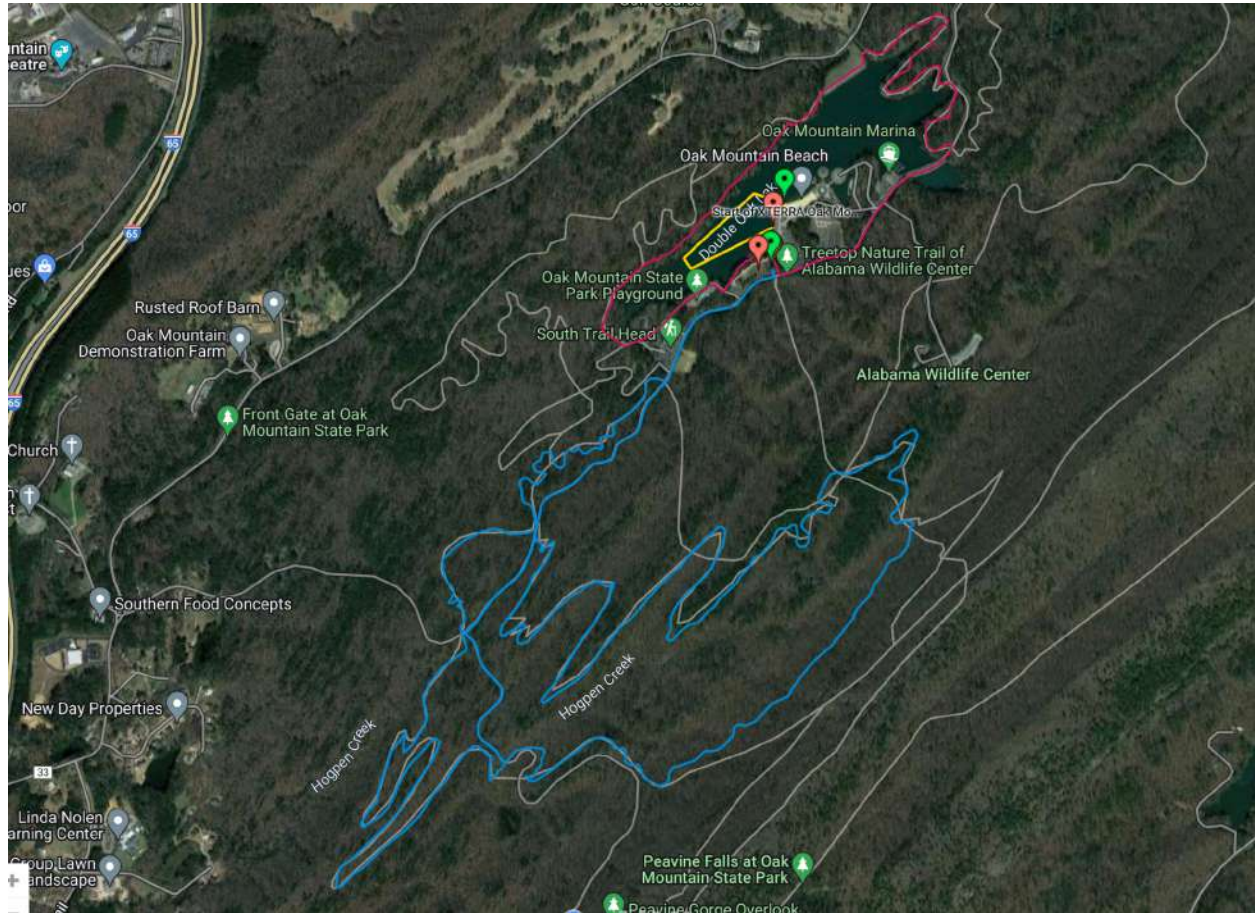
Super Sprint Run - <https://www.alltrails.com/explore/map/thu-01-apr-2021-16-36-3a07724?>



CHAMPIONSHIP FULL COURSE MAP



SPRINT COURSE MAP



WEEKEND UPDATES

Everything from the race preview to the start list to race week updates and the official results will be available on our website at: <https://www.xterraplanet.com/world-cup/oak-mountain>.

It's the best place to follow the build up to the race and get all the talking points of how the race unfolded. There will also be live updates and additional content available on our Instagram page: <https://www.instagram.com/xterraplanet>

Watch Short Track Live!

If you're reading this, hopefully you'll be on the sidelines at Oak Mountain to watch the adrenaline-fuelled short track race live. If not, or for your friends and family who can't be there, the races will be live streamed with two triathlon Hall of Fame announcers, Bob Babbitt and Jamie Whitmore, bringing fans into the action. Coverage starts with the women's race at 3pm local time and the men following at 4pm. If you haven't dipped into the XTERRA World Cup action yet, this would be the perfect place to start. Clear your calendar and catch it all for free here: <https://www.xterraplanet.com/watch-live>

Note: French commentary will also be available on Facebook at: <https://www.facebook.com/xterrabelgium>

WEEKEND RESULTS

<https://www.allsportsevents.com/results/xterra-oak-mountain-2023>

QUALIFYING SLOTS FOR XTERRA WORLDS

The top amateur racers in each division (per table below) at the XTERRA Oak Mountain full-distance race will earn a qualifying spot into the 2023 XTERRA World Championship to be held September 23 in Trentino, Italy.

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	75-79	80+
Men	1	2	2	3	3	3	3	3	2	2	2	1	1	1
Women	1	2	2	3	3	3	3	3	2	2	2	1	1	1

- Slots will roll down among the top 5 in each division until filled.

ANTI-DOPING POLICY

XTERRA adheres to the WADA anti-doping policies and procedures at Maui in order to ensure a clean, healthy and fair sporting event for all athletes.

CANCELLATIONS

Sorry - no refunds for event entries.

LEAVE NO TRACE

The XTERRA team asks that you respect the Race Village, race course, and venue and leave no trace of trash before, during or after the race.

VOLUNTEERS

We still need volunteers for both Saturday and Sunday so please ask your relatives or friends if they could lend a hand. We'll provide lunch, XTERRA swag, and all the Gatorade you can drink! Email volunteer@xterraplanet.com or call 330-956-3891 to get signed-up or simply check-in at 7am on Saturday and/or Sunday.



XTERRA AMERICAS TRAIL RUN CHAMPIONSHIPS + 5K, 10K & KIDS RACE!

The XTERRA Americas half-marathon and full-marathon trail runs will award \$5,200 in prize money, continental championship titles to runners in age group categories ranging from 15-19 to 80+, and XTERRA Trail Run World Championship qualifying spots to the top finishers in each division.

Two-person teams who run and finish together, aka “racing duos,” are also eligible for titles and qualifying spots (details below), and there will also be segment challenges for both individuals and racing duos that award additional points to runners who set the fastest times during various portions of each race including best climb, fastest downhill, and quickest sprinter.

The half and full marathon races are one of the main events on the [XTERRA Trail Run World Series](#) calendar, a global series that incorporates marathon (35-to-60km) and half-marathon (15-to-34km) distances and awards regional and world championship recognition to individuals and teams.

The all-inclusive XTERRA Trail Run World Series features more than 30 events across 20 countries on five continents in 2023, awards points to runners at each race, and has its own custom-built [global ranking system](#).

“Oak Mountain has one of the best trail networks we've ever found,” said XTERRA US Technical Director, Kirk Ermels. “With the help of a few local trail running legends, we've designed a brand new course that provides the ultimate running tour of those trails, filled with beautiful scenery and epic views. It has a mix of terrain that will offer something for every type of runner, and I believe participants are really going to love the adventure we have in store for them.”

The expansive and picturesque park is one of the few venues in America that can accommodate an epic, single loop, mostly single track full-marathon trail race, and it is spectacular.

Championship Sunday also features 5K and 10K fun runs and a Kids K on the same day, all part of a massive weekend of endurance sports events that includes off-road triathlons, live music, beer gardens, bbq, camping, and more.

For visiting runners, it's a chance to discover the trails *Runner's World Magazine* called one of "America's Crown Jewels - 25 best trails in the nation."

"We are thrilled to welcome the XTERRA Americas Trail Championship to Oak Mountain State Park," said Kendall Williams, Shelby County Manager for tourism and events. "We take great pride in our parks and county, and look forward to showing athletes from all over the world what true Southern hospitality is all about."

TRAIL RUN AID STATIONS

We recommend carrying your own fluids during the race, including hydration belt, hydration backpack, collapsible cups, or hand-held water bottle. Aid stations are self-serve. Water and Gatorade in cups on a table. There are no cup hand-offs. Please place trash in the provided receptacles.

Half-Marathon Aid Stations: miles 1.4, 3.3*, 6.6, 7.8, 9.6, 11.8

*There is a long gap and a lot of climbing between aid stations 2 and 3. Unfortunately the terrain does not allow us to get an aid station into this area. Please plan accordingly.

Marathon Aid Stations: miles: 2.5, 5.1, 8.1*, 12.0, 14.3, 16.1, 18.1, 19.9, 20.9, 22.7, 24.7

*There is a long gap between aid stations 3 and 4. Unfortunately the terrain does not allow us to get an aid station into this area. Please plan accordingly.

Note: There is an 11:45am Full Trail Marathon cut-off time at water station 4 (approx 20km into race)

5K/10K: There are two aid stations on the 5K – one by the dam (about mile 1.5) and one at mile 2.5. 10K runners will hit each of those plus two more at roughly miles 4 and 5. Water and Gatorade will be available at each station in cups. There are no hand-offs, so grab cups off the table yourself.

Trail Run Course Maps: <https://www.xterraplanet.com/event/xterra-americas-trail-run-championship>

EXHIBITORS & FOOD VENDORS & YARD GAMES!

Come Hungry, because we've got a variety of fabulous food trucks to satisfy your cravings and quench your thirst with El Compa Tacos, Berries by Crystals, and Pazzo's Big Slice pizza! in the morning, Coffee & Waffles, and in the afternoon into nighttime, the beer garden, what could be better! We also have **yard games** that'll entertain kids young and old, and be sure to say hi to our friends from the FARM (Functional Athletic Rehabilitation and Movement) who provide world-class chiropractic care, check out the Art by Kunkle with Clay Stembridge, get your gear from Mountain High Outfitters, and expand your network with T-Mobile!

ATHLETE PHOTOS

XTERRA is working with [Enduro Photo](#) and will give away free finish line photos to every competitor, and provide an opportunity to purchase high-res digital and print action shots as well. We'll post the photo link to our website and email you directly with the photos we captured of you a week or so after the race.

BEER HOG ON SUNDAY NIGHT

It's not an "official" gathering, but the crew would like to welcome you to join them for food and drinks at the Beer Hog on Sunday night just to hang out, talk story, and unwind. 2408 Pelham Pkwy, Pelham.

Ales & Trails

MTB FESTIVAL

OMSP, SOUTH TRAILHEAD

THURSDAY, MAY 18

4:00-8:00 PM

BEER GARDEN

SHORT TRACK

SHUTTLES

FOOD TRUCKS

LIVE MUSIC

SKILLS CLINICS

FUN FOR ALL!

CANADA CYCLES
BICYCLES • GEAR • SERVICE

HAMMIES

CHAINHUSTER



Oak Mountain
ALABAMA STATE PARKS



XTEERRA
OAK MOUNTAIN

Shelby
ALABAMA

