

KNYSNA EXTREME TRIATHLON



RACE GUIDE

02.11.2024



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Triathlon in its purest form

INTRODUCTION

If you are passionate about challenging yourself, pushing your limits, experiencing unique and varied scenery and being part of an incredible group of athletes and being supported by family and friends on your journey, then join us on 2 November 2024 for an unforgettable triathlon!

The Knysna Extreme is an extreme triathlon and Africa's Toughest triathlon! Extreme Triathlons are by definition held over more extreme courses and potentially have more extreme conditions. With longer and far more challenging courses than a typical long distance. The Knysna Extreme is no different.

It 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. That is then finished 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, mental strength and determination.

This race is FOR yourself. It doesn't matter where you come as long as you are prepared to dig deep, push your limits and achieve what you set out to do. This is a FOR your fellow athlete, because you will encounter some dark times or difficult moments but you or your fellow athlete will be there to encourage each other to make it to the end. That is the nature of the Extreme Triathlon. Its about challenging yourself and helping each other to achieve the Impossible.

The 2024 will be the 7th Edition of the Knysna Extreme and will take place on the 2nd of November 2024.

How far are you willing to go?

HOW TO GET HERE AND ACCOMMODATION

The Knysna Extreme is a point-to-point race and covers a distance of 229 km from the start to the finish and there are no shortcuts! Pezula Nature Retreat is the official accommodation partner to the Knysna Extreme and they are offering all athletes an extreme discount for race weekend.

Pezula Nature Retreat

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<https://pezulanatureretreat.com>

PEZULA

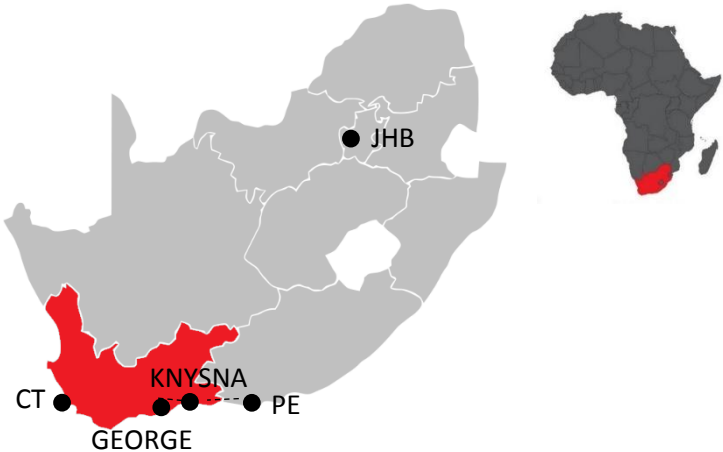
NATURE RETREAT



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 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

Staggered payments available for Early Bird and Standard Entry options.

ENTRY OPTIONS	SUPER EARLY BIRD 12 th January – 28 th Feb	EARLY BIRD 1 st Mar – 31 st July	STANDARD ENTRY 1 st Aug – 13 th Oct
EXTREME – INDIVIDUAL	R4,850	R5,250	R5,850
EXTREME - TEAM	R5,790	R6,150	R6,670

Individual Entries:

Individual Entries will consist of 1 Athlete and 1 Supporter.

Team Entries:

Team Entries will consist of 3 Athletes and 1 Supporter.

ENTRY INCLUDES

Your Entry into the Knysna Extreme includes:

- Entry into SA's toughest triathlon
- Bragging rights
- Athlete race pack
- Supporters shirt
- Finishers shirt
- Brunch ticket for finisher ceremony for Athlete and Supporter

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 3,800m of ascent, athletes will be pushed to their physical and mental limits.

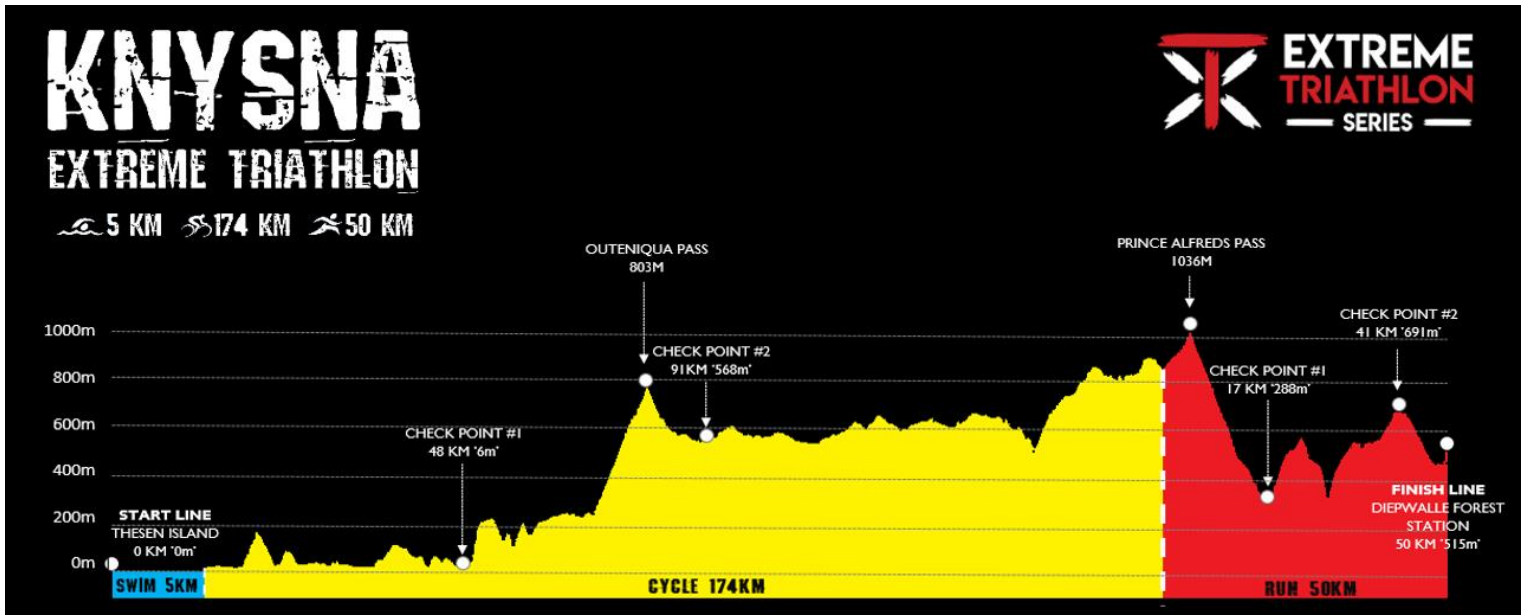
Total Distance - 229 km (142 Miles)

Total elevation - +3800m (11,023 ft)

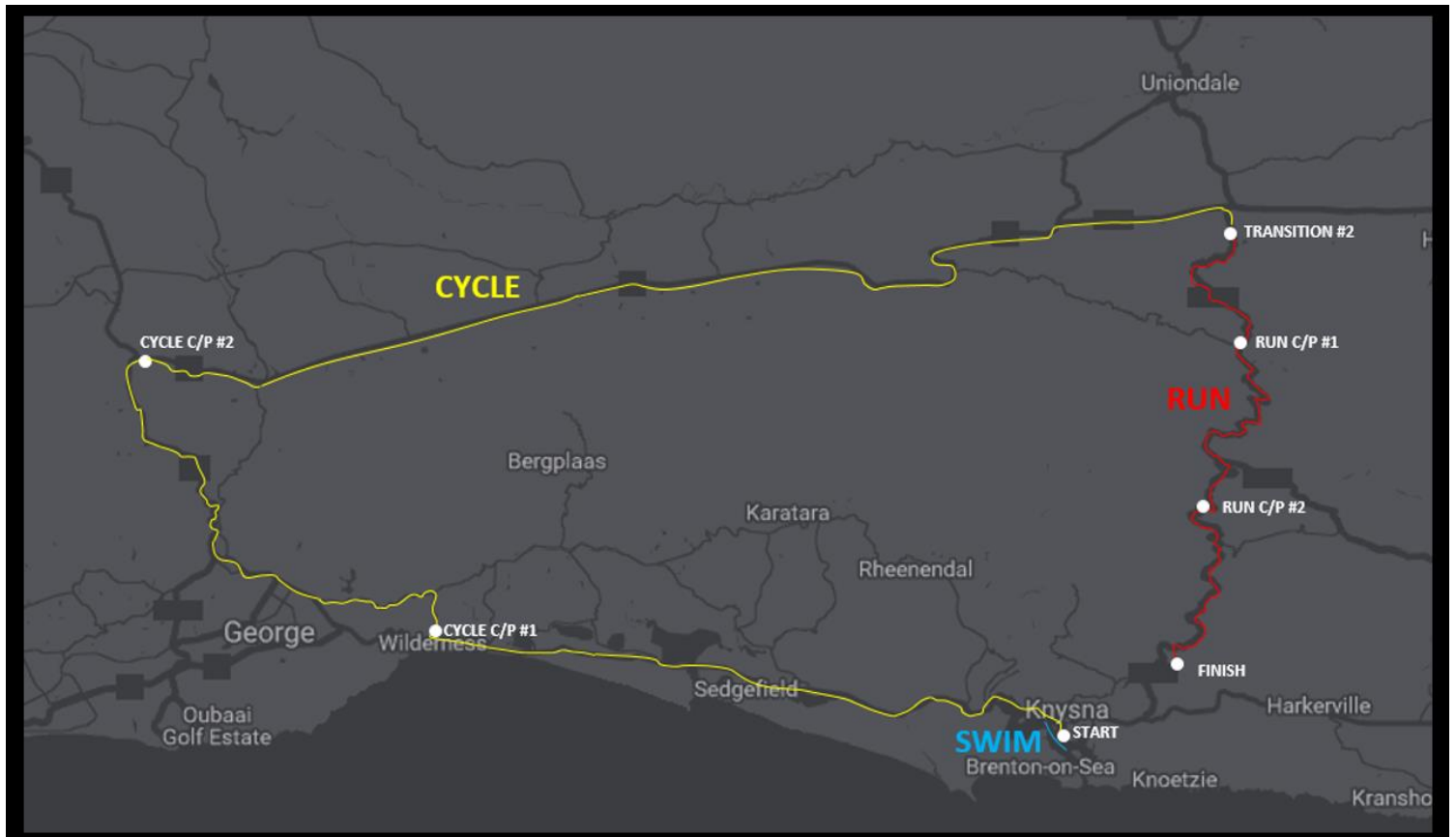
THE SUN AND TIDES

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

RACE PROFILE

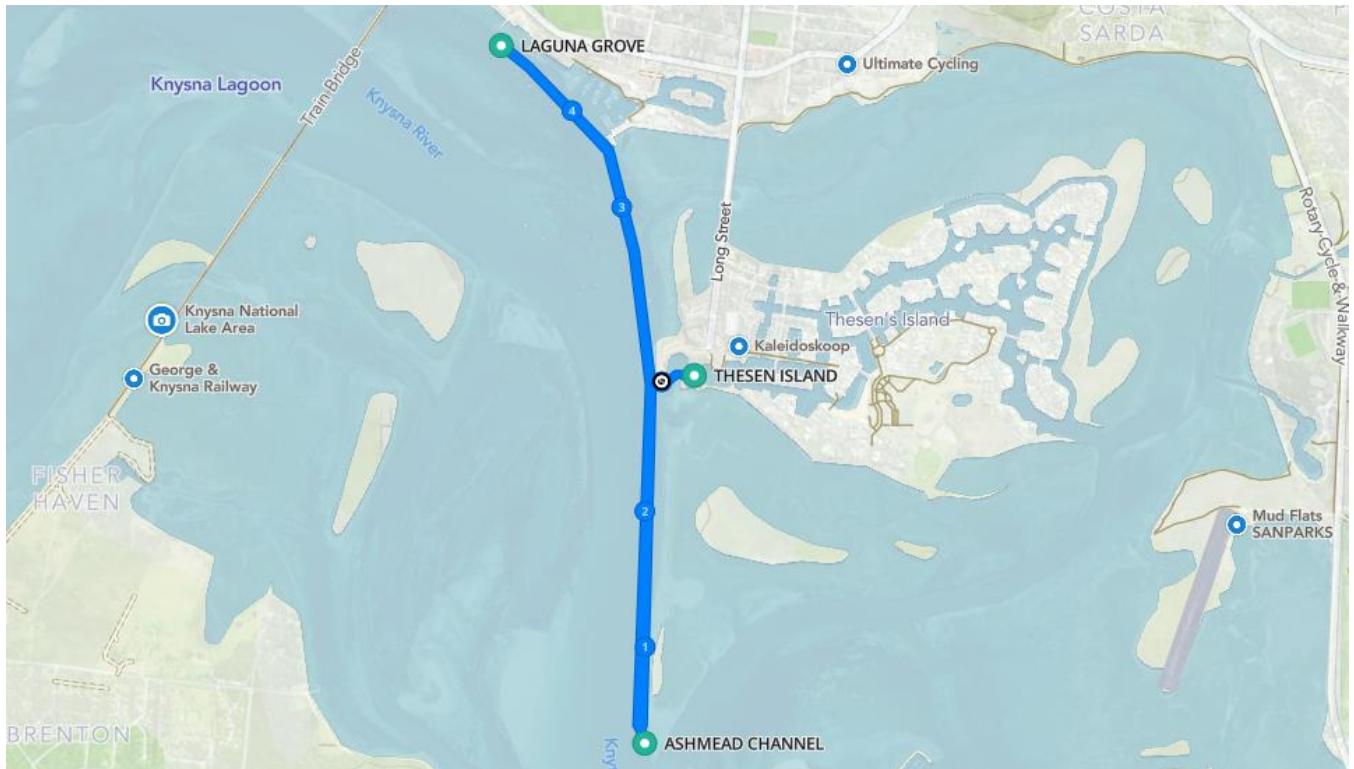


RACE MAP



SWIM – 5 KM

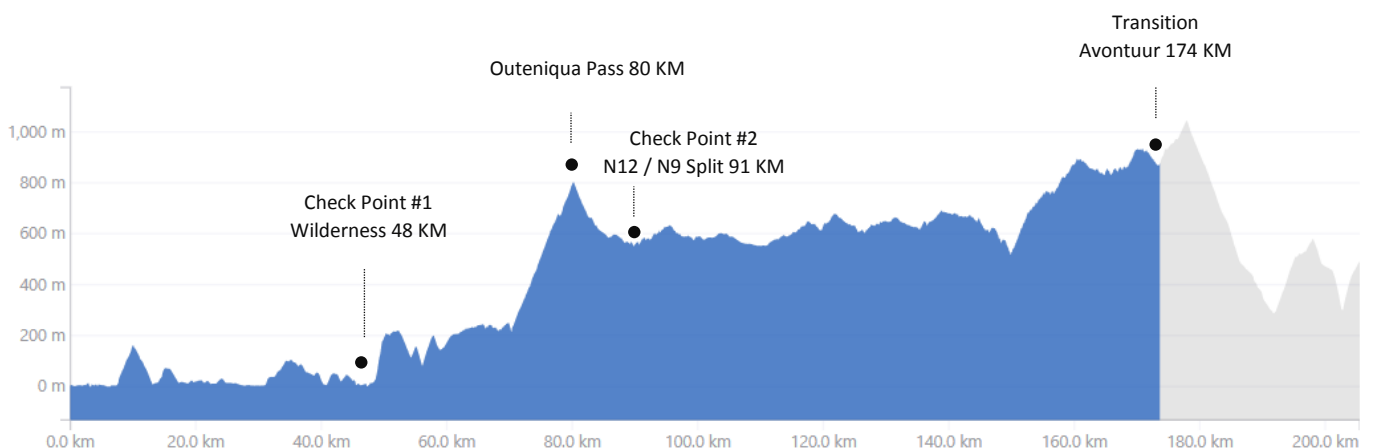
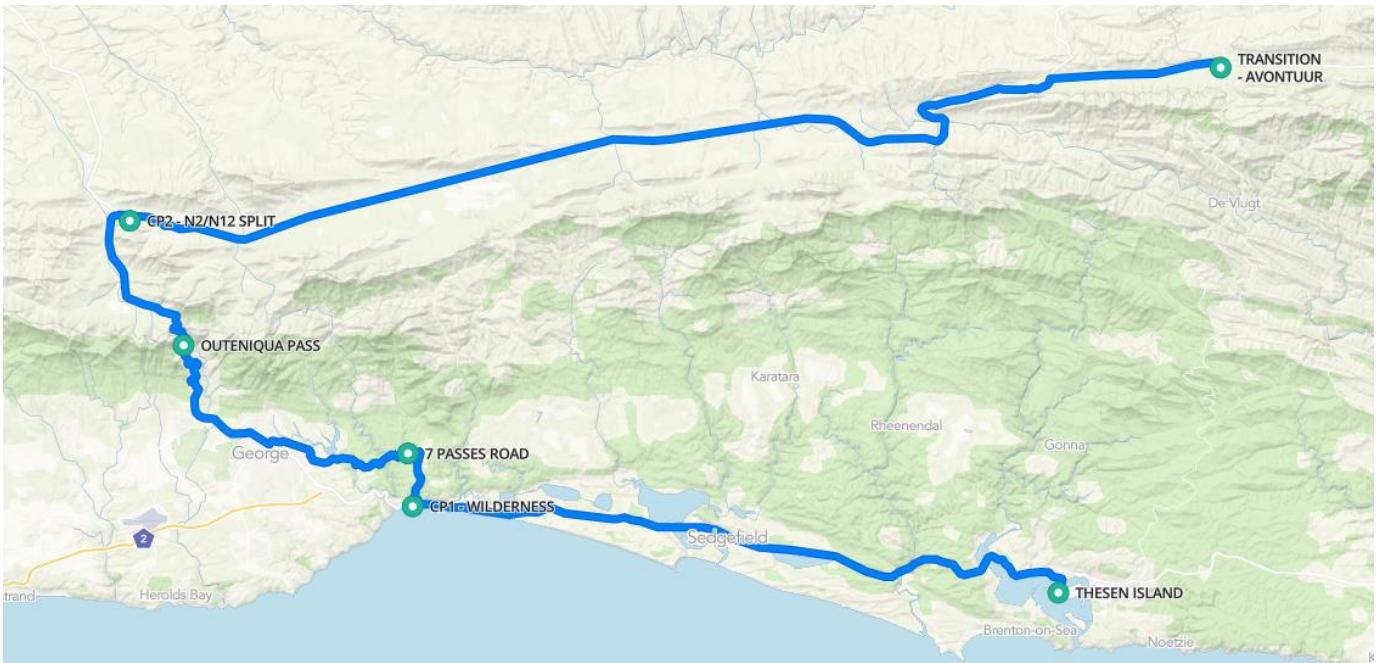
Athletes will start on the jetty outside The Knysna Experience at 05H00 and follow an anti-clockwise direction heading towards the Knysna Yacht Club and the first turn point in front of Laguna Grove. The outgoing high tide will have just started to turn which will assist the athletes as they make their way towards the second turn point near Leisure Isle. The swim last stretch is back will be into the current towards the finish 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.

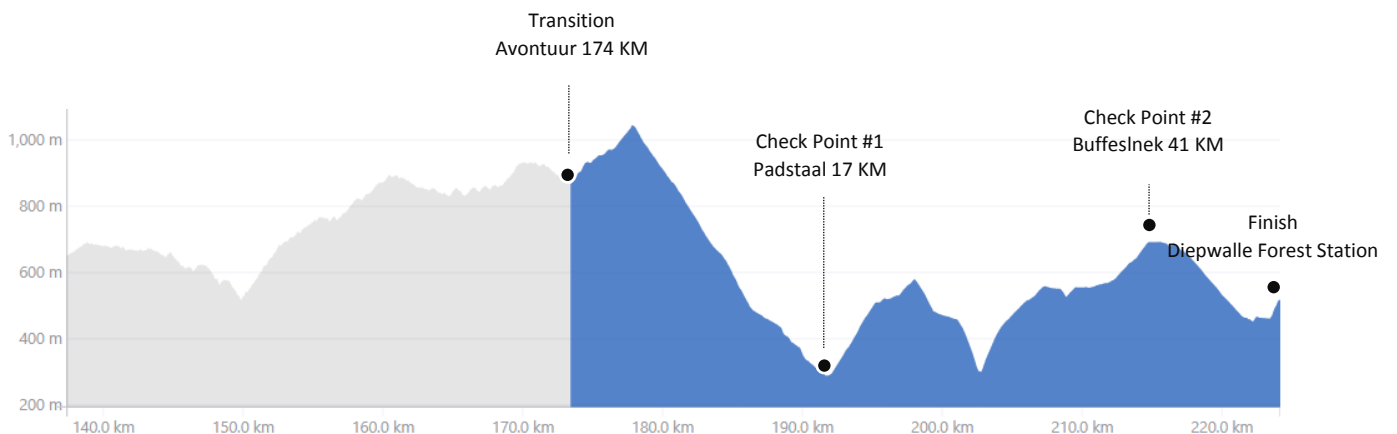
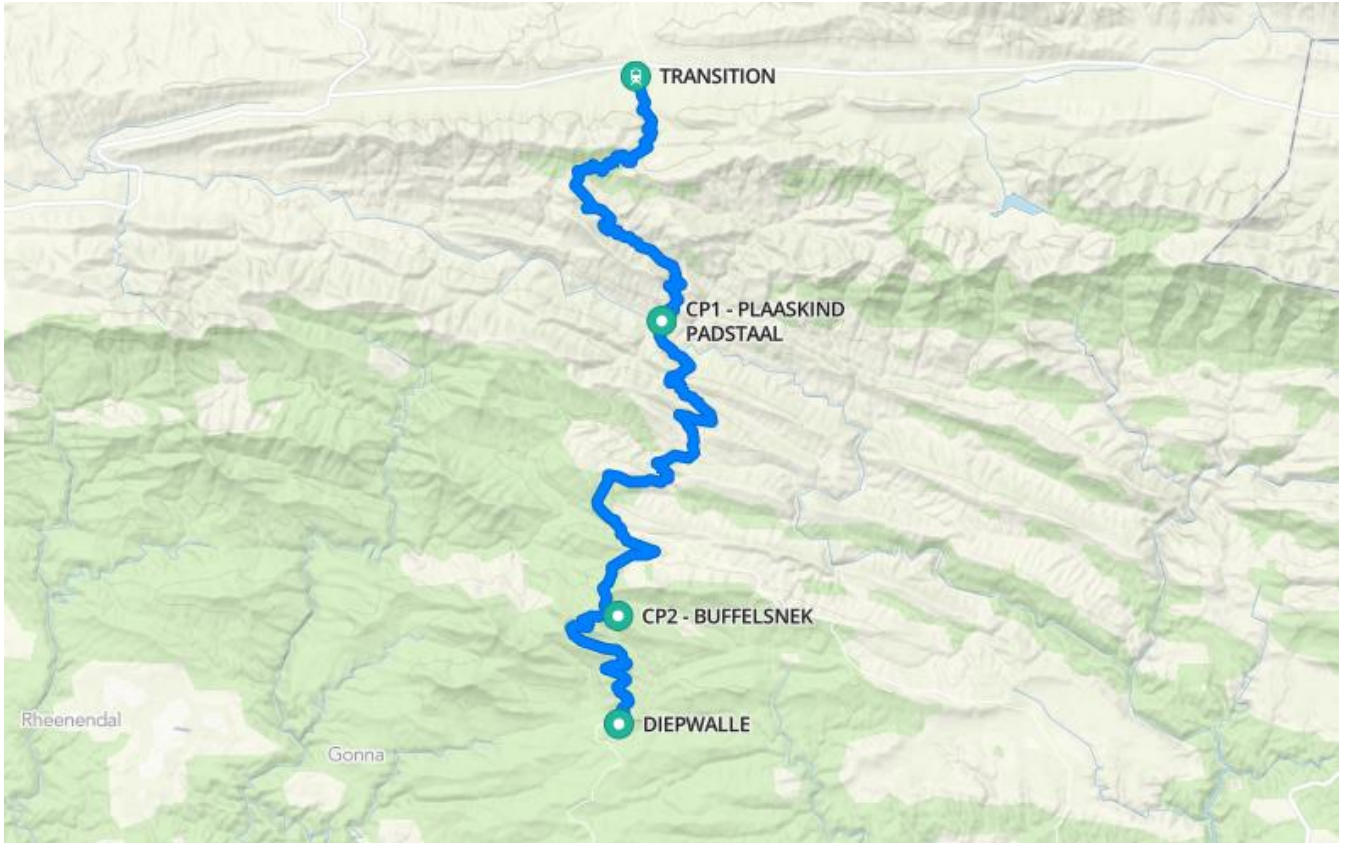
CYCLE – 174 KM

Athletes will cycle through the Garden Route along the N2 passing through Sedgefield and to the first checkpoint in Wilderness. A steep but short climb will take athletes to the windy and stunning 7 Passes Road and into George itself. Once through George, athletes will climb up and over the Outeniqua Pass (800m high) and into the dry and semi-arid Klein Karoo for the long stretch to T2 at Avontuur. 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 and with a total distance of 174km and elevation gain of just under 2,800m, the cycle section of the race will push your limits.



RUN – 50 KM

The run course is entirely on Prince Alfred's pass. Completed in 1867, Prince Alfred's pass, this is the last daunting stage on the Knysna Extreme. With just under 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.



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 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.

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. 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.

WITHDRAW / REFUND POLICY / COVID / T&Cs

Starting slot in Knysna Extreme 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.