

## For Immediate Release

### St. George Utah – The World's Most Active Destination.

**St. George, Utah. October 12, 2009** - For its size, there may be more active events and activities in the St. George, Utah area, than any place in the world. With a regional population of approximately 130,000 people, there is ample evidence to lend credence to this claim. "In St. George you'll find art, theater, history and a host of healthy lifestyle activities. That's why so many great events are held here," says Roxie Sherwin, Director of the St. George Area Convention & Tourism Office. It's one thing to claim you're number one, and another to back it up with facts.

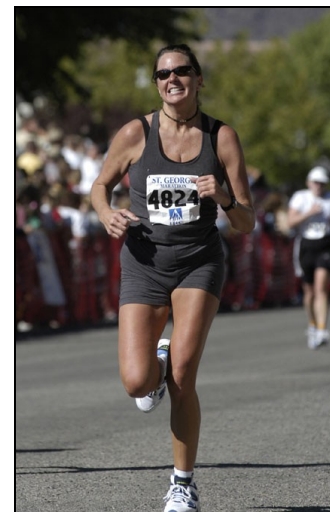
**Natural Attractions:** We can begin with the natural outdoor attractions for hiking, mountain biking, rock climbing, rappelling and all-around outdoor adventure. St. George is home to; [Zion National Park](#) - rated the #1 U.S. National Park by [Trip Advisor](#), three state parks, [Pine Mountain](#) at over 10,000 feet above sea level, and the convergence of three major ecosystems (the Great Basin Desert, Mojave Desert and the Colorado Plateau). The result is a unique blend of plants, animals and landscapes. "This diverse terrain just begs to be explored and the best method for doing so is on foot, mountain bike or with ropes, and that means plenty of physical activity," says Sherwin. There



are hundreds of miles of hiking and mountain biking trails in this region and many of these paths offer geologic contours and scenic vistas that are unsurpassed. Add to that the 50 miles of hard-surface trails that traverse the St. George area and you open the door to higher quality experiences for cycling, roller-blading, walking, and running.

**Major Active Events:** St. George is host to several major events, along with a slew of significant races and tournaments including; the St. George Marathon, the Huntsman World Senior Games and the newest Ironman Triathlon. The [St. George Marathon](#), held annually in October, includes a Health and Fitness Expo and brings in a large number of supporters. In the upcoming January 2010 issue, Runner's World Magazine will list the St. George Marathon in its Annual Marathon Guide. Readers of Runner's world voted this marathon the Most Organized! The race has also been named the fastest fall marathon, and one of the [four best marathons in the world](#) to plan a vacation around. It is consistently one of the top qualifying events for the Boston marathon.

[The Huntman World Senior Games](#), with over 9,000 competitors, is a two-week event held in October. For senior athletes over the age of 50, this is the premiere annual event of its kind. Competitors have come from all 50 U.S. States and from over 60 countries.



World Triathlon Corporation just selected St. George as their newest event location. Once it was announced, and people realized where this would be held, all 2,500 participation slots were sold-out within a few months. The inaugural [Ford Ironman St. George](#) occurs in May of 2010.

**Sports Tournaments:** The city of St. George hosts approximately two dozen softball tournaments, and offers competitions for baseball, basketball, volleyball, rugby, soccer, wrestling, and track and field. There are also twelve runs and races, three triathlons, and ten cycling races and rides.

**Resort Spa Central:** Fitness Ridge Resort Spa was selected in October 2009 as the only fitness resort for the very popular “The Biggest Loser” weight-loss television show. Hence their new name - [The Biggest Loser Resort at Fitness Ridge](#). Two other world-class fitness spas are also located in the St. George area; [Green Valley Spa](#) and [Red Mountain Spa](#). It's likely that no other location in the world can claim three fitness resort spas of this caliber.



**Golf Courses:** This deserves to be ranked right up there with anything else that goes on in the St. George area. Here you'll find 12 challenging golf courses, all within about 20 minutes of each other. The combination of quality, affordability and close proximity is hard to find anywhere in the United States and may indeed be unparalleled. Golfers from around the United States, Canada and many other countries are discovering St. George as a golf destination.



**Sports Facilities / Tennis / Parks / Trails:** For a smaller city the community and surrounding area offers a large number of active facilities. For instance, St. George is home to the nationally known [Canyons](#) softball complex and five other complexes that host multiple events, including the 325 team World Senior Games tournament. Additionally many other fields are available for soccer tournaments, rugby and other sporting events including; **Hansen Stadium** - (5,000 seats / Football, Soccer, etc.), the **Burns Arena** - (5,000 seats / Basketball / Volleyball, etc.), **tennis facilities** - (42+ area public courts + new Pickleball courts), [Sand Hollow Aquatic Center](#), [Washington City Community Center](#), [St. George Recreation Center](#), over 35 area city parks for outdoor recreation and 50 miles of [hard-surface trails](#).

When you add to this significant list the ideal winter weather conditions, with average daily temperatures that are perfect for outdoor activities, then you understand why St. George literally entices everyone to enjoy the full benefits of an active lifestyle. These examples illustrate some of the mounting evidence that this area, for its size, is the world's most active destination.

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