

# KNYSNA

## EXTREME TRIATHLON

### SOUTH AFRICA

**RACE MANUAL**

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**23.11.2019**

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## Triathlon in its purest form

*Note: The Knysna Extreme Race Manual contains everything you need to know about the race. A detailed 'Athlete's Guide' will be sent to all participants of the Knysna Extreme. It is essential that all Athletes and their Supporter understand the Knysna Extreme Athletes Guide entirely. Any last-minute changes will be brought to your attention at the compulsory race briefing. The organisers reserve the right to alter any element of the manual.*

# SPONSORS and PARTNERS

Thank you to the sponsors of the Knysna Extreme Triathlon who have helped make this event possible, incredible and hopefully memorable.

Each Sponsor has gotten involved in the Knysna Extreme Triathlon in a unique way, from sponsoring products and offering exciting discounts to our athletes and supporters, to assisting with key race logistics Please have a look at our website for more information:



# INTRODUCTION

After a successful inaugural Knysna Extreme Triathlon, the 2<sup>nd</sup> edition of the Knysna Extreme will take place on the 23<sup>rd</sup> of November 2019. And since you are reading this Event Manual, you are considering doing the Knysna Extreme. If this is the case, we would like to welcome you to a very unique and challenging experience.

The Knysna Extreme Triathlon is a challenging Point-To-Point, self-supported race that takes place along South Africa's scenic Garden Route. The course starts with a 5 km swim in the Knysna Estuary, followed by a 174 km cycle through coastal, mountain and semi-desert scenery. This is then followed by a 50 km run through plantations and the Knysna forest. It is a gruelling, yet scenic route that takes triathletes back to the purest form of the sport. The route will test your fitness levels and pure mental strength and determination.

Each athlete is required to have a supporter to follow them throughout the race, providing all mechanical, nutritional and mental support. An altitude gain of nearly 3,500m over a total distance of 229 km, makes it an extreme triathlon that offers an exciting personal challenge for athletes.

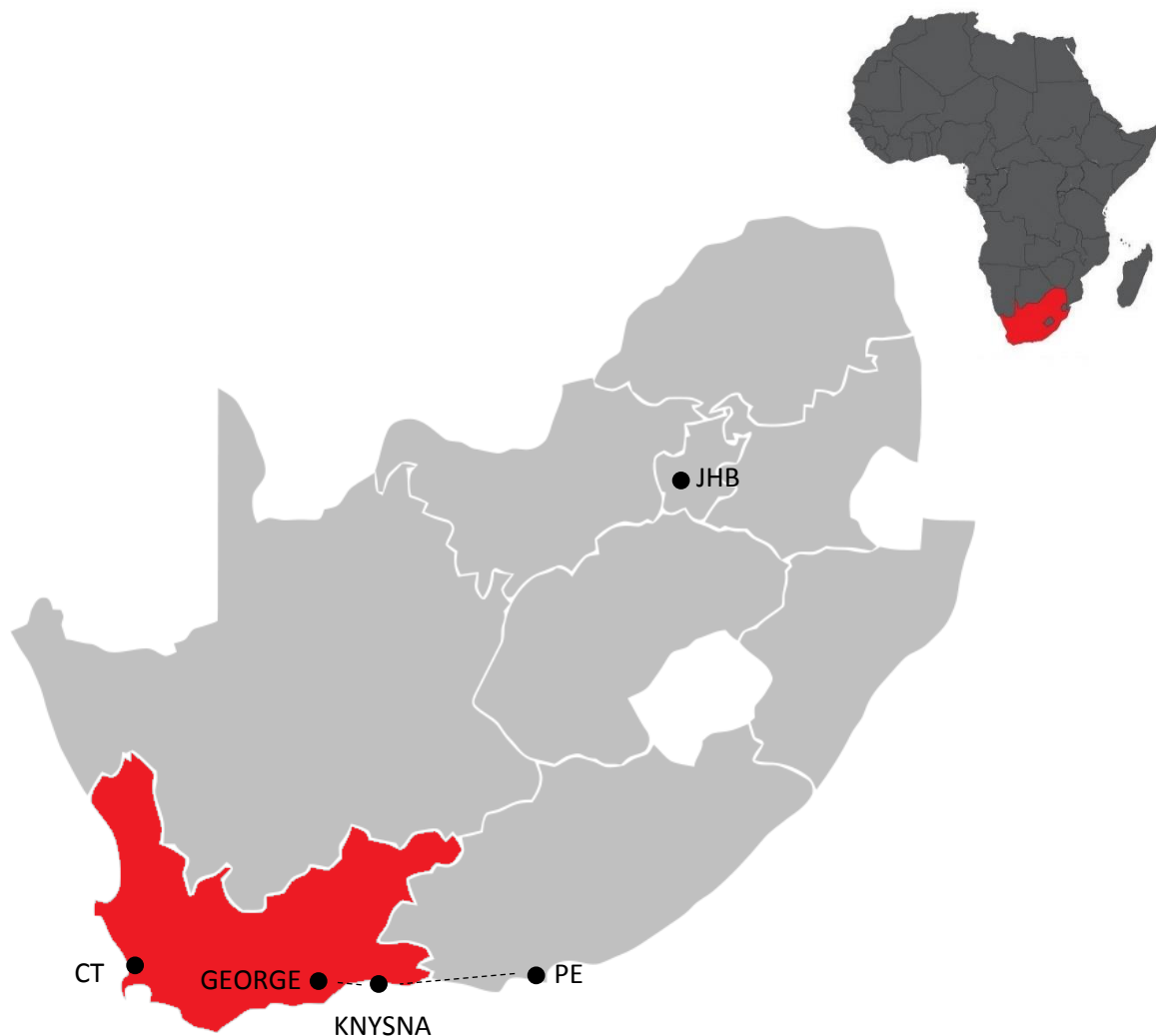
# HOW TO GET HERE AND ACCOMMODATION

The Knysna Extreme is a point to point race. It is 238 km from the start to the finish and there are no shortcuts! Knysna town has plenty of hotels, lodges and B&Bs to choose from, so make the most of Knysna and the surrounding Garden Route.

When planning your travel to and from the race, keep in mind the following:

If you are flying in, George Airport is the closest airport and is only 70 km away. Alternatively, Port Elizabeth Airport is 273 km to the East.

For more information and links to very useful resources, go to <http://www.visitknysna.co.za>



# SCHEDULE

<b>Friday, 22<sup>nd</sup> November</b>	Registration Tapas, Thesen Island	15h00 – 16h00
	Mandatory Race Briefing Grass area next to Sirocco, Thesen Island	16h00 – 17h00
<b>Saturday, 23<sup>rd</sup> November</b>	Transition Opens and GPS Collection SA National Parks Jetty, Thesen Island	03h30 – 04h30
	Swim Check in Sirocco, Thesen Island	04h30 – 04h50
	Knysna Extreme Start Sirocco Jetty, Thesen Island	05h00
	Knysna Extreme Finish, Diepwalle Forest Station	24h00
<b>Sunday, 24<sup>th</sup> November</b>	Brunch and Finishers Ceremony	09h00 – 11h00



# GENERAL INFORMATION

## REGISTRATION

Registration for Athletes and their Supporters will take place at Tapas Restaurant on Thesen Island between 15h00 – 16h00 on Friday the 22<sup>nd</sup> of November.

All Athletes and their Supporters must be present at Registration and Race Briefing and have a valid photo ID (passport, driver's license or similar) for the Registration process.

## RACE PACK

Each Athlete will receive a race pack. Each race pack will include the following items (please double check you have everything):

- Knysna Extreme Swim cap
- Decal for Support vehicles
- Decals for helmet and bike
- Start number
- Supporter shirt
- Athlete and Supporter wristbands
- Athletes Guide Book

NOTE: Supporter shirt sizes are confirmed during the Registration process and the size cannot be changed at a later time.

## GPS TRACKING

Time keeping is carried out through a GPS tracking system. The GPS tracker will be issued on Saturday 23<sup>rd</sup> of November at Transition from 03h30 – 04h30. The GPS tracker will be turned on at check-in which can then be placed in your tri-suit pocket.

Live Tracking link will be put onto the Knysna Extreme website a few days prior to the event.





# KNYSNA EXTREME ENTRY

## LIMITED ENTRY

Entry to the Knysna Extreme is limited to 100 individual athletes and 10 team entries that will be based on a First-Come-First-Serve approach. A waiting list will become available once all slots are filled.

## INDIVIDUAL / GROUP ENTRIES

Individual and limited Group Entries will be available

## ENTRIES FEES

**Individual Entries** - Cost into the Knysna Extreme is ZAR 4,500.

Individual Entries will consist of 1 Athlete and 1 Supporter.

**Team Entries** – Cost into the Knysna Extreme is R6,300

Team Entries will consist of 3 Athletes and 1 Supporter.

## ENTRY INCLUDES

Your Entry into the Knysna Extreme includes:

- Entry into the Ultimate Extreme Triathlon on the African continent
- Bragging rights
- Athlete Race Pack
- Supporters shirt
- Finishers shirt
- Brunch ticket for finisher ceremony for Athlete and Supporter
- Knysna Extreme finisher photo

## WITHDRAW / REFUND POLICY

Starting slot in Knysna Extreme is allocated to a specific individual. It cannot be transferred, sold or given to another person without prior permission from the event organisers. Any

person starting Knysna Extreme using someone else's race number without prior approval, will be disqualified and removed from of the race.

Withdrawal requests must be received via email.

- 50% refund before and including 30th April 2019
- 25% refund from 1st May 2018 to 31st July 2019
- 0% refund from 1st August 2019 and after

In the event of a race cancellation due to a storm or other "Acts of God", my entry fee is non-refundable.

# COURSE DESCRIPTION

Athletes will battle tidal currents in the Knysna Estuary, then cycle along the N2 coastal road, passing through Sedgefield, Wilderness and George before tackling the Outeniqua Pass. Temperatures will rise once athletes descend into the Klein Karoo, as scenery changes dramatically from lush green coastal vegetation to semi-desert. The run leg along Prince Alfred's Pass pushes athletes to their limits before the finish at Diepwalle Forest Station. Faced with nearly 3,400m of ascent, athletes will be pushed to their physical and mental limits.

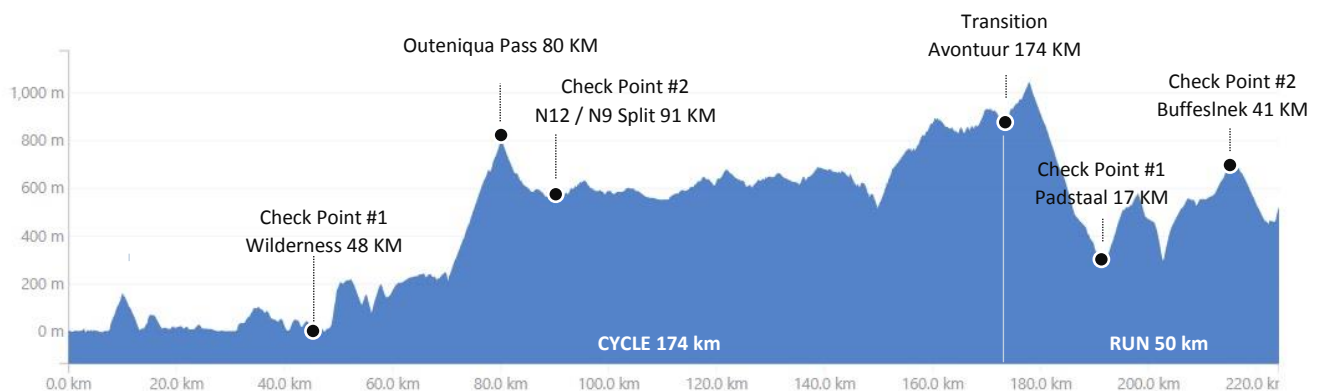
## Total Distance

229 km (142 Miles)

## Total elevation

+3360m (11,023 ft)

## RACE PROFILE

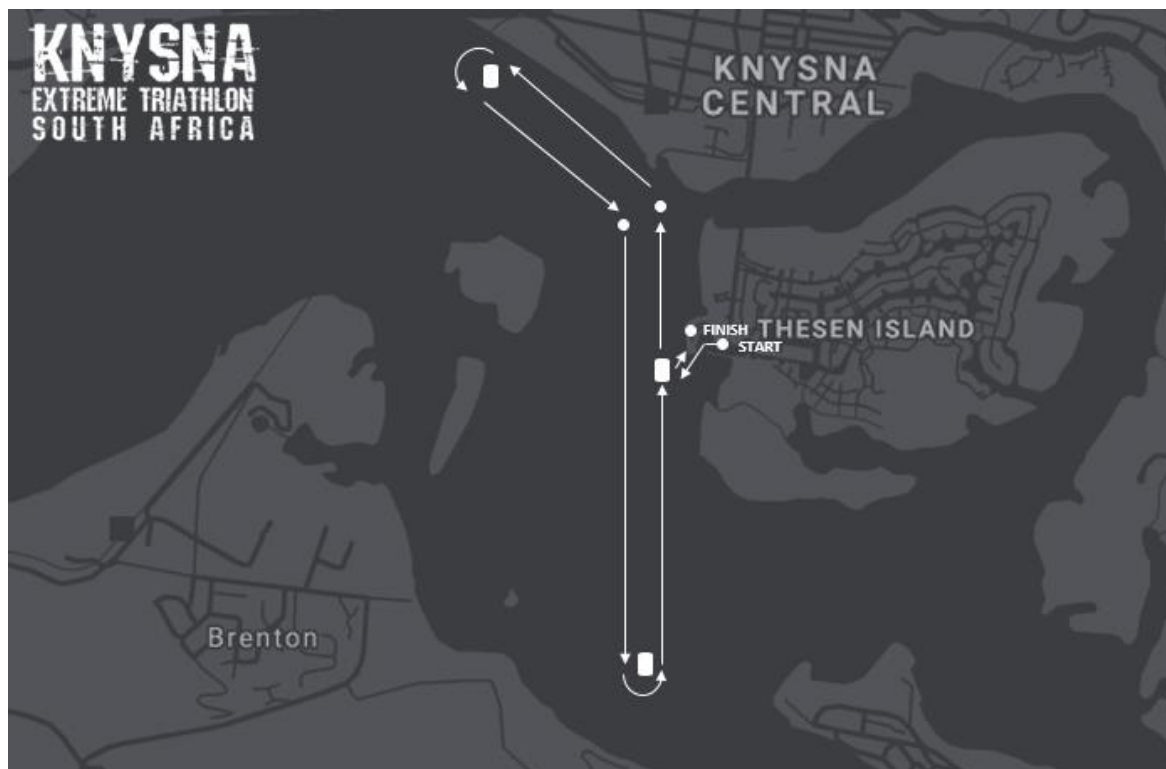


## THE SUN AND TIDES

<b>SUN RISE</b>	05h12
<b>SUN SET</b>	19h17
<b>HIGH TIDE</b>	13h27
<b>LOW TIDE</b>	07h05

## SWIM – 5 KM

Athletes will start on the jetty outside Sirocco restaurant on Thesen at 05h00 and circular route before finishing the swim at the SA National Parks Board slipway. An outgoing high tide current will force athletes to dig deep as they swim in this very unique location.



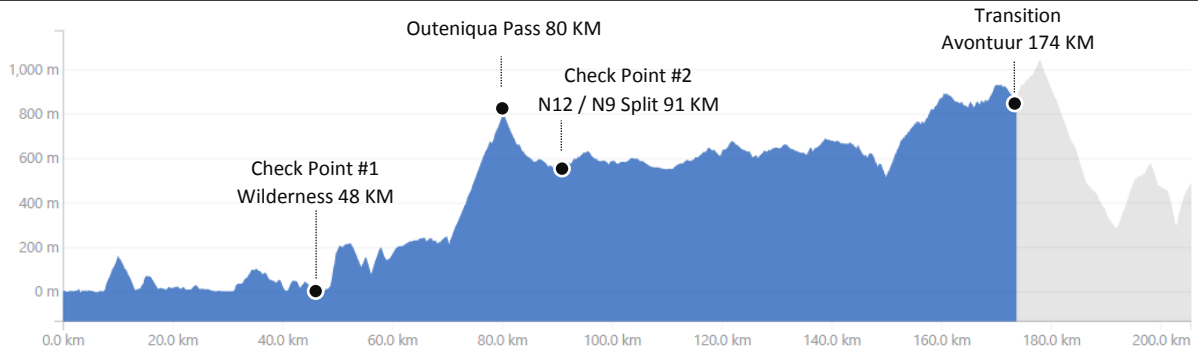
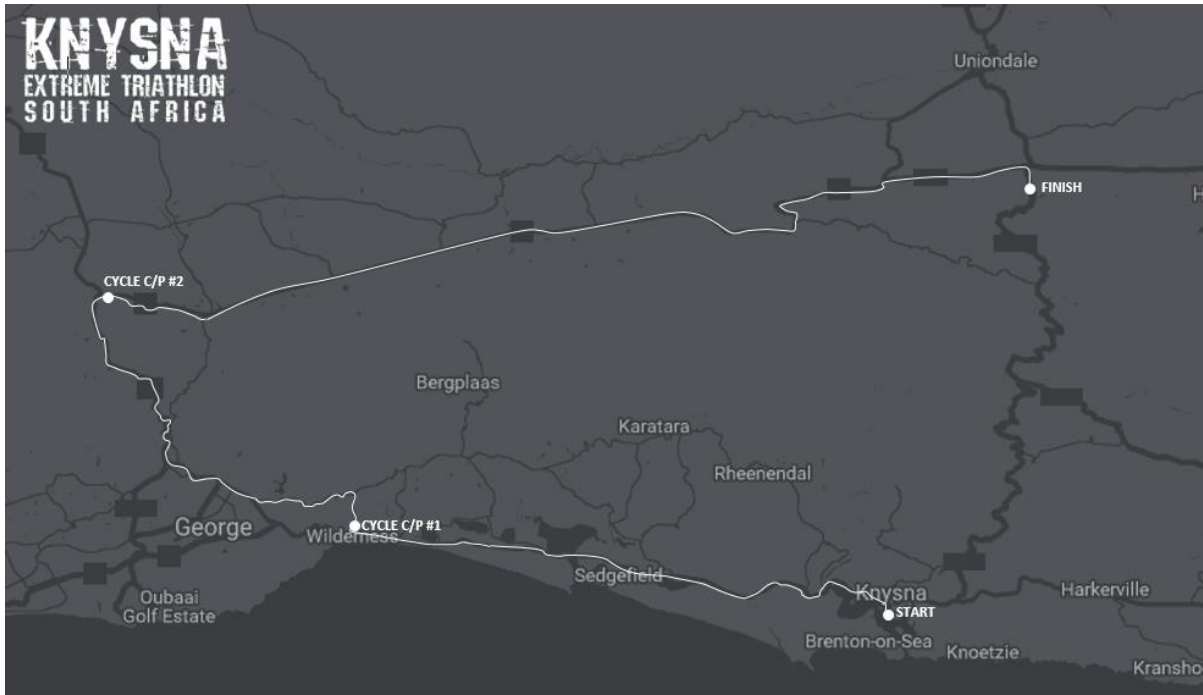
NB – The organisers may change the swim route depending on the weather and tidal conditions on the day.

## CYCLE – 174 KM

Athletes will cycle through the Garden Route along the N2 and finish at Avontuur covering a distance of 174 km with an elevation gain of over 2,310 m. A variation of humid conditions and dry heat will challenge athletes as they battle up long ascents, fast declines, mountain passes and perfectly straight Karoo roads.

Total ascent is well over 2000 meters.

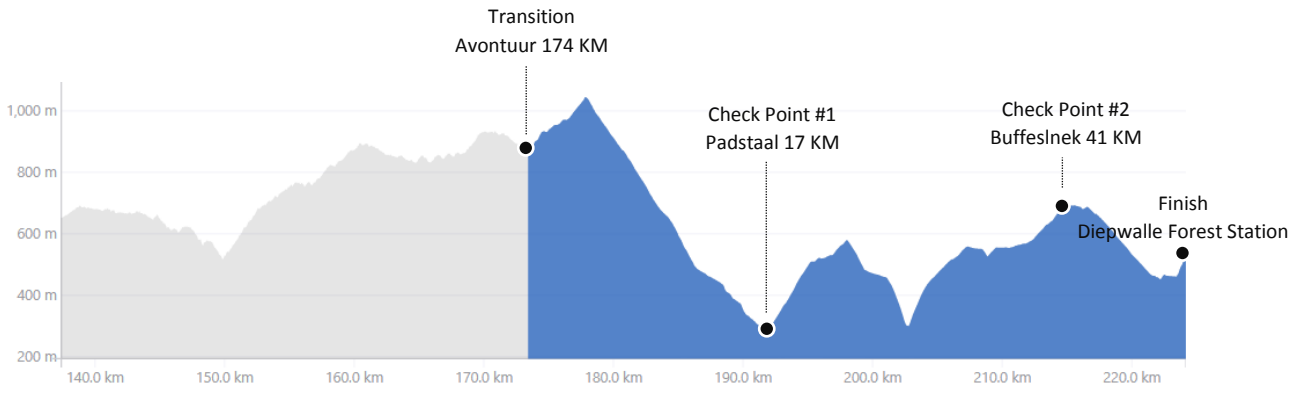
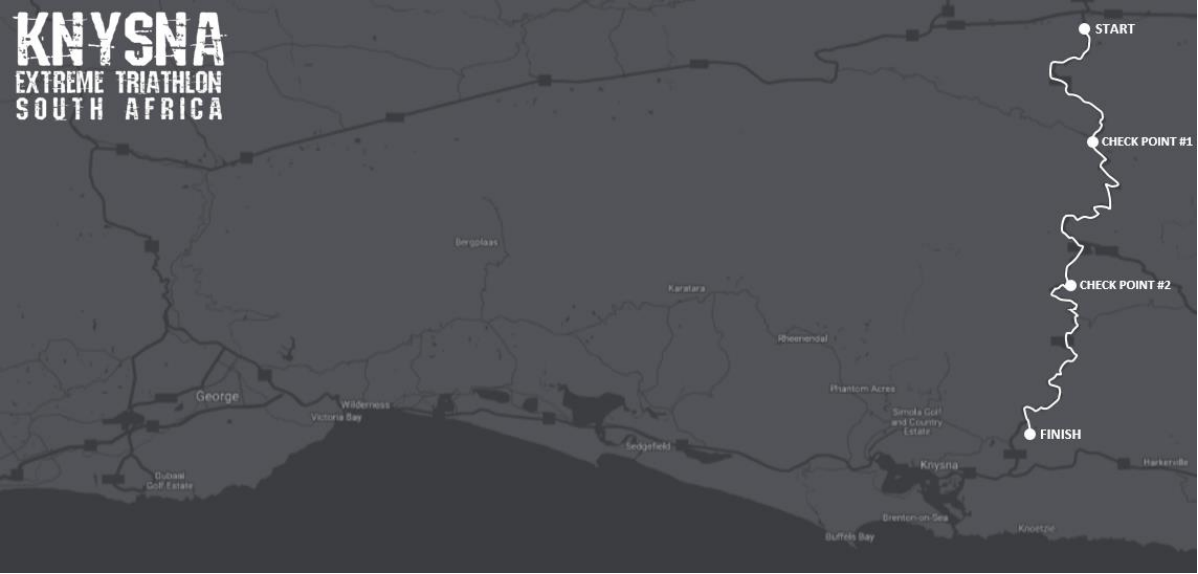
Please follow all marshal's advice and directions.



## RUN – 50 KM

Completed in 1867, Prince Alfred's pass is the last daunting stage on the Knysna Extreme. With just over 1,000 m altitude gain, the run leg is the toughest and most challenging part of the triathlon. After an initial climb, athletes are faced with a 720 m descent over 17 km along gravel windy and narrow roads before two more intense climbs leading to the finish line at Diepwalle Forest Station.

**KNYSNA**  
EXTREME TRIATHLON  
SOUTH AFRICA



# CUT-OFF TIMES

Cut-offs are necessary due to the safety of Athletes and their Supporters. Athletes are not permitted to continue the race if they fail to meet a cut-off time. The cut-off times below will be enforced. Cut-Off times can change depending on weather conditions on the day. Any updates will be communicated to athlete in the morning.

Water Exit (T1)	07h30
Cycle Checkpoint #1 – 48 km The Wilderness Hotel	NA
Cycle Checkpoint #2 – 91 km R62 / N9 Split	NA
Transition (T2) – 174 km Avontuur	17h00
Run Checkpoint #1 – 17 km Die Plaaskind Padstal	19h00
Run Checkpoint #2 – 41 km Buffelsnek Winkel	22h45
Finish – Diepwalle Forest Station	24h00

At each checkpoint, Athletes are required to give the support crew their Names and Race Numbers.

If you withdraw from the race at any point in time, you are obligated to inform the race office immediately by calling **+27 (066) 498 2525**

## FINISH LINE

Check that your athlete eats, drinks and puts on warm, dry clothes after crossing the finish line. Keep in mind that Knysna is 22km from the Finish line.



# THE DAY AFTER

## **FINISHER CEREMONY AND BRUNCH**

The Knysna Extreme experience is only finished after the Finisher Ceremony. Brunch will be served between 09h00 and 11h00 where finishers will receive their Finisher T-Shirts during the buffet brunch.

Each Athlete and Supporter will receive a brunch ticket as part of the entrance fee to the Knysna Extreme. Additional tickets can be purchased online when Athletes enter for the Knysna Extreme or at the venue for ZAR 120 per person. Space is limited and issued on a first come, first serve basis.

## **LOST AND FOUND**

Any “lost and found” items left in the transition zones will be at the venue for collection.

# ATHLETE SUPPORT CREW

The Knysna Extreme Triathlon is an unforgettable experience, but there are still significant risks for all Athletes who take part in the event.

Having your own support is mandatory to participate in the Knysna Extreme. Athletes are entirely dependent on their support team during the race as Supporters are required to provide all mechanical and nutritional support, as well as support, security and mental encouragement.

Supporters are also required to clear all of their Athletes gear / equipment from both Transition areas.

Only one supporter vehicle is allowed per athlete. However, several persons can ride along to accompany the athlete. Each Supporter vehicle will be marked with the Knysna Extreme Triathlon signage.

# POSITIVE ATTITUDE

## **CREW**

Please be friendly to the Knysna Extreme crew. They are all volunteers, who have worked hard to give you the experience of a lifetime. The only pay they get – and the only reward they are looking for – is your enthusiasm.

## **RACE OFFICIALS**

Please be friendly to the race officials (race director, marshals and medics), who take care of your safety. Race officials will monitor the conditions of all Athlete and have been instructed to remove any Athlete from the race if they are unable to continue and pose a risk to your safety. Your safety is still our first priority, and we want to avoid casualties.

## **LOCALS**

Please be friendly to the locals. They are totally amazed that you came, and they think you're completely nuts to be doing this. The Garden Route locals have a reputation for coming out and will support you the best way they can in your effort to succeed.

## **PHOTOGRAPHERS**

Our photographers will travel along on the race. They will take photos and video of you and other athletes, even when you are exhausted. Keep your eyes open for them and put a smile on that dial when you pass them.

# **SAFETY**

If you withdraw from the race at any point, it is mandatory to inform the race office immediately by informing Race Control. Supporters are required to have all numbers stored on their phone.

## **EMERGENCY NUMBERS**

For all Emergencies and Athlete withdraws, contact Race Control.

**RACE CONTROL – 066 498 2525**

**FRONTIER MEDIX - 083 242 0509**

If you cannot get through, please send a text to either of the above numbers.

### **Alternative Emergency Numbers**

POLICE – 10111

AMBULANCE – 10177

FIRE – 044 302 6400

FIRE & RESCUE – 044 302 6400

NSRI – 044 384 0211

### **Hospitals**

George Provincial Hospital - 044 874 5122

Knysna Private Hospital - 044 384 1083

Knysna Provincial Hospital - 044 302 8400

Uniondale Hospital - 044 752 1068

Oudtshoorn Hospital - 044 203 7200