



KNYŠŤINA EXTREME 0.5

RACE GUIDE

02.11.2024



EXTREME
TRIATHLON
SERIES

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Triathlon in its purest form

INTRODUCTION

If you ever feel the need to truly test yourself, the Knysna Extreme 0.5 must be at the top of the list. The Knysna Extreme 0.5 is a shorter alternative to the Knysna Extreme Triathlon and serves as an introduction to the world of extreme triathlons. With an altitude gain of nearly 1,700m over a total distance of 132.50 km, the Knysna Extreme 0.5 offers an exciting challenge for athletes.

The course starts with a 2.5 km swim in the Knysna Estuary, followed by a 100km cycle through the Garden Route. The 30 km run takes you into the Knysna forest and to the finish line at Diepwalle Forrest Station.

It is not mandatory for Knysna Extreme 0.5 athletes to have a supporter to follow them throughout the race. However, supporters are more than welcome to be part of the journey.

The 5th Edition of the Extreme 0.5 will take place on the **2nd of November 2024**.

The question is, 'How far are you willing to push yourself?!?'

HOW TO GET HERE AND ACCOMMODATION

The Knysna Extreme is a point-to-point race. Pezula Nature Hotel and Spa is the official accommodation partner to the Knysna Extreme who are offering all athletes an extreme discount for race weekend.

Pezula Nature Retreat

Tanielle Myburgh

+27 (0)44 302 3333

travelnow@tcx.travel

<https://pezulanatureretreat.com>

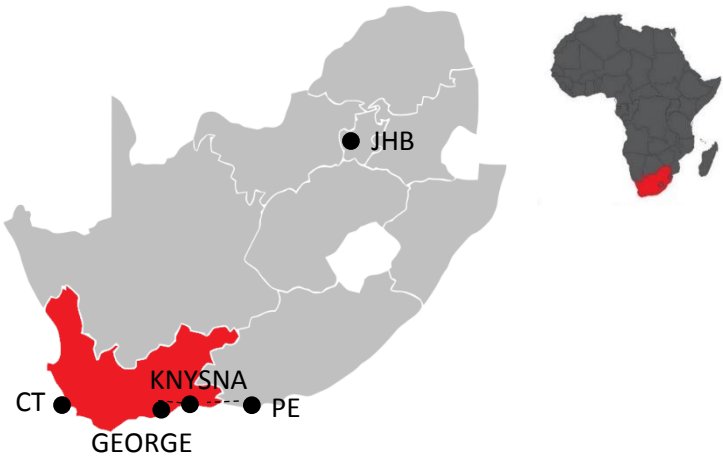
PEZULA NATURE RETREAT



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>



KNYSNA EXTREME ENTRY

LIMITED ENTRY

Entry to the Knysna Extreme 0.5 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

ENTRY OPTIONS	SUPER EARLY BIRD 15 th Jan – 29 th Feb	EARLY BIRD 1 st Mar – 31 st July	STANDARD ENTRY 1 st Aug – 13 th Oct
EXTREME – INDIVIDUAL	R2,550	R2,950	R3,450
EXTREME - TEAM	R3,650	R3,950	R4,550

ENTRY INCLUDES

Your Entry into the Knysna Extreme includes:

- Entry into the best half distance triathlon on the African continent
- Bragging rights
- Athlete Race Pack
- Finisher's shirt and medal

EVENT OVERVIEW

It is important to keep in mind that the Knysna Extreme 0.5 is a tough event and not one to be taken lightly. You will be challenged with tidal currents during the 2.5 km swim. The cycle leg will be moderate and humid on the coastal side of the mountain with head winds at some point in the cycle. The run is the hardest discipline, with steep climbs, windy narrow dirt roads and spectacular scenery through the Knysna Forest. Ensure you have enough food and water to keep yourself well-nourished so that you can complete the Knysna Extreme 0.5.

THE SUN AND TIDES

SUN RISE	05h26
SUN SET	18h57
LOW TIDE	09h44
HIGH TIDE	04h01

SUPPORTER ROLE

The Knysna Extreme 0.5 Triathlon is an unforgettable experience, but there are still significant risks for all Athletes who take part in the event. Knysna Extreme 0.5 Athletes DO NOT need a supporter to follow them for the duration of the event as required for entrants into the Knysna Extreme Triathlon. However, supporters are more than welcome. Having your own support is encouraged as Supporters and can enjoy their Athlete's experience and provide any nutritional and mental encouragement.

Only one supporter vehicle is allowed per athlete. However, several persons can ride along to accompany the athlete.

Participating are allowed to have a supporter follow them on the cycle leg (via vehicle) or second them along the run leg of the race – on foot, mountain bike or vehicle.

COURSE DESCRIPTION

Athletes will battle tidal currents in the Knysna Estuary, then cycle along the N2 coastal road, passing through Sedgefield and turning around in Wilderness before heading back to Knysna. Temperatures will be moderate and humid along the lush green coastal route. The run leg pushes athletes from the start with a steep climb up Old Cape Road to the Simola Golf Course and into the Knysna forest on Gouna road to the finish line at Diepwalle Forest Station. Faced with nearly 1,700m of ascent, athletes will be challenged on all sections of the route.

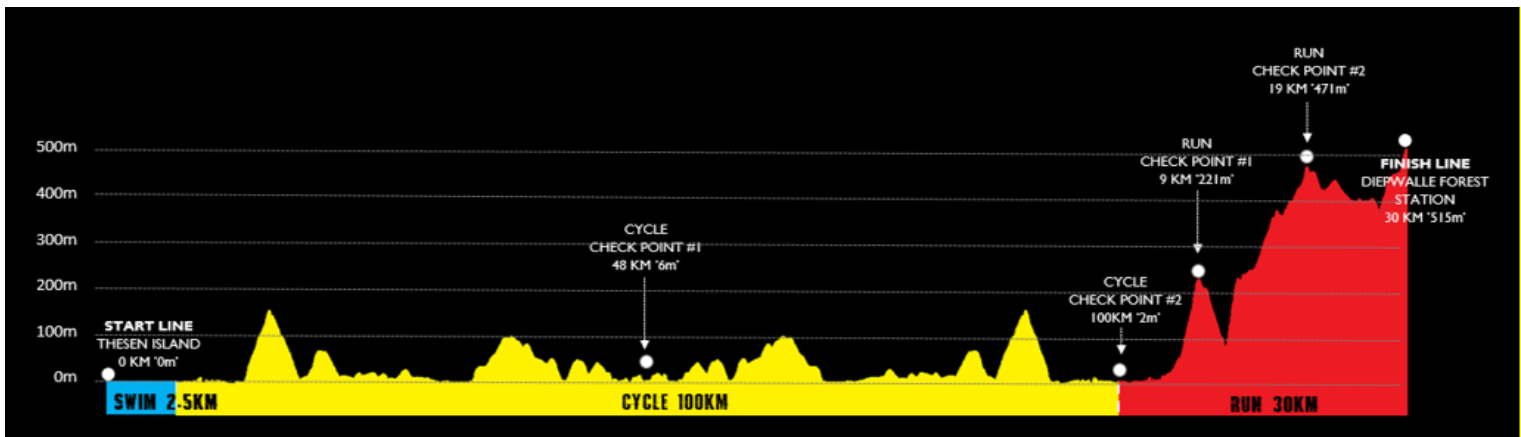
Total Distance

132.5 km (82.33 Miles)

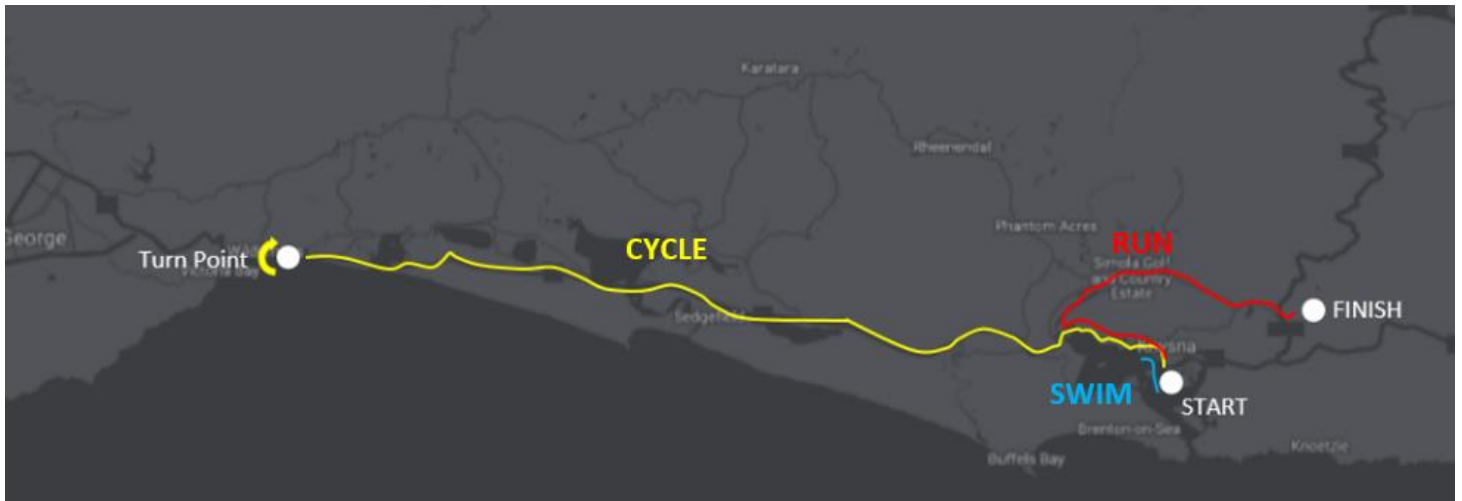
Total elevation

+1,962m (6,4237 ft)

RACE PROFILE

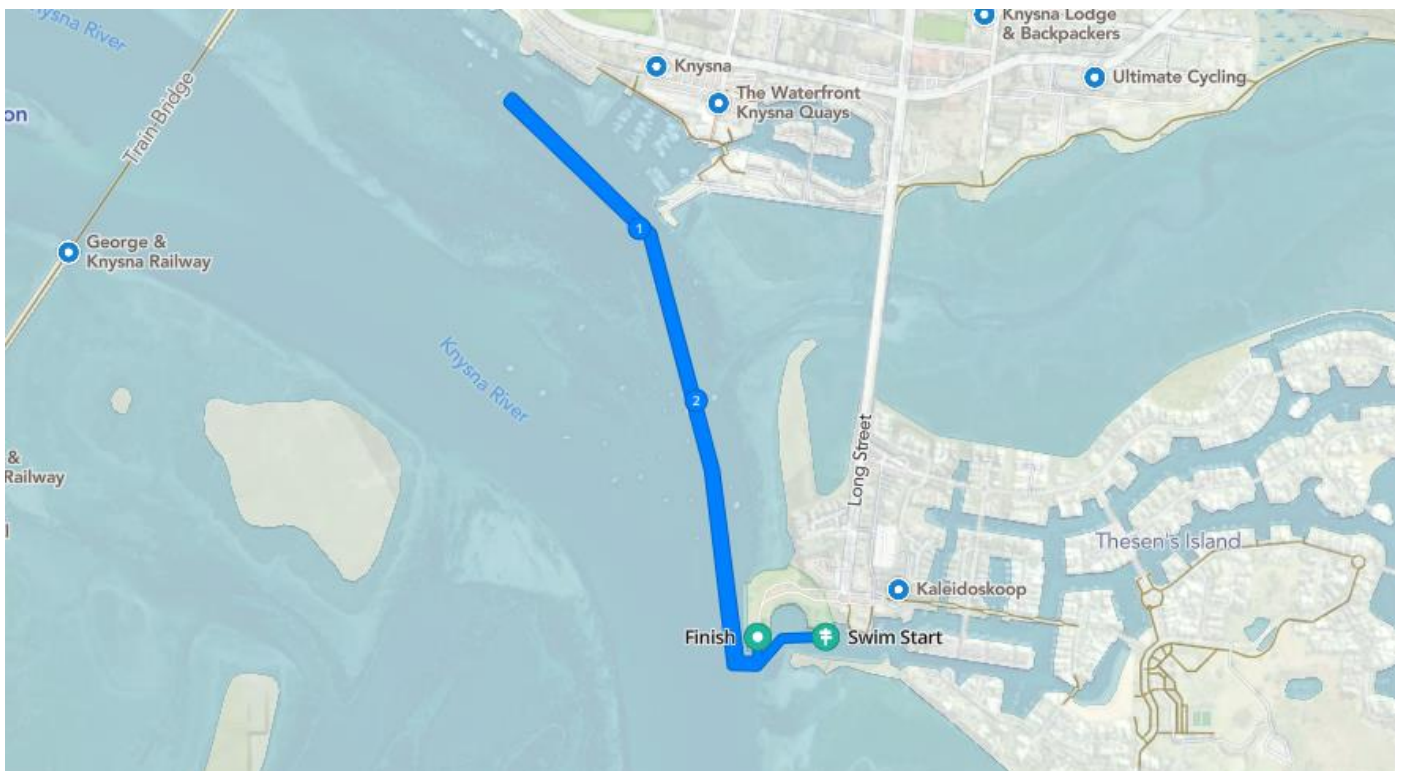


RACE MAP



SWIM – 2,5 KM

Athletes will start on the jetty outside The Knysna Experience at 05H05 and follow an anti-clockwise direction heading towards the Knysna Yacht Club and the first turn point in front of Laguna Grove. The outgoing high tide will have just started to turn which will assist the athletes on the last stretch is back to the swim exit at the SA National Parks Board slipway.

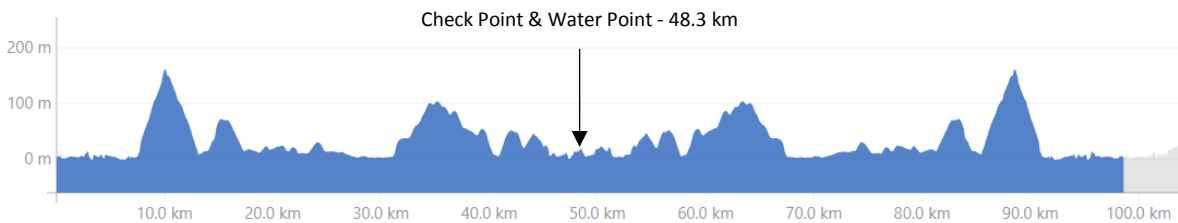
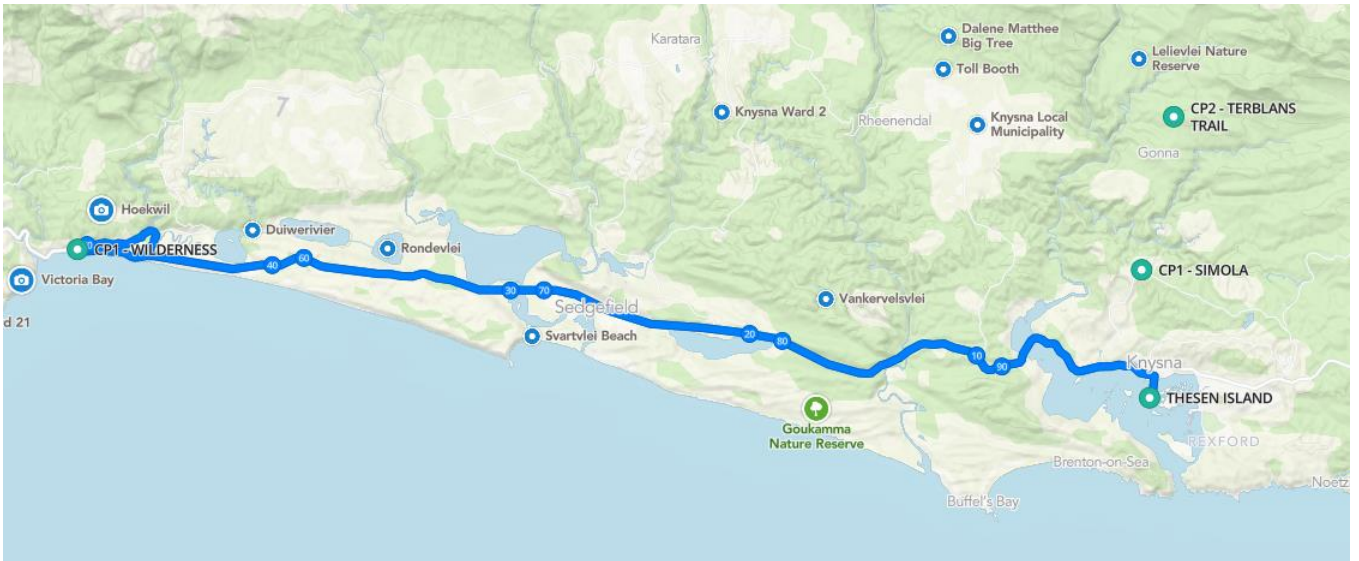


NB – The organisers may change the swim route depending on the weather and tidal conditions on the day.

CYCLE – 100 KM

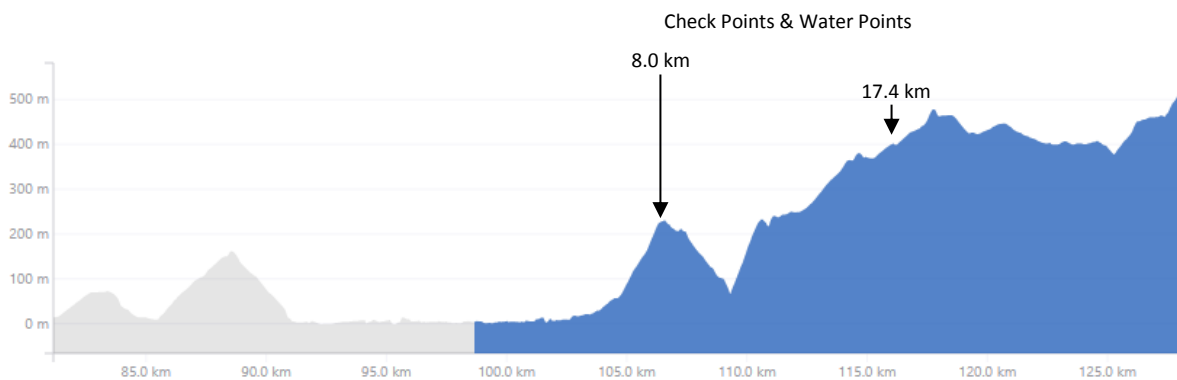
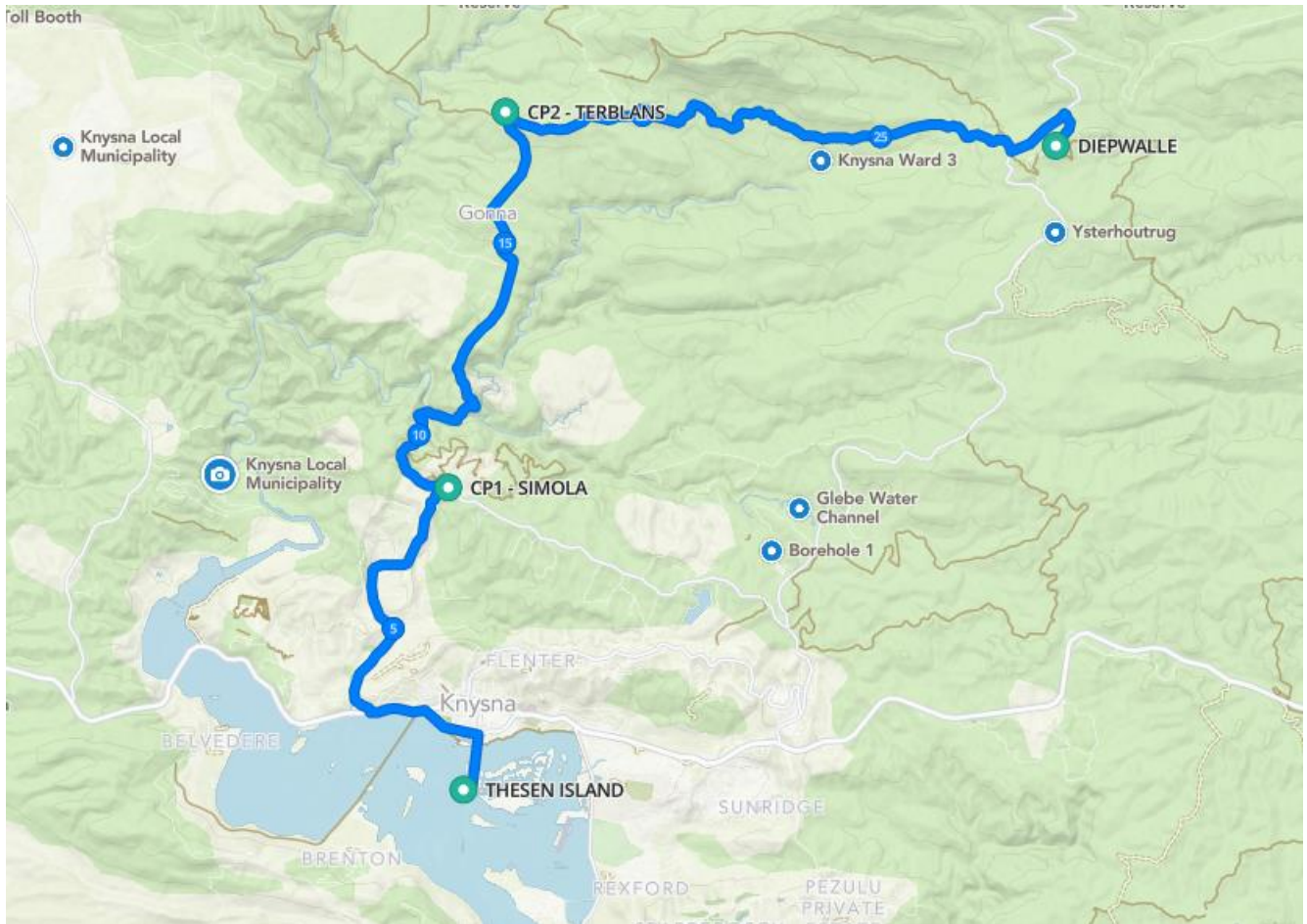
Athletes will cycle through the Garden Route along the N2 passing through Sedgelyield and to the first checkpoint in Wilderness. This is where the Extreme and Extreme 0.5 routes split and head off in opposite directions. The Extreme 0.5 athletes will cycle through Wilderness, over the old train bridge and through SANParks Ebb-n-Flow and back onto the N2. From here it's the return leg back to Knysna and Transition on Thesen Island.

Total ascent is over 880 meters.



RUN – 30 KM

The 30 km run route takes athletes through the stunning Knysna Forest along Gouna Road to the finish line. With just over 800 m altitude gain, the run leg is the toughest and most challenging part of the Knysna Extreme 0.5 triathlon. After a steep initial climb to Simola Golf Course, athletes then head through the forest along steep gravel windy and narrow roads before an intense climb leading to the finish line at Diepwalle Forest Station.



WATER POINTS / TRANSITION

There check-points / water points along the 0.5 Cycle and Run route. We encourage all athletes to plan their nutrition requirements accordingly.

WATER POINTS

- WP #1 - Transition 2, Thesen Island (100 km)
- WP #2 - Simola Golf Course (8 km)
- WP #3 – Terblans nature walk picnic spot (17.4 km)

TRANSITION – BIKE AND GEAR SECURITY

Knysna Extreme 0.5 Athletes can leave their bikes and race gear at Transition on Thesen Island.

A secure area with security will be provided to ensure all athlete equipment is safe during the duration of the event. Athletes can collect their items at any stage during the event provided they have their race numbers visible and sign out their items.

Security will only be at Transition until 16:00 where Athletes are then responsible for their own equipment.

SCHEDULE

Friday, 1st November	Registration The Knysna Experience, Thesen Island	15h00 – 16h00
	Mandatory Race Briefing The Knysna Experience, Thesen Island	16h00 – 17h00
Saturday, 2nd November	Transition Opens and GPS Collection SA National Parks Jetty, Thesen Island	03h30 – 04h40
	Swim Check-In The Knysna Experience, Thesen Island	04h30 – 04h50
	Knysna Extreme Start The Knysna Experience, Thesen Island	05h00
	Knysna Extreme Finish Diepwalle Forest Station	00h00
Sunday, 3rd November	Brunch and Finishers Ceremony Dry Dock, Knysna Quays	09h00 – 11h00

CUT-OFF TIMES

Cut-offs are necessary due to the safety of Athletes. 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)	07H00
Cycle Checkpoint #1 – 48 km The Wilderness Hotel	09H00
Transition (T2) – 100 km Thesen Island	11H00
Run Checkpoint #1 – 8 km Simola Golf Course	13H00
Run Checkpoint #2 – 19 km Terblans nature walk picnic spot	14H30
Finish – Diepwalle Forest Station	16H00

FINISH LINE

Limited nutrition, food and recovery drinks will be available at the finish line. A 'Finish Line Trailer' will be available for athletes to place any additional bags containing nutritional items, warm clothing or other times they may require at the finish line. This will be supplied to athletes when they cross the line.

There is NO shuttle that will take athletes back down to Thesen Island (Transition 2) Athletes are required to find their own way back to the start. There are a number of Athletes returning to Knysna who would be willing to offer lifts. Keep in mind that Knysna is 22km from the Finish line.

THE DAY AFTER

FINISHER CEREMONY AND BRUNCH

A finisher ceremony and brunch will be held for the Knysna Extreme Triathlon athletes the day after the race between 09h00 and 11h00. At the brunch, Knysna Extreme Triathlon Finishers will receive their finisher t-shirts and medals during the buffet brunch.

Knysna Extreme 0.5 athletes are more than welcome to join the brunch and be part of the overall Knysna Extreme Triathlon experience.

Brunch tickets can be purchased online when Athletes enter for the Knysna Extreme or at the. 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.

WITHDRAW / REFUND POLICY / T&Cs

Starting slot in Knysna Extreme 0.5 is allocated to a specific individual. It can however be transferred, sold or given to another person with 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.

REFUNDS

Refunds requests must be sent via email to: info@knysnaxtreme.co.za

Refunds will be granted based on the following dates:

- 50% refund before and including 30th April 2024
- 25% refund from 1st May 2024 to 31st July 2024
- 10% refund from 1st August 2024 to 30th September
- 0% refund from 1st October 2024 onwards

TRANSFER DEADLINE AND FEE

An entry can be transferred from one athlete to another.

Entries can also be changed to a Team Entry or upgraded to the Extreme race option.

- All Transfers must be done by midnight the 10th of October 2024.
- A transfer fee of R500 will apply for each transfer / change / Upgrade
- For upgrades to the Extreme, the difference between the 0.5 entry and the Extreme entry will be charged accordingly.

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

DEFERRALS

Entries can be deferred to 2025 however a R500 deferral fee will be charged.

Entries may not be deferred to 2025 after the 13th of October. This is due to the incursion of race-related costs.

TERMS AND CONDITIONS

Ultra-Distance / Extreme Triathlon Awareness

Each athlete acknowledges and understand that they are aware of the risks and hazards associated with participating in the Knysna Extreme Triathlon and attest that they are physically fit and able to compete in the Knysna Extreme Triathlon.

Standard Waiver

Each athlete has accepted that they have read, acknowledged, understand and agree to the terms and conditions and athlete waiver, as described on the Athlete Waiver, that can be found on the Knysna Extreme website.

Athlete Manual

Each athlete accepts that they have read and understand the contents of the Athlete Manual that can be found on the Knysna Extreme website.

Race Briefing

Each athlete acknowledges and understand that the Registration and Race Briefing is mandatory.

Withdraw / Refund Policy

Each athlete accepts that they have read, understand and accepted the withdrawal and transfer policy as described on the Knysna Extreme website.

By entering the Knysna Extreme, each athlete acknowledges and agrees to the above terms and conditions.