

KNYSNA EXTREME 0.5

ATHLETE MANUAL

18.11.2023



EXTREME
TRIATHLON
SERIES

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Your introduction to the world of Extreme Triathlons!

Note: The Knysna Extreme 0.5 Athletes Guide describes the route for the Knysna Extreme 0.5 Triathlon. It is essential that all Athletes and their Supporters understand and are familiar with the Knysna Extreme 0.5 Athletes Guide. 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 guide.

WELCOME

Welcome to the Knysna Extreme Triathlon! Another year has passed and 2023 will be the 5th edition of the Extreme 0.5. Some of you are joining us for the first time while a number of you are returning for your 2nd, 3rd and even 5th race. Thank you for being part of the Knysna Extreme family.

We also athletes from 6 countries taking part in the 0.5 this year. Welcome to South Africa and we hope you have a great stay and enjoy the South African hospitality.

Each race surprises us. Yours determination, courage and strength that you all show throughout the day is truly humbling. It is not an easy race but you have put in the work and now all you need to do it put it all together.

Although not as extreme as the full Knysna Extreme Triathlon, this course will challenge you as an athlete, and take you on an incredible journey through one of the most stunning areas in South Africa - one we hope that you will enjoy.

Always remember that this race isn't a race against anybody else, but rather a race against yourself and to see how far you are willing to push your limits. And the greatest recognition there is, is the recognition you give yourself.

Good luck to each and every one of you.

See you at the finish line!

Warm regards, Sean

MEET THE ATHLETES

Adam Barnard - Adam Walden - Aiden Monk - Alan Gillespie - Alan Chown - Alan Quinn - Andrew Craig - Andrew Robinson - Anélri Vermeulen - Audrey Liebenberg - Bassam Hammad - Berrend Maarsingh - Bronwyn Whitticom - Cameron Kiloh - Christoff Greyling - Coetzee Richter - Danie Treurnich - Dean Krain - DelaRey Ribbens - Elma Van Noordwyk - Elmarie Koekemoer - Etienne Bruwer - Grant Trollip - Hein Beyleveld - Hendrich Behrens - Henk Meyer - Hennie Basson - Hennie Van Loggerenberg - Jacques Smith - Jason Kivedo - Jason Price - Jeff Claessen - Jeremy Berlyn - Kieran Casserley - Klara Dorfling - Kobus Swart - Lauren Dance - Liana Saayman - Lourens Coetzee - Mandi Engelbrecht - Marc Van Staden - Marna Grobler - Martinus De Klerk - Michele Cameron - Michelene van Gend - Mickael Sadeh - Mohamed Ziyaad Mukuddem - Neels Scheepers - Neil Steenkamp - Nichola Schreuder - Nikki Kerr - Nikolay Shipilov - Ninja sand wallonius - Nolan Pretorius - Peter-John Berlyn - Petronella Hermiena Ferrie - Raymond Pretorius - Riaan Dunckley - Roger Bester - Ross Barnard - Sune Le Roux - Valdo Lourenço - Vanessa de Souza - Wicus Pretorius - Willie Paulsen

SPONSORS AND PARTNERS

Each Sponsor is involved in the Knysna Extreme Triathlon in a unique way, from sponsoring products or offering exciting discounts for athletes and supporters, to assisting with key race logistics. Their support and involvement allow us to provide a personal, athlete focused and professional event. On a side note, all of our Knysna Extreme Triathlon Partners think you are completely nuts but are happy to support and help make this event possible, incredible and hopefully memorable.



7



HOW TO GET THERE AND WHERE TO STAY

The Knysna Extreme is a point-to-point race. It is 229 km from the start to the finish and there are no shortcuts! 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>

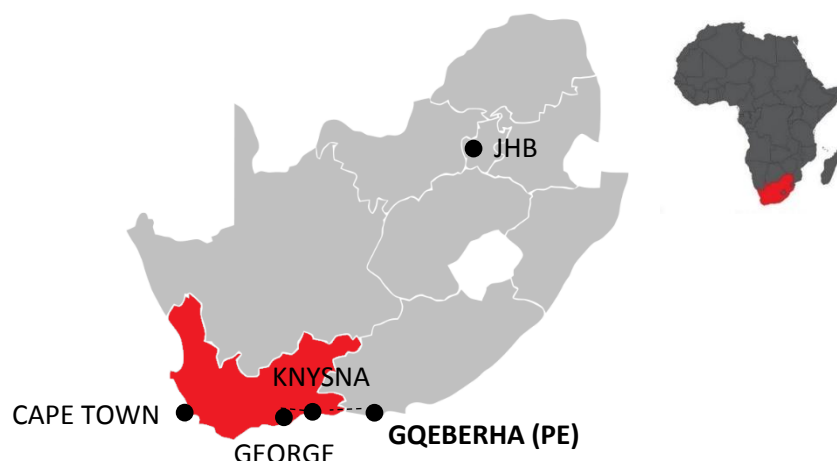
<https://www.knysnaextreme.co.za/pezula-nature-hotel-and-spa>

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>



BIKE TRANSPORT

Contact Jacques (Badgers Bicycle Transport) for any bike logistical requirements.

- badgersbicycle@gmail.com | 081 046 5235

32Gi PARTNER PAGE

32Gi is giving all Extreme athletes a R500 starter pack and the Extreme 0.5 athlete a R350 voucher to use online. They will also be at the race, so pop past the 32Gi stand for any last-minute nutrition and advice on food prep.



DON'T FAIL THIS STEP! GET YOUR PRE-RACE MEAL RIGHT



Your pre-race meal is one of the most important meals of the day. The food you consume prior to your race will form an important part of your actual race fuel. Depending on the duration of the event you are doing, your pre-race meal will play a vital role in supporting your efforts on the day.

It's best to consume a meal which will provide you with stability and give you the energy requirements you need during the event. This meal should be a sustainable meal including carbohydrates and protein with low fat and fibre to ensure it provides stability and balance setting up your energy system perfectly for the event. Make sure it does not spike your blood glucose levels but provides balance. If you are caffeine tolerant you would benefit from taking it at this point as well.

Your meal should be consumed at least 2 hours before the event and should be around 300 to 400 calories in volume depending on an individual's unique physiology. If it is closer to your race you should reduce your meal size accordingly.

PRE-RACE MEAL CONSIDERATIONS & OPTIONS

KEY CONSIDERATIONS



Low Fibre



Low Fat



High Carbohydrate
(complex / simple
blend)



Nominal
Protein

WHAT TO DRINK PRE-RACE

We recommend mineral loading on an electrolyte drink to maximize hydration levels pre-race. This will benefit you during the race by ensuring proper fluid absorption. This is especially important during the heat.



32Gi Hydrate
(1-1.5 tablets in
approximately 300ml fluid)

MEAL IDEAS

Primarily easily digestible carbohydrates with some protein:



32Gi
Pre-Race Meal



Sorghum / White
Rice with some
banana and honey



Toast (White bread =
low fibre) with honey /
peanut butter / banana



Banana /
Peanut Butter



White Flour
Pancakes



Smoothie
or Shake

Designed with purpose, 32Gi products undergo **real competition testing** by Elite Athletes and Weekend Warriors before hitting the market. Our functionally tested products prioritise Performance, Comfort, Health & Taste **without compromising on quality.**

www.32gi.com

IMPORTANT INFORMATION

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	05h14
SUN SET	19h12
LOW TIDE	12h51
HIGH TIDE	06h52

SUPPORTER ROLE

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 to be part of the journey. Participating Knysna Extreme 0.5 athletes are allowed to have a supporter follow them on the cycle leg (via vehicle) or even second them on the run leg of the race – on foot, mountain bike or vehicle.

Having your own support is encouraged as Supporters can enjoy their Athlete's experience and provide any nutritional and mental encouragement.

LITTER

The Garden Route is a beautiful part of the country and we would like to keep it that way. If any Athlete or Supporter is seen littering, the athlete will be disqualified immediately. All litter should be placed inside the Support car and disposed of appropriately at a later stage.

SCHEDULE

Friday, 17th November	Registration The Knysna Experience, Thesen Island	15h00 – 16h00
	Mandatory Race Briefing The Knysna Experience, Thesen Island	16h00 – 17h00
Saturday, 18th November	Transition Opens and GPS Collection SA National Parks Jetty, Thesen Island	03h30 – 04h30
	Swim Check-In The Knysna Experience, Thesen Island	04h30 – 04h50
	Knysna Extreme Start The Knysna Experience, Thesen Island	05h05
	Knysna Extreme Finish Diepwalle Forest Station	16h00
Sunday, 19th November	Brunch and Finishers Ceremony Dry Dock, Knysna Quays	09h00 – 11h00

TKE PARTNER PAGE

TKE is the venue for Registration on Friday and the start location for the Knysna Extreme. Enjoy the TKE hospitality, great views and delicious food before and after race weekend.



Knysna Extreme Triathlon 2023 18th November

Triathlon Fuel Special:
**Grab our Powerhouse Burger and Draft
Beer combo at just R100
(Regular Price: R180)**

**Exclusively for participants and
spectators, join us at The Knysna
Experience for weekly delights!**

Available exclusively for Triathlon participants and spectators!

Weekly Specials to Keep You Energized All Month:

Monday - Ribs & Rings - R99.99
Tuesday - Calamari & Rice OR Fish & Chips / Glass of Chard - R110
Wednesday - Surf & Turf / Glass of Red or White Wine - R140
Thursday - Cheese Burger & 300ml SA Beer - R100 (regular price R180)
Friday - Bubbly & Oysters / Glass of Champagne - R99.99
Saturday - Half Price Sushi
Sunday - Seafood Trio - R225

Join us at The Knysna Experience and taste the difference of real champions! We're not just serving food; we're serving your triumph.

Don't miss out on these exclusive Triathlon specials and weekly delights! See you at the finish line!

Location: Long Street Thesen Harbour Town, Knysna
Contact: 044 518 0603 - OPEN 7 DAYS A WEEK - 10AM to 10PM

REGISTRATION

REGISTRATION

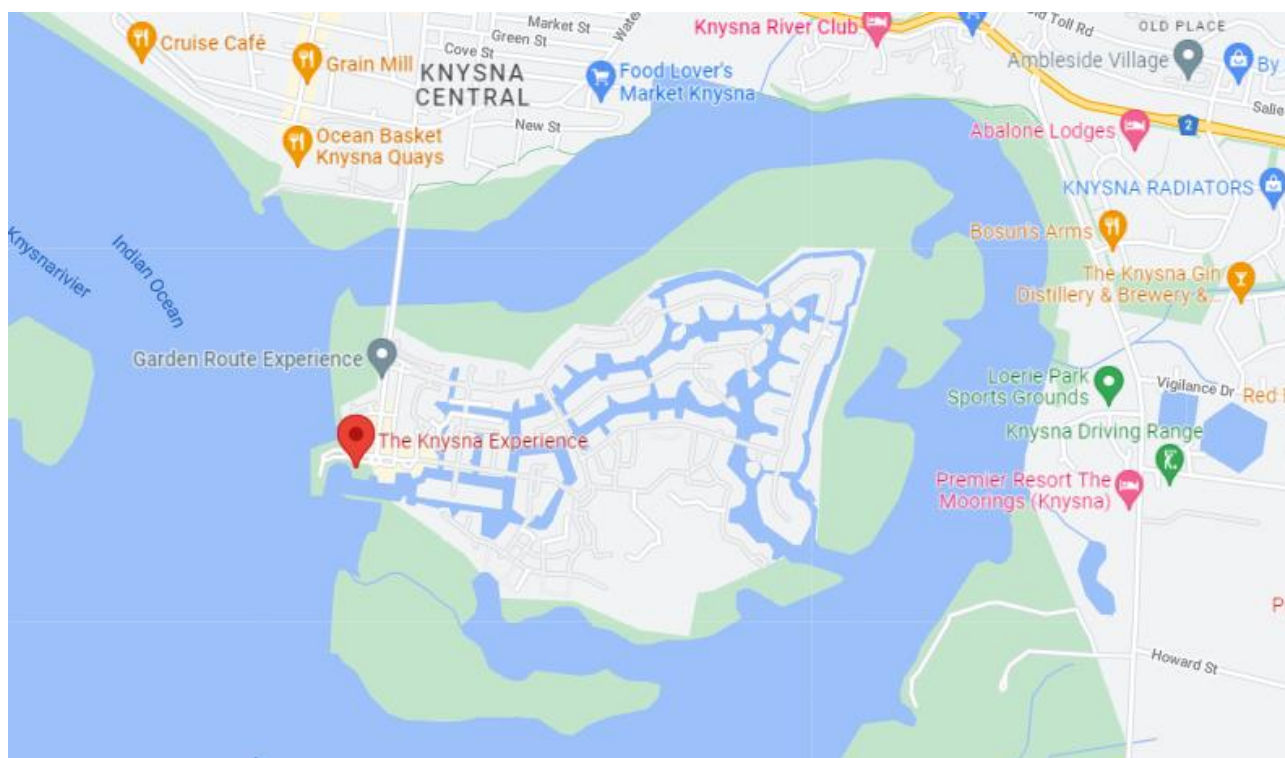
Registration for Athletes and their Supporters will take place at The Knysna Experience on Thesen Island between **15h00 – 16h00** on **Friday the 17th of November**.

All Athletes and their Supporters must present a valid photo ID (passport, driver's license or similar).

The Knysna Experience

Long St, Thesen Island, Knysna, 6571

066 223 0423



RACE PACK

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

- Knysna Extreme 0.5 Swim cap
- Decals for helmet and bike
- Start number
- Athlete wristbands
- Athlete guide

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

RELEASE FROM LIABILITY

Athletes must sign the "Release from Liability" document before they receive their race number.

BRIEFING

A **mandatory** race briefing will take place between **16h00 – 17h00**, at The Knysna Experience. Both the Athlete and their Supporter are required to attend the race briefing.

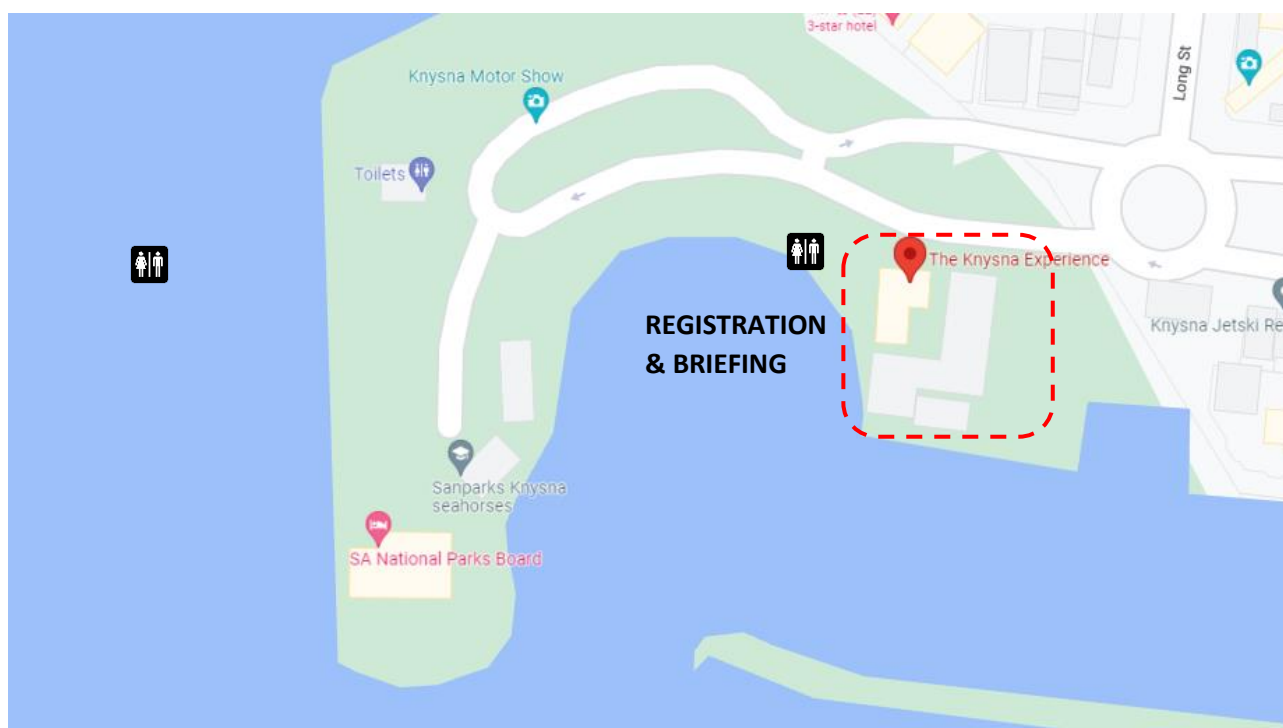


Image – Registration and Race Briefing

BIKE MECHANIC

Need any last-minute services, parts or spares?! Shaun and his team from Cyco Cycles Knysna will be available before the race, at Registration and on Race Day for those last-minute repairs.

Shaun

060 570 0643

cycoknysna@icloud.com

Thesen Harbour Town, TH01, Thesen Island, Knysna, 6571



GROUP 1 AUTO PARTNER PAGE

Group 1 Auto are the proud vehicle partners for the Knysna Extreme and have given the crew 3 vehicles to support the athletes on race day. Wave at them when you see them or if you are curious, take a moment and have a look inside.



GROUP1
AUTO


CHERY

The only dealership tough enough the
support the Knysna Extreme Triathlon

KNYSNA
EXTREME TRIATHLON



044 302 2600
2 Main Road, Rexford, Knysna

 @CheryKnysna

RACE DAY

TRANSITION | 03h30 – 04h30

Transition will be open between 03h30 – 04h30 and is situated on the SAN Parks Jetty.

Athletes will be required to check-in prior to entering the transition area.

NOTE: Athletes can leave their Bike and gear at Transition or remove it at any time during the race. Security will be provided at Transition until 16h00 but Knysna Extreme does not take responsibility for any items stolen, lost or damaged in the Transition area.

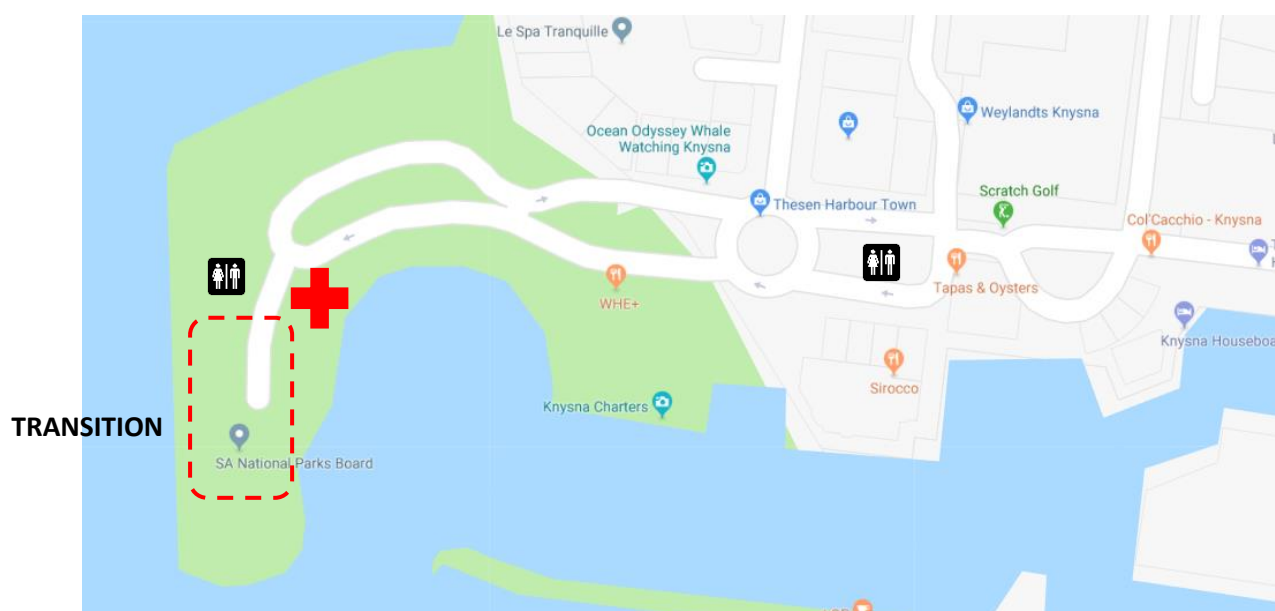


Image – Transition

PARKING

Parking is available around the Thesen Island Harbour area.

SWIM CHECK IN | 04h30 – 04:50

Athletes are required to check-in prior to entering the swim start area. Check-in for the swim will take place next to The Knysna Experience (200m from Transition).

The Swim start will be from the jetty in front of The Knysna Experience.

The Knysna Extreme Triathlon athletes have started their race at 05h00. Once they have started, the Extreme 0.5 athletes will then be allowed to make their way down onto the jetty.

Athlete can choose to either jump into the water (wet start) or sit on the jetty (dry start).

Note: Please allow Extreme athletes to get to the start point.



Image – Swim check-in and Swim Start

SWIM START | 05h05

The 4th Knysna Extreme Triathlon 0.5 will start at 05h05.

DETAILED COURSE

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 1,600m of ascent, athletes will be challenged on all sections of the route.

Total Distance

132.5 km (82.33 Miles)

Total elevation

+1,687m (5,543 ft)



NUTRITION and WATER POINTS

Water Points / Nutritional stops will be provided at the following points:

CYCLE WATER POINTS

- WP #1 - Wilderness Hotel (48.5 km)
 - Water only
- WP #2 - Transition 2, Thesen Island (100 km)
 - Water and Energy drink

RUN WATER POINTS

There are only 2 water points on the run route, ensure you cater and plan accordingly. Bringing a water bladder is recommended. Supporters are also able to provide any nutritional support required.

- WP #1 - Simola Golf Course (8 km)
 - Water | 32Gi nutrition
- WP #2 – Terblans nature walk picnic spot (17.4 km)
 - Water | 32Gi nutrition | Bananas | Potatoes
- WP #3 – Diepwalle Forest Station (Finish Line)
 - Water | 32Gi nutrition

Finishers will receive a cold Red Bridge draft and a boerewors roll when they cross the finish line.

Limited food will be available to purchase at the finish line. Athletes can place a bag, containing any items they require at the Finish Line, into the Crew Vehicle situated outside the Transition Area on Saturday morning. This will be available for the athletes at the finish line.

SWIM – 2.5 km

START TIME – 05H05

SWIM CUT-OFF TIME – 06h30

Athletes will start the Knysna Extreme 0.5 in front of The Knysna Experience at 05h05. The water temperature will be announced during Race briefing but the November average is around 19.4 degrees. The swim route will be completed in a clockwise direction.

Athletes will exit the Knysna Estuary through the SAN Parks slipway located on the southern section of the SAN Parks Jetty.

⚠ IMPORTANT NOTE – There will be tidal currents. The initial leg of the swim is against an in-coming current.

National Sea Rescue Institute (NSRI), SAN Parks and Knysna Life Saving club will be there to support athletes in the water where needed.

Swim Route may change depending on weather conditions on the day.

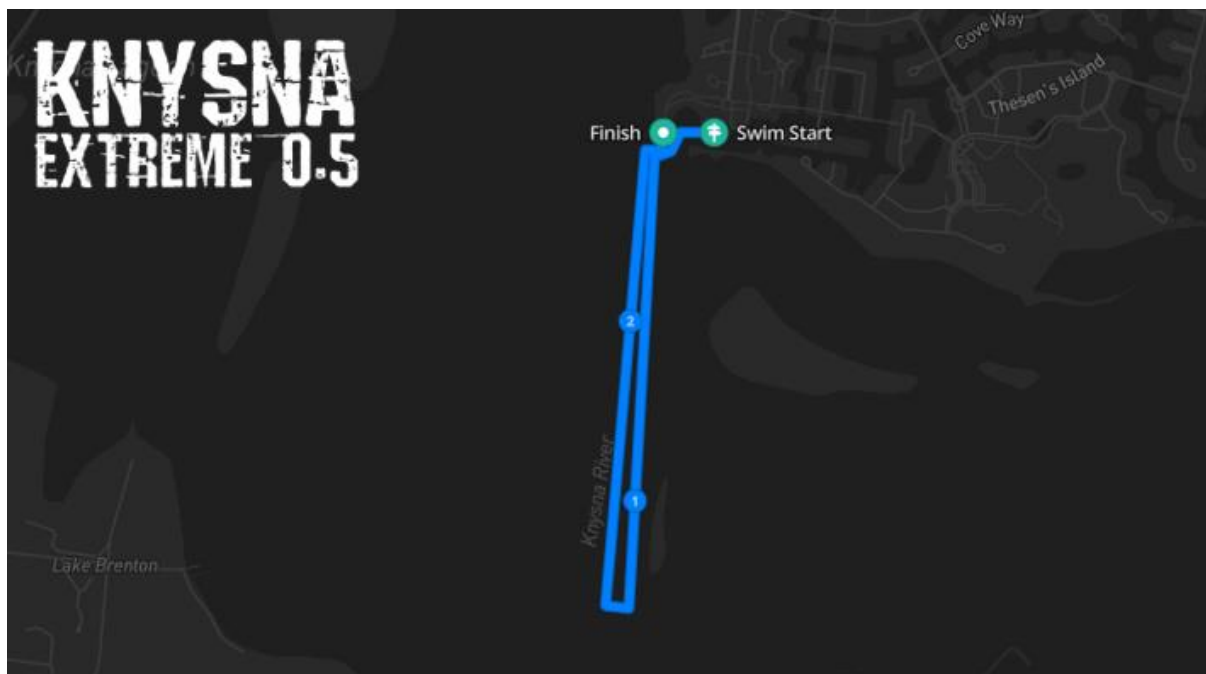


Image – Swim route

TRANSITION - SWIM / CYCLE TRANSITION

Only Athletes are permitted into the transition area.

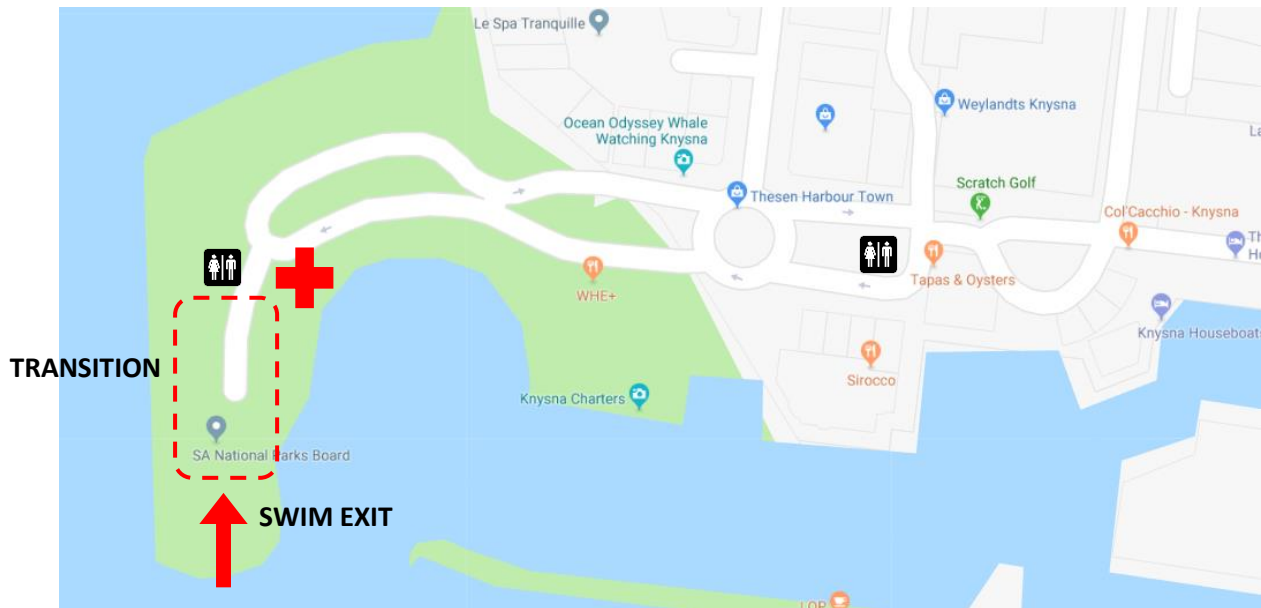


Image – Transition and Swim Exit

CONSIDERATIONS

- Please be aware of not obstructing or impeding other Athletes in the transition area.
- Athletes can leave their equipment at Transition for the duration of the race. Ensure your gear is packed neatly and does not impede other athletes.
- Athletes can only mount their bikes once outside the transition area.

2XU PARTNER PAGE

2XU is offering all athletes a 15% discount on any of their products and will supplying the swim caps for the Knysna Extreme.



PROPEL PRO WETSUIT

THE LATEST IN WETSUIT TECHNOLOGY



ULTIMATE FLEXIBILITY

Premium Japanese Yamamoto 45 Cell seamless shoulder and arm neoprene provides ultimate flexibility



MINIMAL WATER RESISTANCE

Nano Super Composite Skin (SCS) hydrodynamic coating reduces surface drag for more speed and improved durability



OPTIMAL BUOYANCY

Premium Japanese Yamamoto 39 Cell neoprene is bouyant but still flexible and varies in thickness throughout the core of the wetsuit



ENHANCED POWER & EFFICIENCY

Embossed concave water entrapment zone on arm sleeve, enhances power and feel of water whilst the floating zip panel provides unrestricted movement for improved distance per stroke

2XU.CO.ZA |   @2xusouthafrica 

CYCLE – 100 km

CYCLE CUT-OFF TIME – 11H00

Athletes will cycle through the Garden Route along the N2 and turn around at the Wilderness checkpoint. A variation of humid conditions and head winds will challenge athletes as they battle up long ascents, fast declines, and windy coastal roads.

Total ascent is over 830 meters.

Please follow all marshal's advice and directions.

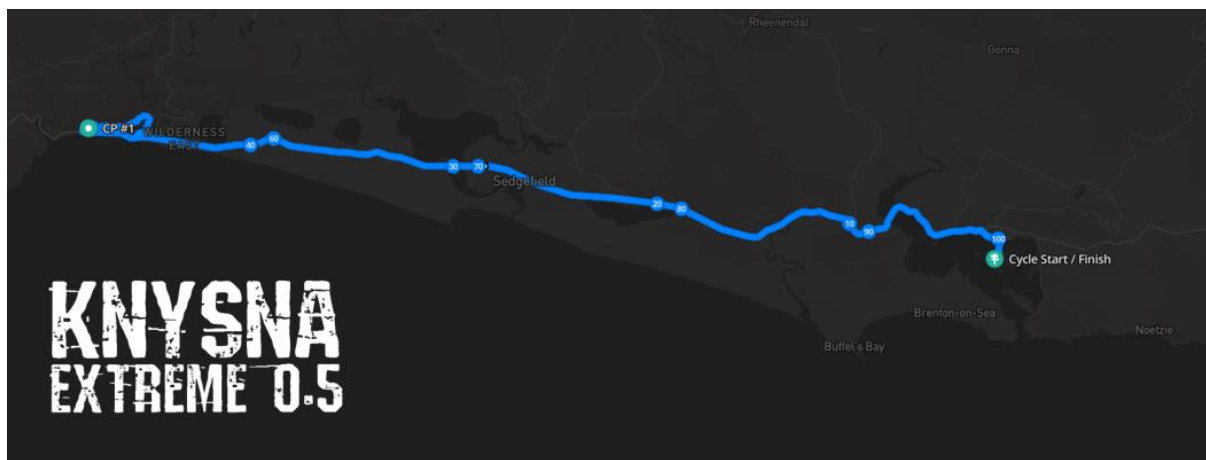
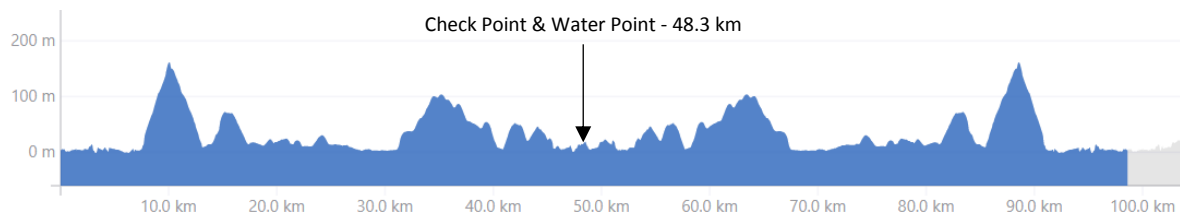


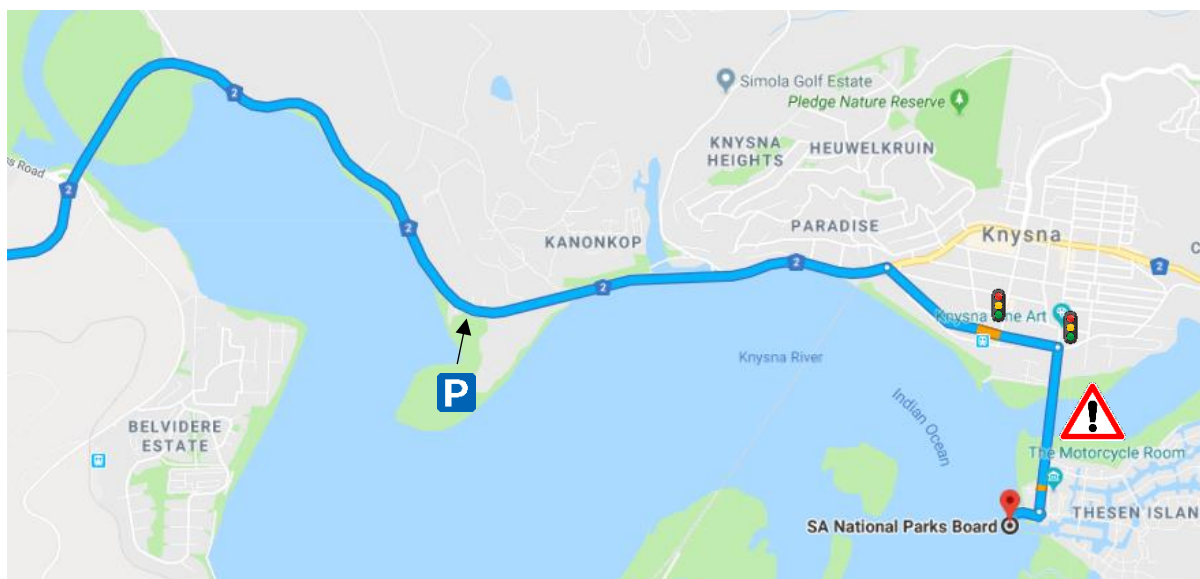
Image – Cycle Route



RULES ON THE BIKE LEG

- The bike course is open to ordinary traffic. Athletes are required to observe and obey all local Road traffic regulations and to be considerate of other road users.
- Athletes are not permitted to cycle side by side due to the busy-ness of the roads.
- Knysna Extreme 0.5 is a DRAFT FREE race. You are not permitted to draft other competitors or vehicles. Any athlete caught drafting will be disqualified.
- Use of headphones, headsets or mobile phones are strictly prohibited while riding.

BIKE SECTION 1 | Start 0 km – 7.6 km



0km - Leave Transition and head north via **Long Street**

 **CAUTION** – Be aware of a steep bridge and speed bumps when leaving Thesen Island

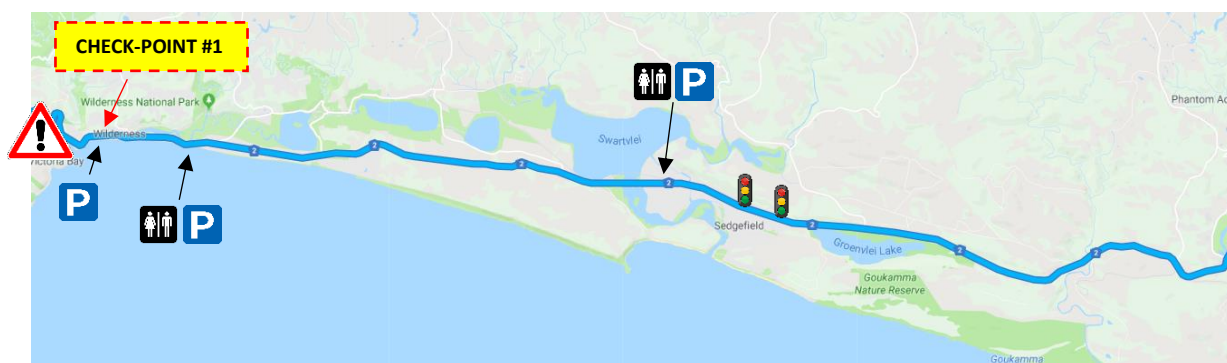
1.1 km – Turn left onto Waterfront Drive

2.2 km – Turn left onto the N2 and follow the N2 along the **Knysna Estuary** then cross over the White Bridge.

 **4.5 km** - Parking area on left hand side.


7.6 km – Start of ascent leaving **Knysna town**.

BIKE SECTION 2 | 7.6 km – 'Check Point #1' 48.3 km



7.6 km - Follow N2 towards **Sedgefield**


25.0 km – Cycle through **Sedgefield** and stay on the N2 towards **Wilderness**.


  28.6 km – Toilets and parking available at **ENGEN** petrol station.

  47.3 km – Toilets and parking available at the **Wilderness Beach** parking.

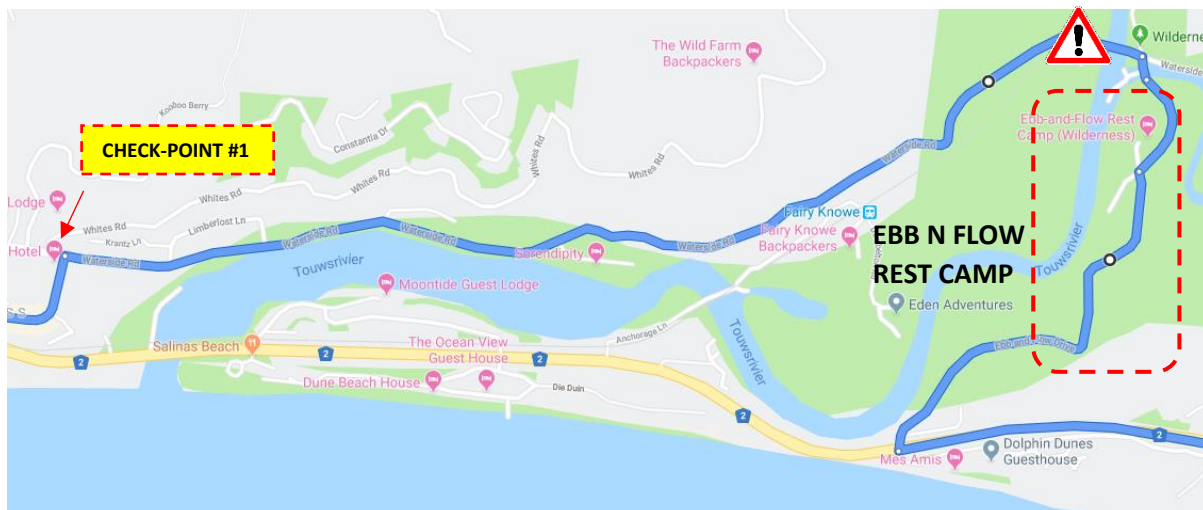
48.3 km – **CHECK-POINT #1 TURN POINT 'Wilderness Hotel'** - All Athletes are required to stop at the Check-Point and provide a marshal with your Name and Race Number. Parking is available for Support cars. Nutrition will be available for Athletes.




 **CAUTION – Athletes are required to cross the N2 and turn right into George Road to get to the Wilderness Hotel check point. Please be aware of oncoming vehicles.**

 **IMPORTANT NOTE – Athlete Support vehicles are NOT permitted through Ebb n Flow. Vehicles are required to turn around at Wilderness and get back onto the N2.**

BIKE SECTION 3 | 48.5 km – 53.0 km



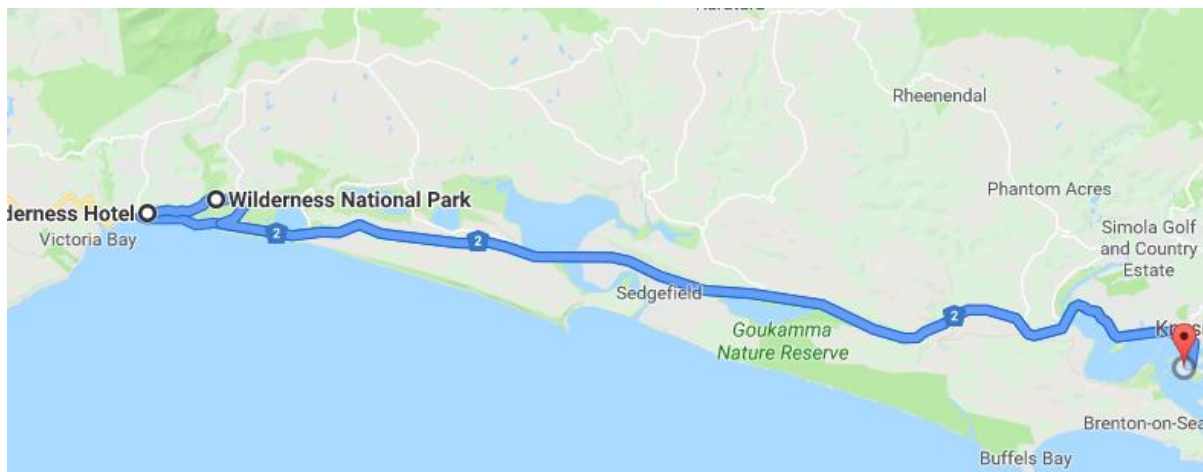
48.5km - Turn right onto Waterside Road

 **CAUTION – Athletes are required to cross an old train bridge before the entrance to Ebb n Flow. Bike wheels may get stuck in the rail way groves/**

51.6 km – Turn right into Ebb n Flow Rest Camp

53.0 km – Turn left onto the N2 towards Knysna

BIKE SECTION 3 | 53.0 km – 100 km



51.6 km – Once on the N2, Athletes will follow the same route back to Knysna and Transition on Thesen Island.

TRANSITION – CYCLE / RUN TRANSITION

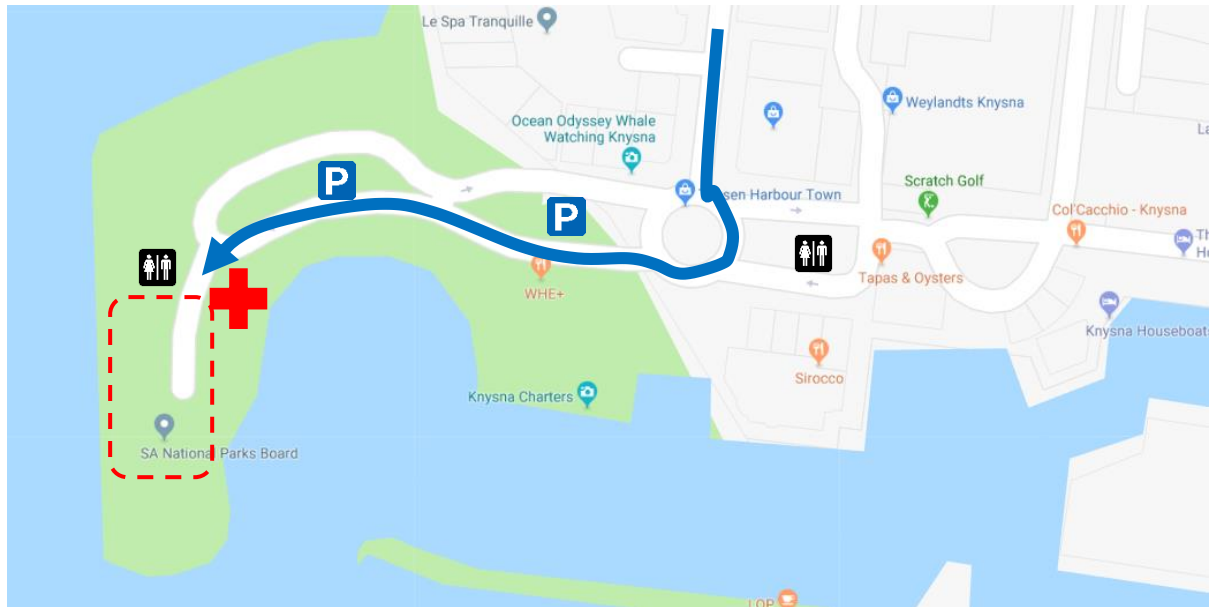


Image – Transition

CONSIDERATIONS

- Only Athletes are permitted into the transition area.
- Please be aware of not obstructing or impeding other Athletes in the transition area.

DREAM KNYSNA PARTNER PAGE

If you are interested in moving to Knysna and looking for a house, chat to Bronwyn and Vanessa at Dream Knysna for your dream home. The **Dream Knysna** team are also dedicated to supporting the charitable drives in their town and have pledged on behalf of Knysna Extreme to donate, R10,000 to the local NSRI Station – Station 12.

Independent. Inspired. Involved.

The Dream Team specialising in Knysna and surrounds.

Dream Knysna is a passion-driven and focused team who put absolute integrity into each and every property deal. We deliver excellence in service, knowledge, interpersonal skills and experience, not based on value in Rand terms, but rather in results – no matter the client or the size of the transaction. We offer a fully-personalised property marketing service, and sell real estate of all types in a localised and highly-competitive marketplace, namely Knysna... **We Know Knysna!** | **We Love Knysna!**



Dream Knysna
specialises in these
areas, and many more,
in and around
beautiful Knysna...



DREAM
KNYSNA

SPECIALISED PROPERTY SALES & MARKETING
IN THE HEART OF THE GARDEN ROUTE

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Cnr. Gray Street & Waterfront Drive, Knysna



Make your dream Realty at www.dreamknysna.co.za

RUN – 30 km

RUN CUT-OFF TIME – 16h00

IMPORTANT NOTE – There are no shops available to purchase water on the run route. Please ensure that you have sufficient water. There will be 2 Water / Nutritional points on the way.

After leaving transition, athletes will make their way to Diepwalle Forest Station via Old Cape Road and Gouna Road, which is a tar road until Simola Golf Course (8 km in) and then dirt road until Diepwalle Forest Station. Athletes will be required to check in at two checkpoints. Water, Nutrition and Food will be available at these check points.

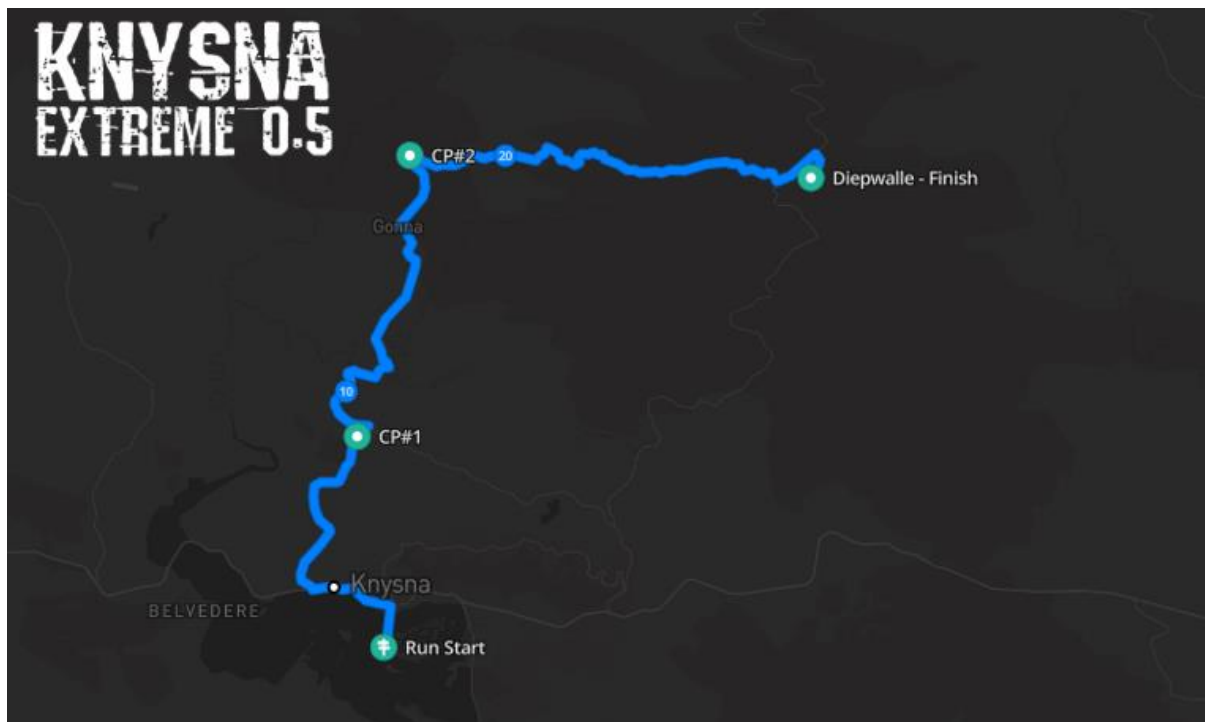
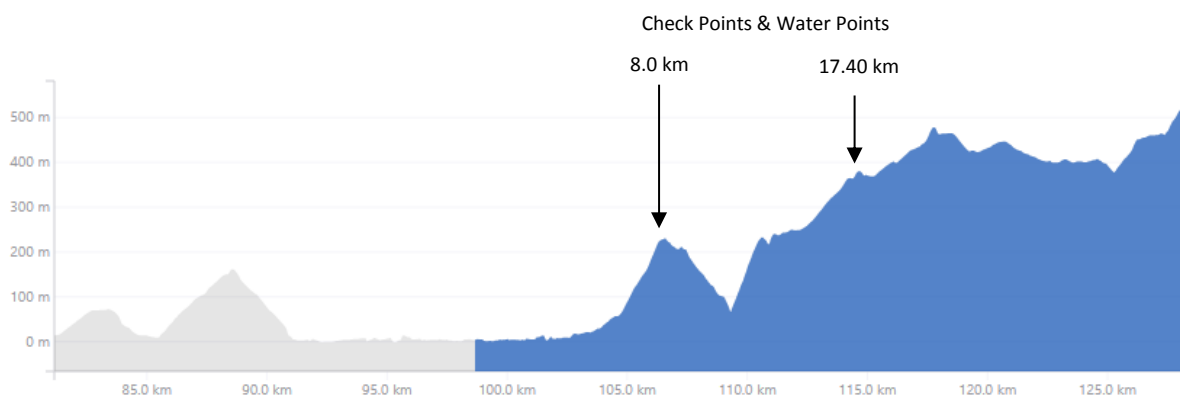


Image – Run Route



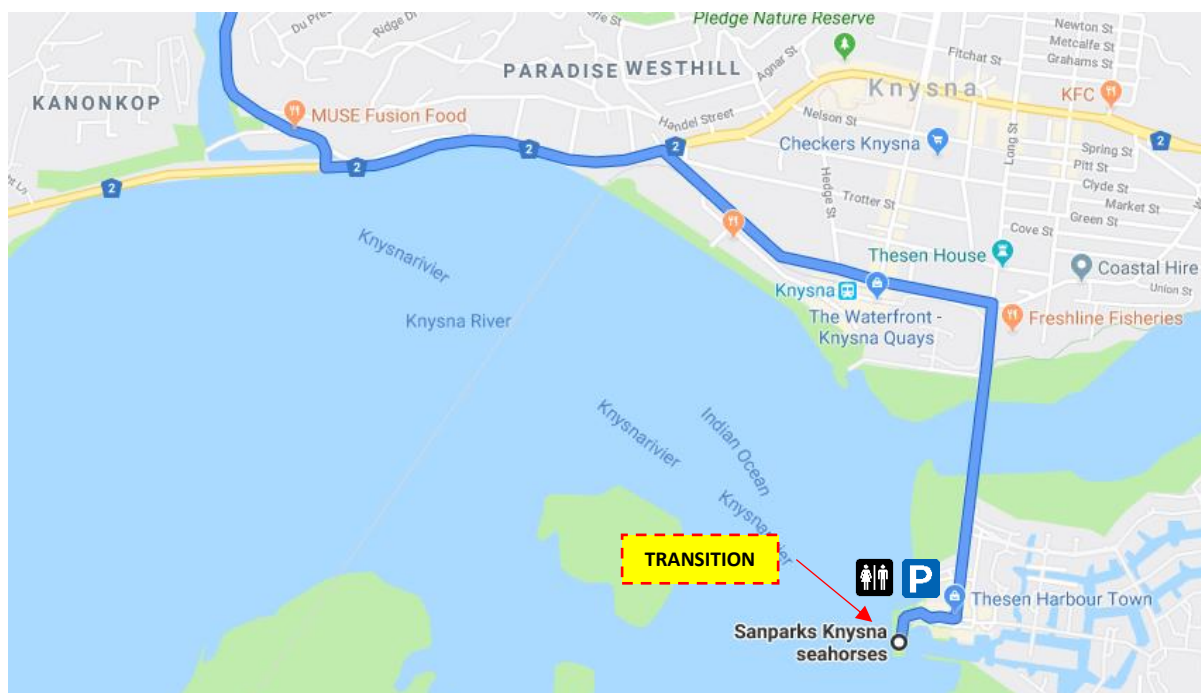
CONSIDERATIONS

- The run course is open to ordinary traffic.
- Runners must keep to the left side of the road during the run.
- Seconds are permitted on the run route.
- Trekking poles are forbidden.
- Please plan enough time to finish the run, based on your personal capability.



IMPORTANT NOTE – Gouna Road is very narrow with steep drop offs, tight corners and blind rises, with limited areas available for cars to overtake. Athletes and any Supporters are to be mindful of other cars, athletes and support vehicles. Please be patient and respectful on the pass.

RUN SECTION 1 | 0.0 km – 3.1 km



0km - Leave Transition and head north via **Long Street**

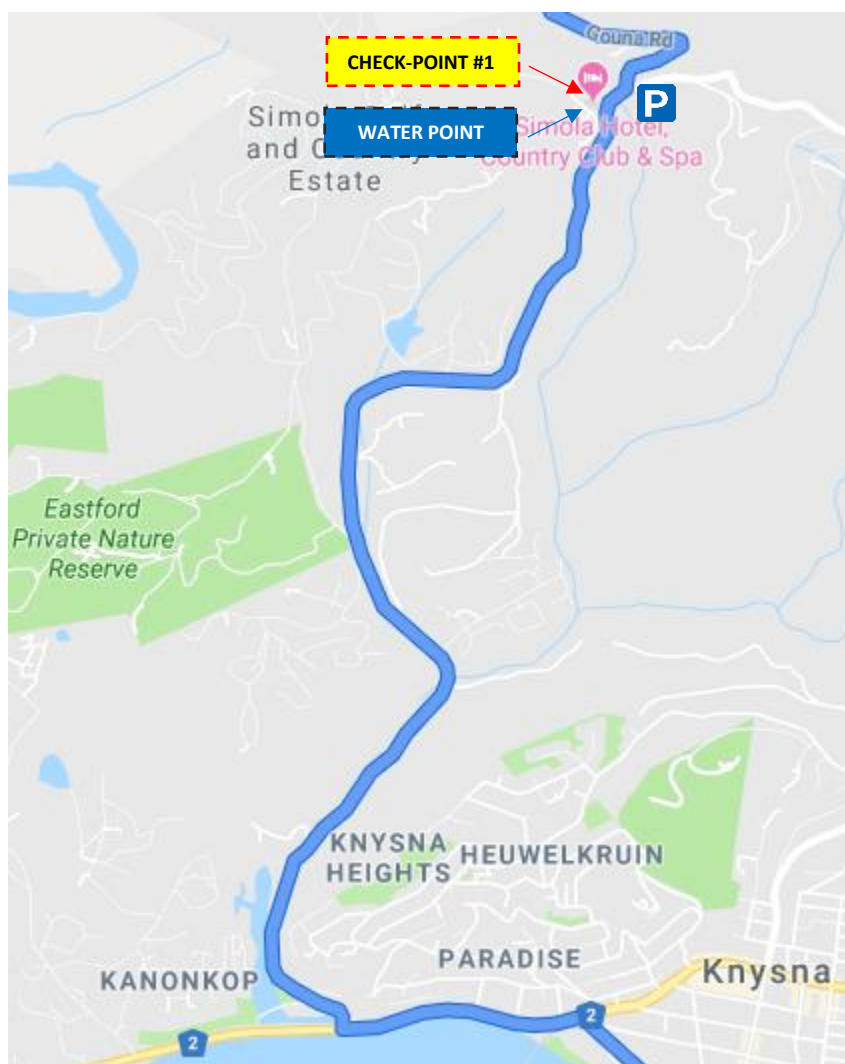
⚠ CAUTION – Be aware of a steep bridge and speed bumps when leaving Thesen Island

1.1 km – Turn left onto Waterfront Drive

2.2 km – Turn left onto the N2 and follow the N2 along the **Knysna Estuary**

3.1 km – Turn right onto Old Cape Road and start the ascent up to Simola Golf Course

RUN SECTION 2 | 3.1 km – 8.0 km



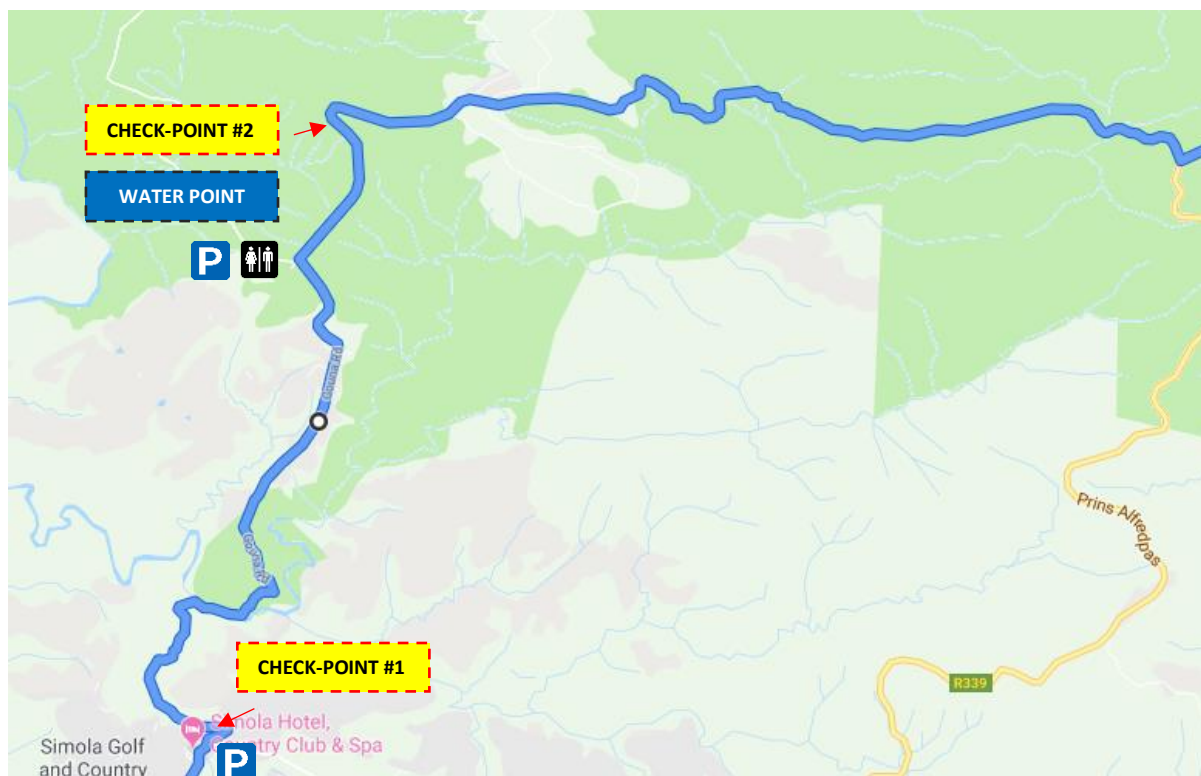
Follow Old Cape Road up to Simola Golf Course

8.0 km - CHECK-POINT #1 'Simola Golf Course' - All Athletes are required to stop at the Check-Point and provide a marshal with your Name and Race Number. Parking is available for all Support cars and Water / Nutrition is available for athletes.

P Parking available at **Simola Golf Course entrance**

CHECK-POINT CUT-OFF TIME – 13H00

RUN SECTION 3 | 8.0 km – 27.3 km



8.1 km – Turn left onto Gouna Road

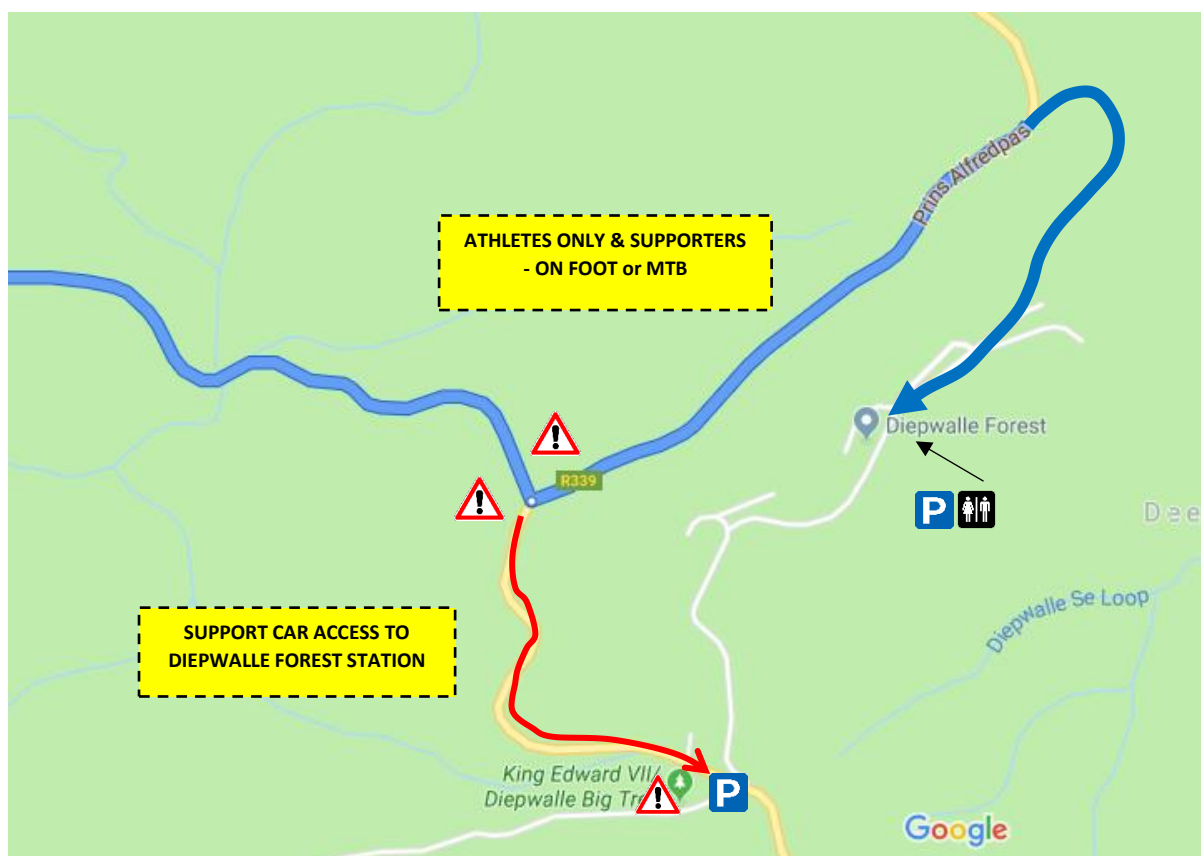
17.4 km - CHECK-POINT #2 ‘Telmans Nature Walk picnic spot’ All Athletes are required to stop at the Check-Point and provide a marshal with your Name and Race Number. Water / Nutrition is available for athletes.

CHECK-POINT CUT-OFF TIME – 14H30

27.6 km – Turn left onto the R339 (Prince Alfred’s Pass)

IMPORTANT NOTE – Gouna Road is a windy, narrow dirt road leading all the way to the finish line. Ensure you have the appropriate running shoes.

RUN SECTION 4 | 27.6 km – 30.0 km




IMPORTANT NOTE

27.6km – ATHLETES TURN LEFT – Athletes will turn left onto the R339 and proceed to the Finish line at Diepwalle Forest Station.

27.6km - SUPPORT VEHICLES TURN RIGHT – Any Support vehicles will turn right as they can only access the Finish line via the main road up to Diepwalle Forest Station.

28.7 km – Turn right up to the Finish Line

 **IMPORTANT NOTE** - Support vehicles are required to park at Diepwalle Big Tree parking area and walk the 800m to the finish line.

Supporters, please allow for time to park and make your way to the end to welcome your Athlete over the finish line. Supporters are allowed to park their car at the split and complete the last portion of the Knysna Extreme 0.5 with their Athlete.

FINISH LINE CUT-OFF TIME – 16H00

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 at the race briefing or on the morning of the race.

Water Exit (T1)	06H30
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 Gouna Road	14H30
Finish – Diepwalle Forest Station	16h00

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. Please hand in your GPS tracker at the nearest checkpoint.

FINISH LINE

Limited nutrition and food will be available to purchase at the finish line. Athletes can place a bag, containing any items they require at the Finish Line, into the Crew Vehicle situated outside the Transition Area on Saturday morning. This will be available for the athletes at the finish line.

A shuttle will take athletes back down to Thesen Island (Transition) at 45min intervals, or when full. Keep in mind that Knysna is 22km from the Finish line.

RED BRIDGE PARTNER PAGE

Red Bridge Brewing Co has been supporting the Knysna Extreme Triathlon from 2018 and will give all Knysna Extreme 0.5 and Extreme finishers a cold beer at the finish line. They will also be selling beers at the finish line if you want more

ALCOHOL NOT FOR SALE TO PERSON'S UNDER THE AGE OF 18. DRINK RESPONSIBLY.

THE DAY AFTER

FINISHER CEREMONY AND BRUNCH

A finisher ceremony and brunch will be held for the Knysna Extreme Triathlon athletes at Dry Dock, Knysna Quays 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 venue for ZAR 150 per person. Space is limited and issued on a first come, first serve basis.

Dry Dock - Waterfront Shop 1, Waterfront Dr, Knysna Central, Knysna, 6570



LOST AND FOUND

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

THELEMA MOUNTAIN VINEYARDS

PARTNER PAGE

A family owned and managed wine estate, part of the spectacular Simonsberg Mountain range in Stellenbosch, Thelema Mountain Vineyards are giving all finishes a bottle of wine from one of their award-winning wines to take home and enjoy with family and friends.



Thelema Mountain Vineyards logo featuring a golden eagle emblem above the text "THELEMA MOUNTAIN VINEYARDS".

The Best drink after a Triathlon...

Thelema Sauvignon Blanc

A bottle of Thelema Sauvignon Blanc wine is shown next to a cluster of green and yellow grapes on a vine with large green leaves. The bottle label features the Thelema logo and the text "THELEMA Sauvignon Blanc".

Tel: 021 885 1924 E-mail: info@thelema.co.za
Thelema Mountain Vineyards, Helshoogte Road, Stellenbosch, South Africa

Facebook, Instagram, Twitter icons

@ThelemaWines

aware.org Alcohol Not for Sale to Persons Under the Age of 18. Drink Responsibly.

POSITIVE ATTITUDE

CREW

Please be friendly to the Knysna Extreme 0.5 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 Athletes and have been instructed to remove any Athlete from the race if they are unable to continue and pose a risk to their safety. Your safety is still our first priority.

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 the race route. 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.

SPONSORS

Please be friendly to our sponsors and partners. They help us keep your entry fee as low as possible.

SAFETY and EMERGENCIES

If you withdraw from the race at any point, it is mandatory to inform the Race Office as soon as possible. Supporters are required to have the Race Office and Frontier Medix numbers stored on their phones.

EMERGENCY NUMBERS

For all Emergencies and Athlete withdrawals, contact the Race Office.

RACE OFFICE – 076 964 8335

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

RULES

AGE

- All athletes must be over 20 years of age on race day.

EQUIPMENT

- General
 - The race number must be visible from the back at all times during the bike segment and from the front during the run.
- Swim
 - Wetsuits are optional and water temperatures will be discussed at the race briefing. Gloves are not permitted during the swim.
- Cycle
 - Bikes must be in good working order and must be road-legal.
 - Helmets are compulsory whilst cycling.
 - Front and Back lights are highly recommended.
 - Changing bikes during the cycle is not permitted.
- Run
 - Athletes are encouraged to run with a water bladder as water points are spaced every 10km.

VISIT KNYSNA PARTNER PAGE

Visit Knysna is the host town for the Knysna Extreme. If you are looking for things to do in and around the area, pop into their offices at 40 Main Rd, Knysna Central, Knysna, 6571 and explore the best of the Garden Route.





VERSION