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This week is race week for all [Knysna Extreme Triathlon](#) athletes. My heart wishes that I could've been there lining up for one of most beautiful and toughest races! Strongs to all athletes taking on this challenge and a special shoutout to my athlete @mattilsley doing his first Xtreme race. Here are my 10 tips of which I learned last year:

#1 It is an amazing experience sharing the whole day with your supporters, in my case, it was my awesome parents. A day like this brings you closer together! Appreciate them and acknowledge the fact that it is a long day for them too.

#2 Swim with dark lens goggles. Even though you start in the dark, once that beautiful sunrises you can't see a thing (I totally got the direction wrong last year)

#3 Control the bike [🚲] after the 1st checkpoint there is a short but very steep climb out of town which leads you into the 7passes and then Outeniqua. BUT no one talks about the last climb closer to the end of the ride! Keep some fuel in the tank for that one!!

#4 Remember to enjoy the scenery on the bike. It is amazing.

#5 nutrition is key! This race is easy when your planning to proper nutrition is good enough and also make sure you actually get that nutrition in during the race. I marked all my bottles and my parents had a list of when to give me what and they had strict instructions to force me to take in the nutrition! Plan and stick to it! You can see in the pic a massive amount of fluids being lost on the bike throughout the hot Karoo. So you need to be on top of it in this section!

#6 Have a wet towel before starting the run. To get all the sweat and salt off your skin and face.

#7 Remember the whole run is gravel. Make sure your tekkies are good and ready for it.

#8 Have enough ice and water on the run route. I ran out of ice and there is nothing on the run course and nowhere to stop and refill! This is NB!! Have enough water/coke and ice.

#9 Always smile and greet the volunteers at checkpoints! They are there for YOU!

#10 The satisfaction after a race like this stays with you forever. Go and chase that. Never ever ever give up.