



**XTERRA Ohio**

**March 2009**

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Dear Runner,

Get your registration in by March 31, 2010 for the upcoming Vulture's Knob Race. Registration is \$35.00 and on April 1st will go up to \$45.00. Register at [www.xterraohio.com](http://www.xterraohio.com).

The new XTERRA Trail Run Ohio Series is a new five-race series to be held in 2010 from April through August throughout Northeast Ohio and Central Ohio. The XTERRA Ohio Series is one of [several race series](#) put on by XTERRA whose national Trail Run Series is grouped into several geographic regions. Each region has anywhere from 3-to-7 races that runners can compete in and accumulate points towards their regional championship totals.

## 2010 XTERRA Trail Run Ohio Series

The 2010 XTERRA Trail Run Ohio Series includes five cross country trail runs in Northeastern Ohio and Central Ohio.

- \* 4/24 Vulture's Knob, Wooster | [Online Registration](#)
- \* 5/22 Hargus Lake Trail Run (A.W. Marion State Park), Circleville | [Online Registration](#)
- \* 6/26 Chapin Forest (Lake Metroparks), Kirtland | [Online Registration](#)
- \* 7/10 Mohican State Park, Loudonville | [Online Registration](#)
- \* 8/21 Oak Hill (Cuyahoga Valley National Park), Boston Township | [Online Registration](#)

Mail-In Registration for all races available here: [DOWNLOAD](#) (PDF)

### Vulture's Knob



The first event, and arguably the most challenging, is the 9.3 mile Vulture's Knob race which takes place on Saturday, April 24 in Wooster on a technical mountain bike course and features 1,000 feet of climb. This race will offer a challenge to both new and experienced trail runners.

Register today to save! [www.xterraohio.com](http://www.xterraohio.com)

## Off-Road Tips



### **You have to pay attention.**

This isn't a "zone out" kind of sport. The terrain is constantly changing, requiring you to stay in the moment. This is actually more meditative than the clocking miles on the pavement - if you have to focus on one thing, it drowns out everything else. But there's also a very important pain-related motivation too - you can get into a lot of trouble tripping on the way down a hill.

### **It's best to slow down.**

Roots, rocks, hills, streams, switchbacks, steep hills...there's a lot going on in a trail run. Best to slow down your pace 10-20%. This isn't going to mean less of a workout...your legs will definitely let you know that!

### **It's hard to keep your race pace.**

Unlike the road runners who know exactly what their mile pace targets are, it's best to not think about it with the trail runs. Every mile is different than the last, and you rarely get in five strides at the same pace let alone a full mile.

### **No cars!**

The scenery is gorgeous, but best of all, there are no cars!

## Q&A With "The Knob"

Below is a Q and A session with Kevin Daum, who started 331 Racing and is one of the owners and managers of the Vulture's Knob mountain bike course in Wooster where the first XTERRA Ohio train run will take place on April 24.

### **Kevin, tell us about yourself. How long have you been mountain biking?**

On the quick, I live in Medina, am a graduate of Kent State University and work for FirstEnergy Credit Union in Akron. I'm 37 yrs old and married with a 5-year old son. Hobbies = bikes. I aim to commute on bike to work (Medina to Akron) as often as I can. I've been building and riding trails 16+ years and have been helping or directing races for 10+ years. The last 5 years I've personally focused on endurance racing with 2 top 20 finishes in National 100 mile races and 3 Leadville 100 finishes. I've been involved as a big brother for Big Brother and Sisters since college; my little bro and I are still hanging out to this day. I founded 331 Racing several years ago as a natural love of the sport and it simply evolved with a little hard work and help from my wife, family, friends and sponsor relationships we've forged.

### **Please give us some history on Vulture's Knob.**

I'm all about giving props to the right people. One person comes to mind, he is known as Dr. Knob...aka Mark Condry. He is the visionary leader behind the evolution of Vulture's Knob. It all started March 1996 with a 3 mile course and 12 racers. Even though he does not ride mountain bikes Mark would come up with these crazy trail ideas; elevated platforms, split logs, over-under bridges, hurtful climbs and fun filled zany events, all inspired by mother nature. A lot of people have lent a hand over the years and poured hours upon hours of their time into creating a truly unique place to ride, it would be impossible to list them all.

The Knob is an old farmer's land fill, so don't be surprised if you see a tire here, or a pile of rubbish there. We are in the processes of covering up and recycling what we can, but it takes time. For Mark to have the vision 14 years ago, to take something nobody wanted and turn it into a recreational area and environmental friendly ecosystem with a tree farm and mulch area is truly

amazing. Mark stepped away 4 years ago to pursue other interests (he has a pottery studio) A close friend of mine purchased the land from Dr. Knob with one intention, preserving the trail system, he then persuaded me to help manage the land and continue the tradition, then I persuaded a few more to jump in and here we are! It's been fun being able to give back to the place that caused me so much hurt over the years! Why the name Vulture's Knob... I'm not sure, although I think it might have something to do with the birds of prey flying around. There is an original piece of super gnarly downhill trail that is called Vulture's Knob, this trail is currently closed but we may bring it back for a race one of these years.

This quote from Dr. Knob summarizes his thoughts behind developing the course:

"The beauty of mountain biking is its closeness to nature. Mother Nature has taught me many things and one thing for certain, she isn't easy. For that reason, it was always my thinking that mountain biking shouldn't be easy! If there's no challenge, no extreme, no fear then what's the point! If you're not tested in what you pursue then how can one have any sense of accomplishment, gratification or fulfillment?

I've been called a brutal, cruel and evil man by some riders. Why one lady told me I was a Sadist! I just smiled and said, 'why thank you'. You see, mother nature did the work, we just added the finishing touches!

### **How long have you been doing mountain bike racing there?**

331 racing is entering their 3rd season running races at Vultures Knob. But there have been epic 24 hour, 12 hour, adventure and yearly mountain bike series since 1996 for what I remember. We just archived races on our new website at [www.331racing.com](http://www.331racing.com) going back to 1998 and are working on digging up more. I know there are a few more years - if any one has em, we'll post em. I enjoy looking back and seeing how riders have advanced from beginners to experts and even pro.

### **Have you ever had any running events there?**

A pure run race, not that I know of. Several years ago there was an adventure race in which we ran through the wilderness to the river, jumped in canoes, paddled down the river, then grabbed the mountain bikes and did a lap on the course. Our canoe was the only one without paddles...it was an adventure race for sure.

### **You have a 5 race mountain bike series there in 2010. Tell us a little about the series.**

We aim to keep the culture and fun of mountain biking alive. With VKnob... its all about the zaniness! We start off with our traditional Easter Egg race where we place various eggs along the course, if you find one and bring it back uncracked you win goofy prizes, oh yeah...there might be several uncooked eggs floating out there, if you're lucky enough to bring one of those back you get the option to drink the drink, egg included, for cash and yearly bragging rights! Last year a 15 year old girl downed the "Fear Factor" style drink! Another "race" after the race we hold is a single speed race, all riders must be on a single geared bike, it's a small fun course and involves powdered donuts, pickle juice and Monster Energy Drink...winner takes home an annual Single Speed trophy. There's more zaniness but you'll have to come down to experience.

The series is sponsored by Groovy Cycleworks of Wooster Ohio. All racers who race 4 outta 5 races will be entered into a drawing for a custom built and painted frame and fork that will be featured at next years North American Handmade bicycle show, all who appreciate know the value and craftsmanship these bikes possess. We are also having mighty mites and kids races this year at most of our events, it's a blast to watch the determination and agony of defeat on the little faces...its pure! Last year we saw great growth in our junior division; it was great to see that! This year we merged our fundraising efforts with the Bikes for Kids non-profit and will be giving away 10 bikes to underprivileged youth in the cities where we hold events; 1 bike per event is our goal this year.

Our sponsors provide Chipotle burritos for each racer after each race, plus monster energy drink, hammer nutrition + other. We have a fun awards ceremony followed by a bonfire, DJ and we encourage people to camp out and have a good time. It's not about grabbing your prize and running

home, that's why the races are Saturday night!

### Is there anything you would tell like to tell runners coming to Vulture's Knob?

We have a long standing tradition at the Knob. There are many, many black snakes slithering around that call homage to Vulture's Knob. If a racer brings a snake across the finish line "alive", we payout \$10.00 a foot, and then let the snake go about on its way. The record is close to 6 feet as two 5 footers have been brought in. I personally brought one of those 5 footers in many years ago. It was towards the end of a race, I was fatigued and racing along when I saw something move, I thought it was a bike tube sitting on the course, and then it moved again. Everyone knows how fatigue plays with your mind while racing, but I jumped off the bike and reached my hands into the weeds grabbing the tail of the bike tube as it tried to get away, then I secured my catch and looked at my bike...what now? I think the snake sensed my predicament as he proceeded to wind himself up around my arm for the impending journey across the finish line. I jumped on the bike and finished the race. When we uncoiled the snake we could not believe it was close to 6 feet. Even though it will still be cool weather come April, I hope you XTERRA Ohio guys keep the tradition alive!

If anyone is interested, we'll be hosting some trail work days over the next couple of weekends. The snow really set us back this year and we could use some help! We have 3 new trails flagged out and ready to be cut in. I was hoping to have them done before our first race. If you're interested in helping, stay tuned to the 331 Facebook fan page or sign up through [www.gamesnake.com/331racing](http://www.gamesnake.com/331racing) and be sure to sign up for the Land Aid group, as we will send out invites for our trail days. Remember...helping build trails brings great karma come race day, the vultures are watching!

[www.331racing.com](http://www.331racing.com)

### Our Sponsors



**Save  
10%**

Drop off an XTERRA entry form at Vertical Runner before the April 24th Vultures Knob race and get 10% off a pair or new trail shoes. Not valid with any other discounts or offers.

**Offer Expires: April 24, 2010**

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