

# KNYSNA

## EXTREME TRIATHLON



ATHLETE MANUAL

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02.11.2024



EXTREME  
TRIATHLON  
SERIES

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## Triathlon in its purest form

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

# EXTREME TRIATHLON SERIES



The Knysna Extreme Triathlon is part of the **Extreme Triathlon Series**. The Xtri Series is a group of extreme triathlon events around the world where athletes can push their boundaries and be part of an unforgettable experience. Each event is unique in itself, with varying terrain, distances, challenges and characteristics – a triathlon designed for triathletes, by triathletes. Each finisher will receive a unique piece of the Extreme Puzzle Medal. Athletes who take on the challenge and complete all 5 races in the Extreme Triathlon Series within a 3-year period, will be crowned the Ultimate Extreme Athlete and will receive a trophy unique in itself for the ultimate extreme triathlete.





# SPONSORS AND PARTNERS

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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.



# HOW TO GET THERE AND WHERE TO STAY

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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

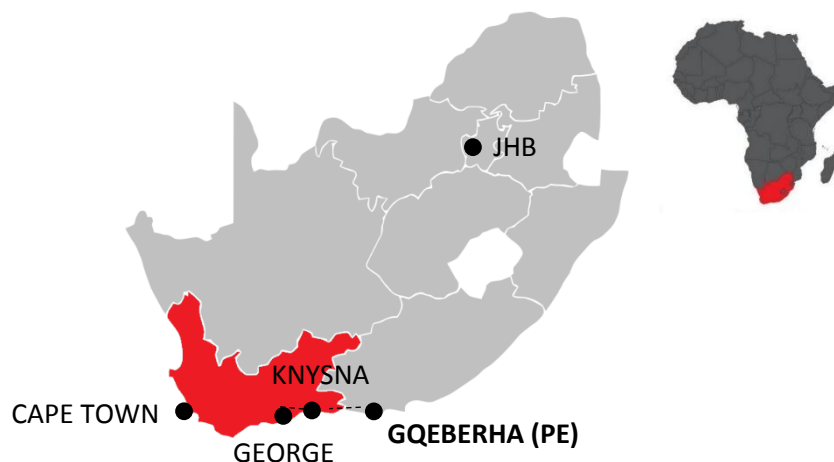
<https://pezulanatureretreat.com>

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>



# IMPORTANT INFORMATION

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## EVENT OVERVIEW

It is important to keep in mind that the Knysna Extreme is a tough event and not one to be taken lightly. You will be challenged with tidal currents during the 5 km swim. The cycle leg will be moderate and humid on the coastal side of the mountain, but hot and dry as you go over the Outeniqua pass and through the Klein Karoo. The run is the hardest discipline, with an initial descent of 900m over 17km followed by 3 climbs on narrow, windy dirt roads. Ensure you have enough food and water to keep you and your Supporter well-nourished so that you can complete the Knysna Extreme Triathlon.

## THE SUN AND TIDES

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

## SUPPORTER ROLE

Your Supporter plays a vital role in the Knysna Extreme Triathlon as it is an unsupported race, and each Athlete is required to have a registered Supporter to follow them along the entire route. Athletes are welcome to have more than one supporter, but only their primary Supporter will be registered. The Supporter's role is to provide all nutritional and motivational support to the Athlete and to also clear away the Athlete's gear from the Transition areas. The Supporter will also be the central point of contact for the athlete during the race, in case they need to contact the race organisers, or the race organisers need to contact them.

## LITTER

The Garden Route is a beautiful part of the country and we would like to keep it that way. If any Athlete or their 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

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

# REGISTRATION

## REGISTRATION

Registration for Athletes and their Supporters will take place at The Knysna Experience on Thesen Island between **15h00 – 16h00** on **Friday the 1<sup>st</sup> of November**.

### 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 check that you have everything before leaving Registration:

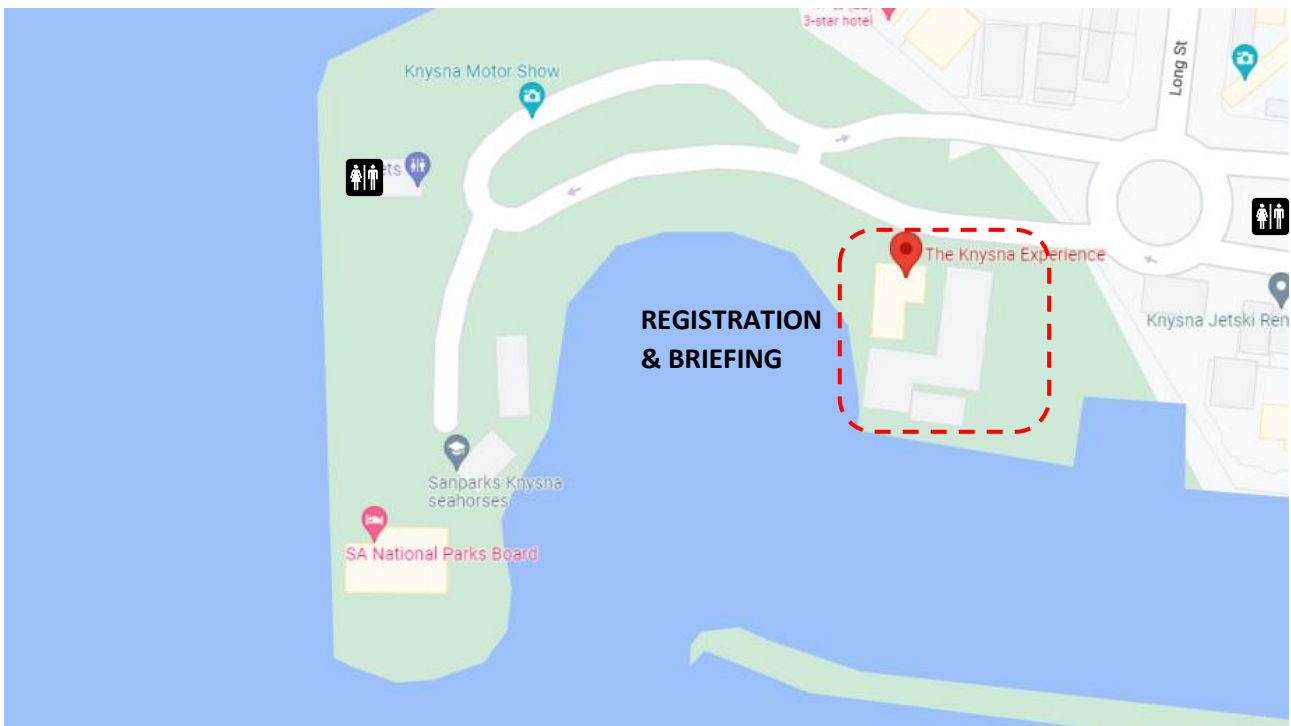
- Knysna Extreme swim cap
- Decals for bike and helmet
- Race number
- Supporter shirt
- Athlete and Supporter wristbands
- Athletes Guide Book

## RELEASE FROM LIABILITY

Athletes and their registered Supporters 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



# RACE DAY

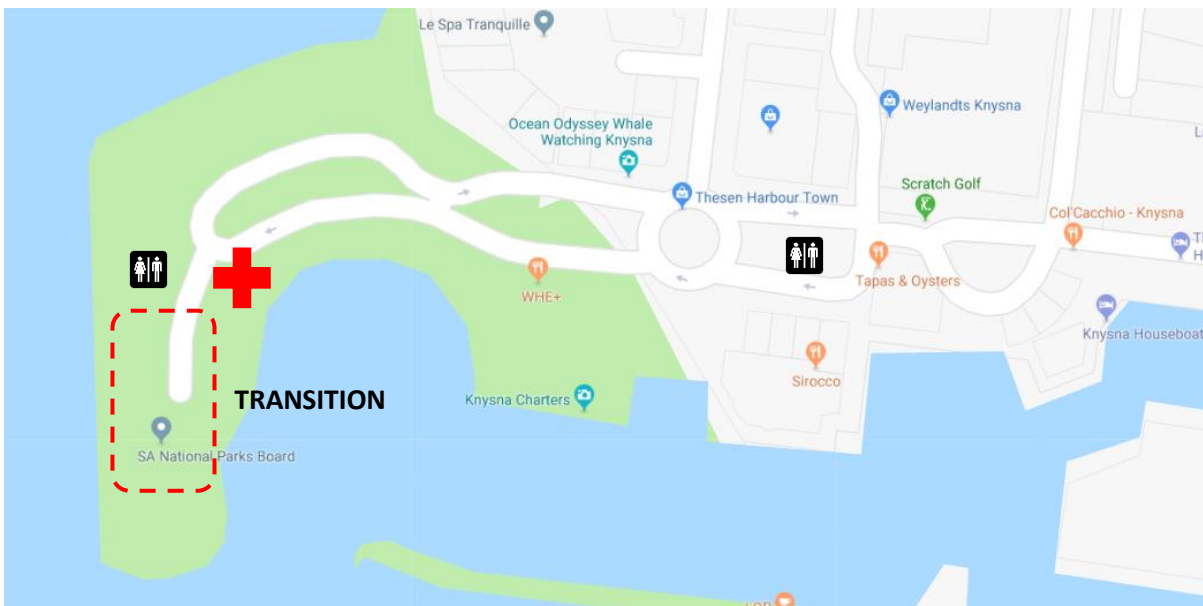
## TRANSITION | 03h30 – 04h30

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.

Athletes will also receive their GPS Tracker which is to be carried with them for the duration of the event.

**NOTE:** Each Athlete and their Supporter is responsible for their own equipment. The organiser does not accept responsibility for lost or broken equipment.



*Image – Transition*

## PARKING

Parking is available around the Thesen Island Harbour area.

All Supporter cars are required to have the Knysna Extreme Triathlon ‘TRIATHLETE AHEAD’ sticker on the back of their vehicle on Race Day.

## SWIM CHECK IN | 04h30 – 04h50

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.

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



Image – Swim check-in and Swim Start

## SWIM START | 05h00

The 7<sup>th</sup> Knysna Extreme Triathlon will start at 05h00.

# DETAILED COURSE

Athletes will battle tidal currents in the Knysna Estuary, then cycle along the N2 coastal road, passing through Sedgfield, 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.

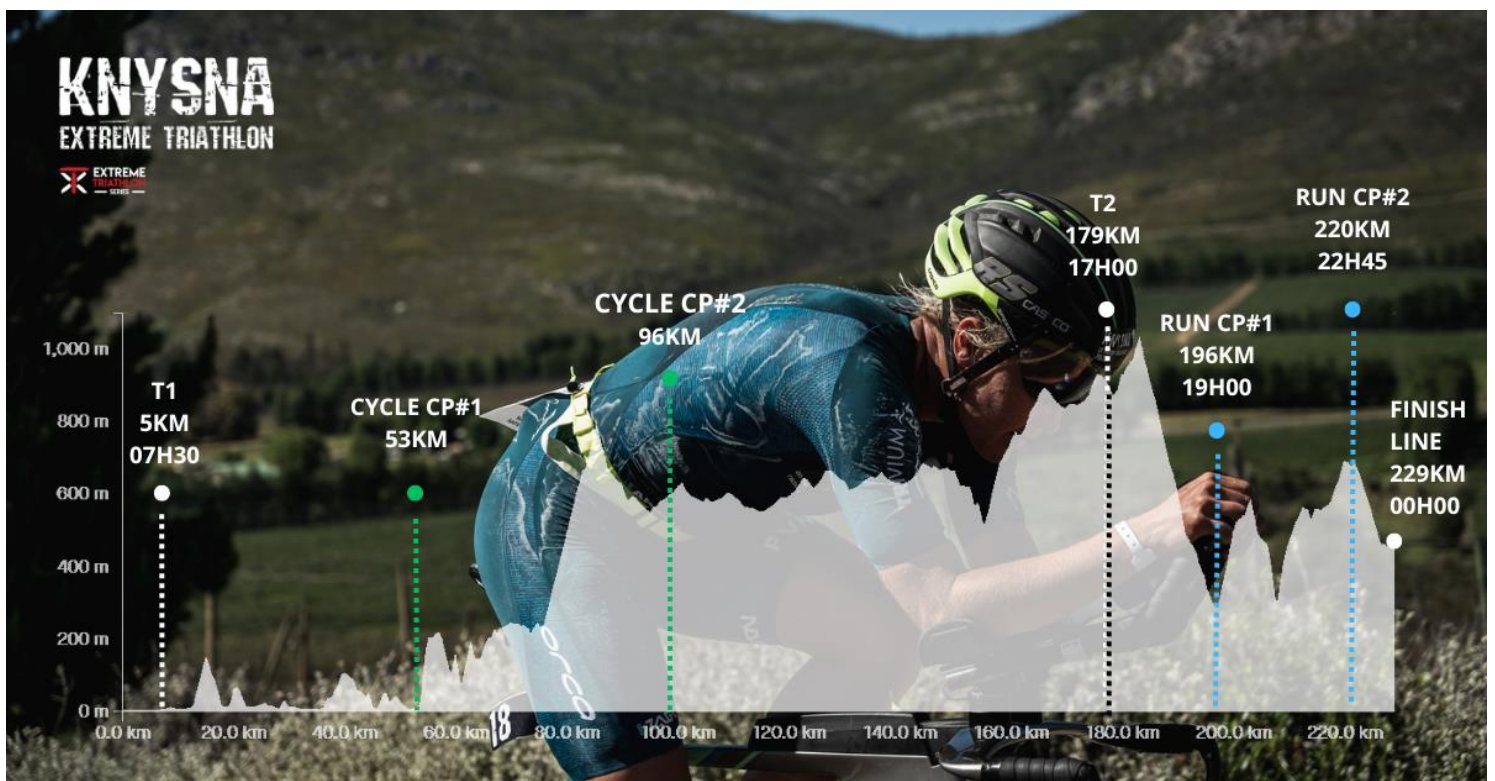
## Total Distance

229 km (147 Miles)

## Total elevation

+3800m (11,482 ft)

## RACE PROFILE



## SWIM – 5 km

### SWIM CUT-OFF TIME – 07h30

Athletes will start the Knysna Extreme in front of The Knysna Experience at 05h00. The water temperature will be announced during Race briefing but the November average is around 19.5 degrees. The swim route will be completed in an anti-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 outgoing current.

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

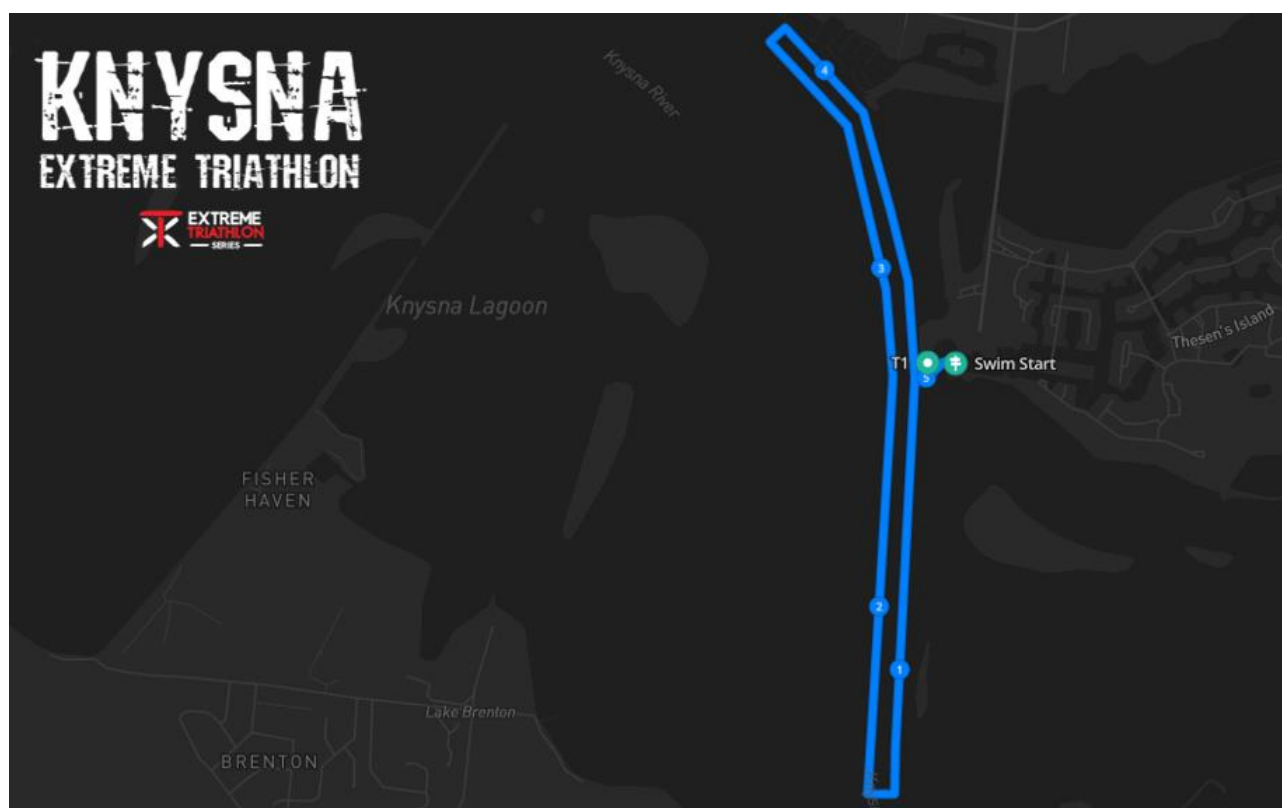
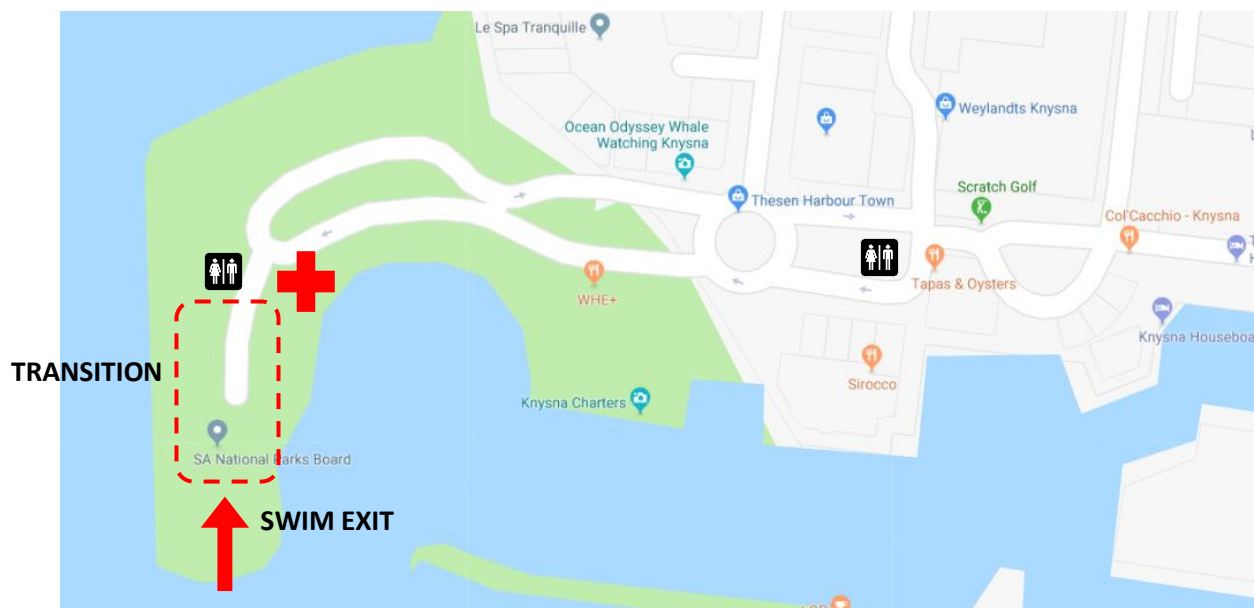


Image – Swim route

## TRANSITION 1 (T1) - SWIM / CYCLE TRANSITION

Only registered Supporters are permitted into the transition area to assist their Athlete in preparing for the next section of the race.



*Image – Transition and Swim Exit*

### CONSIDERATIONS

- Please be aware of not obstructing or impeding other Athletes in the transition area.
- Supporters are responsible for collecting all of their athlete's belongings and clearing the transition area as soon as possible after the athlete has left.
- Athletes can only mount their bikes at the Mount Line outside the transition area.
- **For team entries**, please remember to transfer the GPS Tracker from the swim Athlete to the cycle Athlete before leaving Transition.



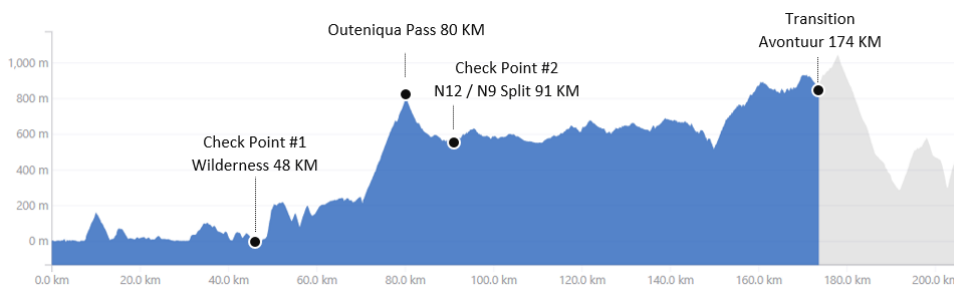
## CYCLE – 174 km

**CYCLE CUT-OFF TIME – 17h00**

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 2,460 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.



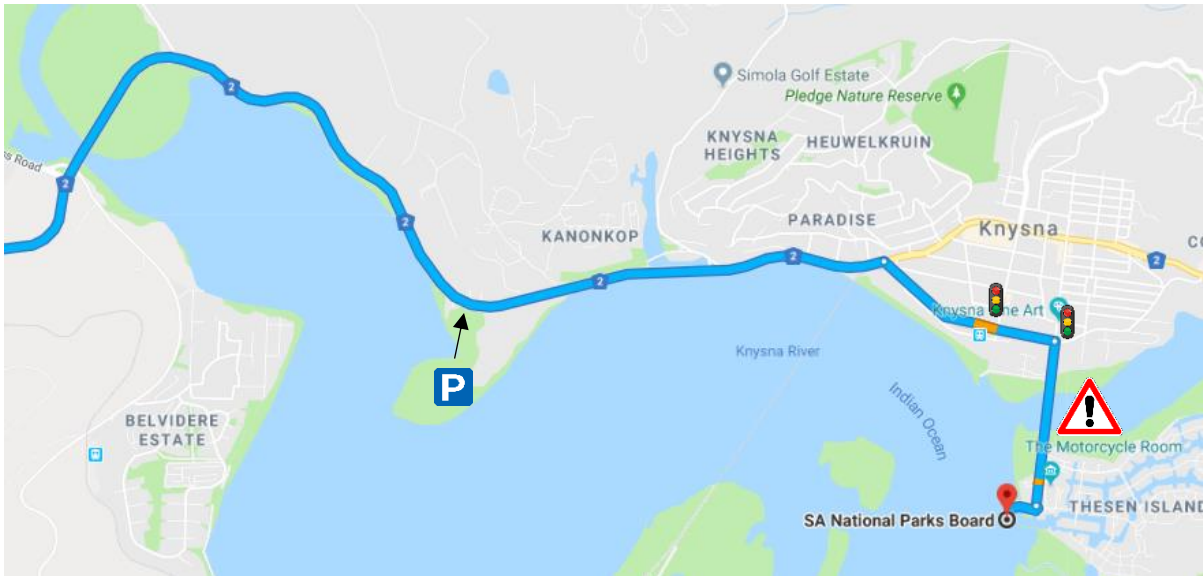
Image – Cycle Route




## 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 is a DRAFT FREE race. You are not permitted to draft other competitors or vehicles. Any athletes 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 Theisen Island

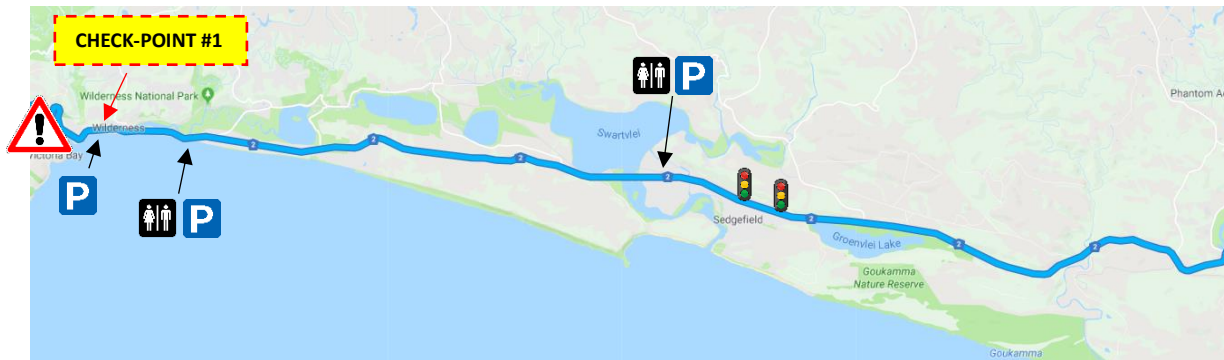
**1.1 km** – Turn left onto Waterfront Drive

**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 – 48.3 km



7.6 km - Follow N2 towards **Sedgefield**

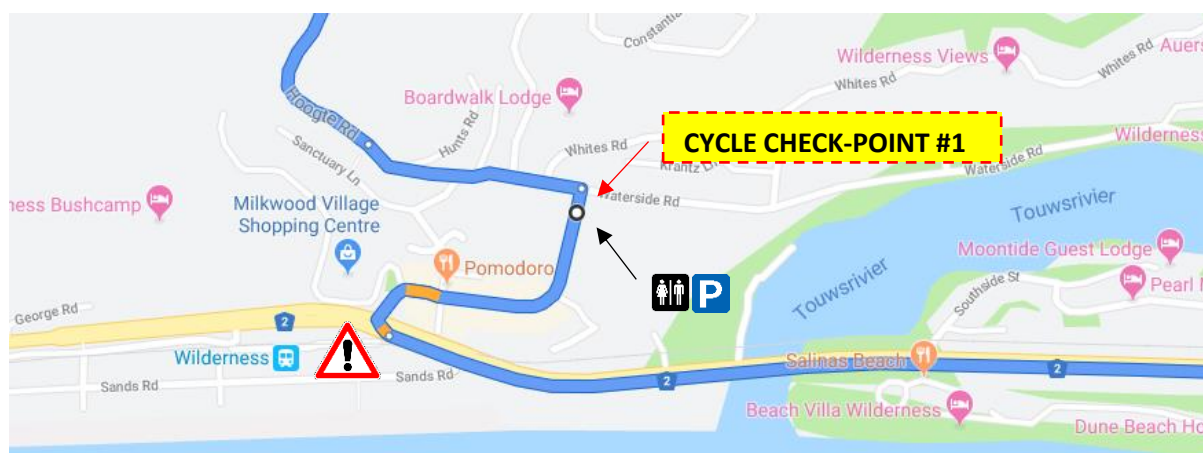
25.0 km – Cycle through **Sedgefield** and stay on the N2 towards **Wilderness**.

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

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

48.0 km – Turn right onto George Road

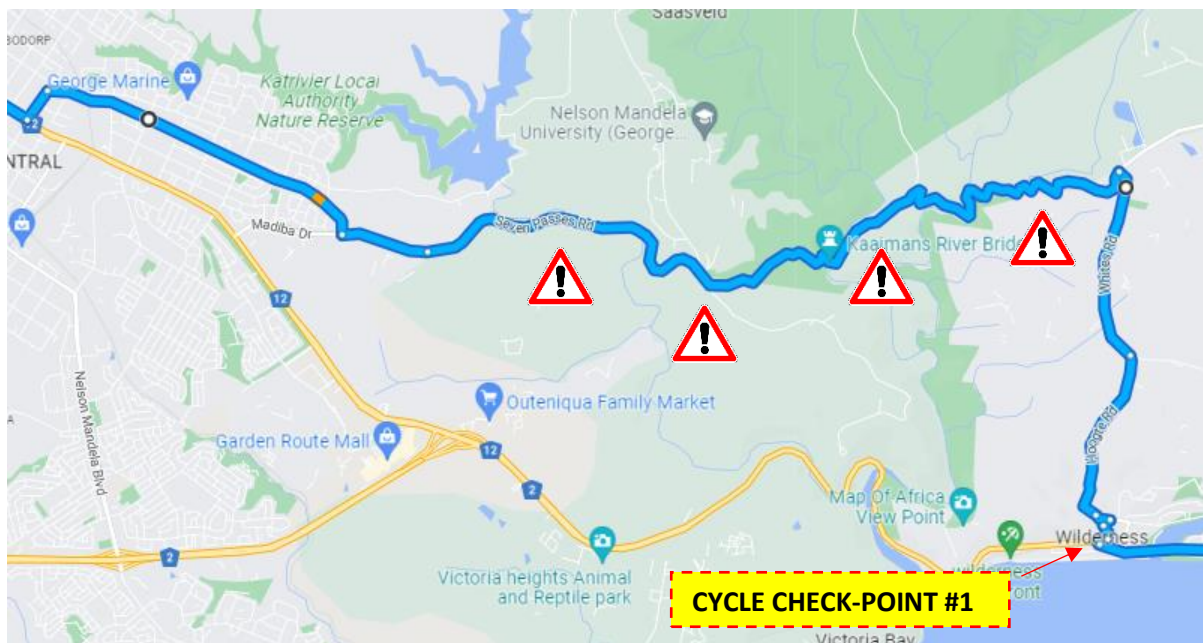
48.3 km – **CHECK-POINT #1 TURN POINT ‘Wilderness Hotel’** - All Athletes are required to stop at the Check-Point and provide a marshal with your Name and Race Number. Parking is available for all Support cars.



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

48.3 km - Toilets and Parking are available at the Wilderness Hotel.

### BIKE SECTION 3 | 48.5 km – 65 km



48.5 km – Turn left onto Waterside Road which turns into Hoogte Road

52.4 km – Turn left onto Seven Passes Road

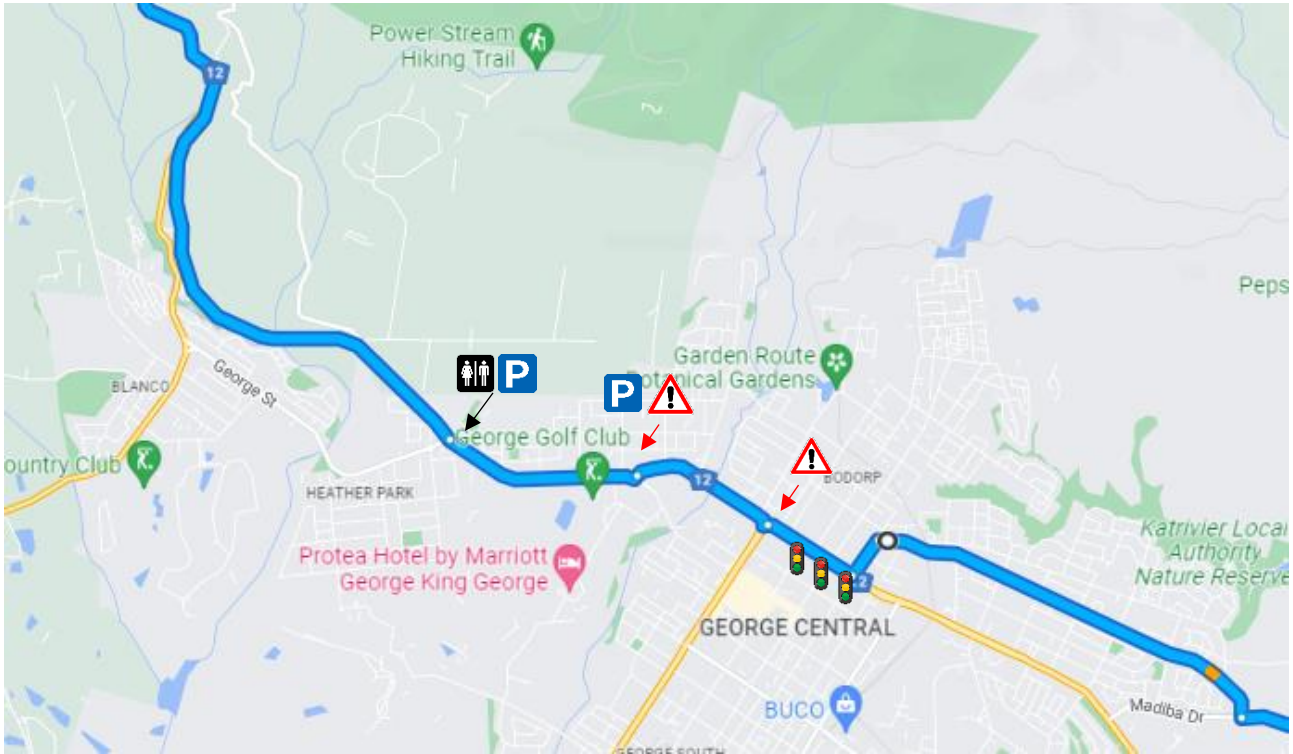
61.5 km – Turn right onto Meyer Street

64.7 km – Turn left onto Mitchell Street



65 km – Turn right onto the N12 (George town)

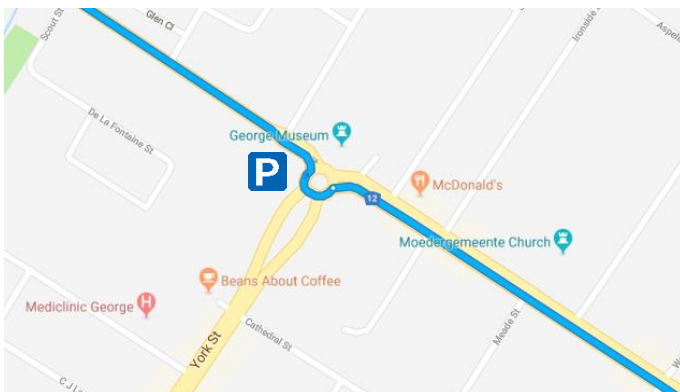
 **CAUTION – Seven Passes Road has 3 fast, steep and windy descends.**

BIKE SECTION 4 | 65 km – 65.8 km

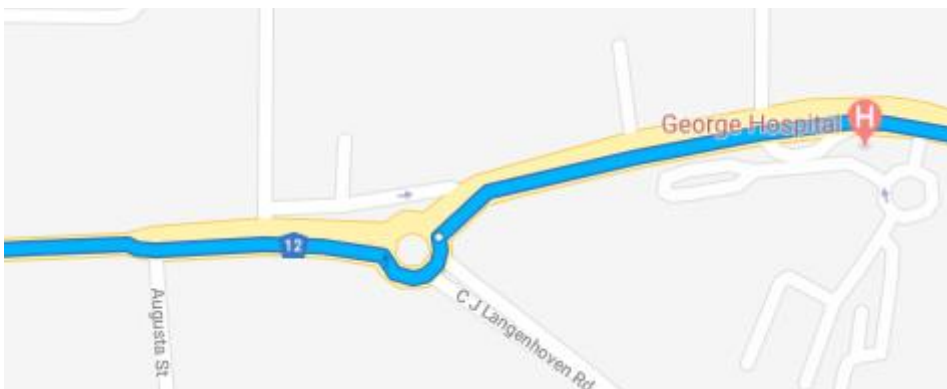


65 km – Follow the N12 into and through **George**.

  **65.8 km** – Take the 2<sup>nd</sup> exit at the traffic circle.

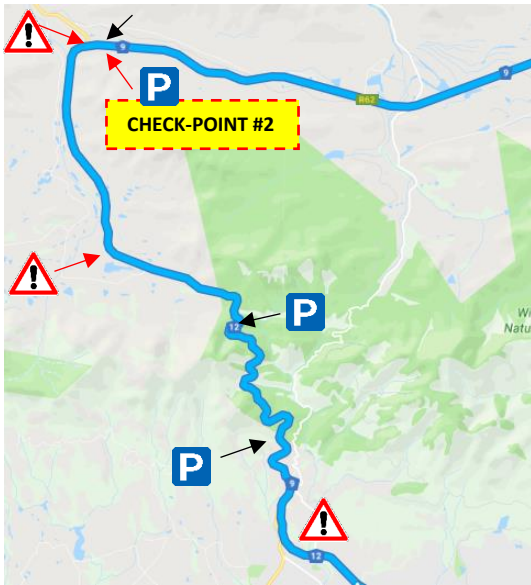


 **67.0 km** – Take the 2<sup>nd</sup> exit at the traffic circle.



  **68.5 km** - Toilets and Parking are available at **ENGEN** petrol station.

BIKE SECTION 5 | 65.8 km – 91 km



**⚠ CAUTION** – it is recommended that Support vehicles follow their Athlete up the Outeniqua Pass.

**72.5 km** - Start of **Outeniqua Pass**.

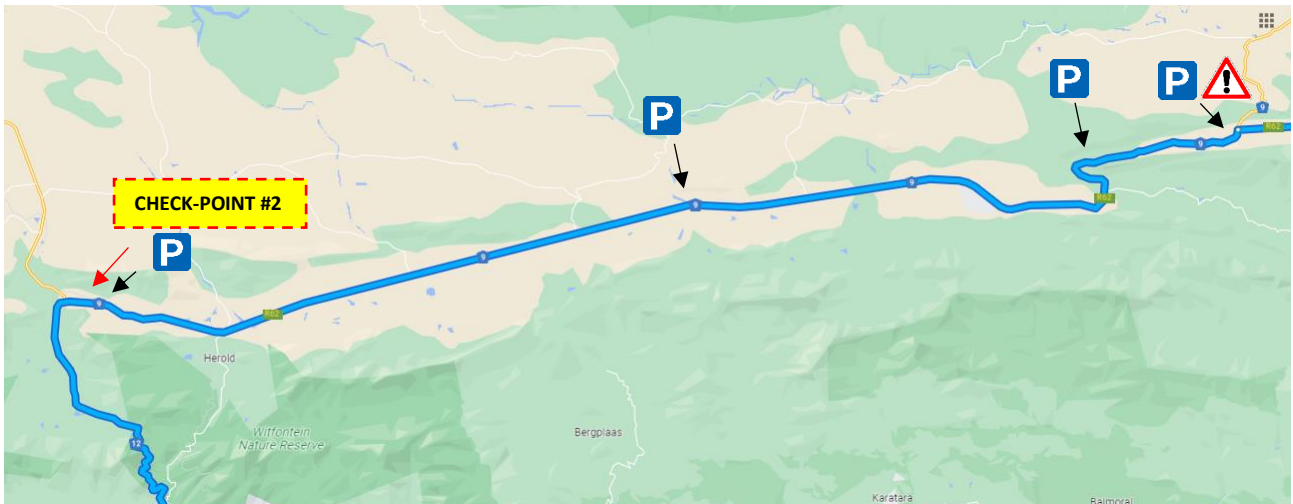
**P 74.0 km** - Parking area on left hand side.

**P 78.6 km** - Parking area on right hand side.

**⚠ CAUTION** - 85.1 km - the road narrows drastically, with no shoulder until Check-Point #2 and it is **mandatory** that Support Vehicles follow their Athlete along this section of road until the N12 Oudtshoorn split / N9 Uniondale split.

**90.2 km** – Follow the N9 Uniondale / R62 Jourbertina.

**91.0 km** - **CHECK-POINT #2 'N12 / N9 split'** - 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.



**91.0 km - CHECK-POINT #2 'N2 / N9 split'**

**P** 124.0 km – Parking area on left hand side.

**P** 156.0 km – Parking area on right hand side.



**!** **P** 161.0 km – Turn right onto the R62

173.5 km – Turn right onto Prince Alfred's Pass

174.0 km - Transition 2 (Cycle / Run Transition)

## TRANSITION 2 (T2) – CYCLE / RUN TRANSITION

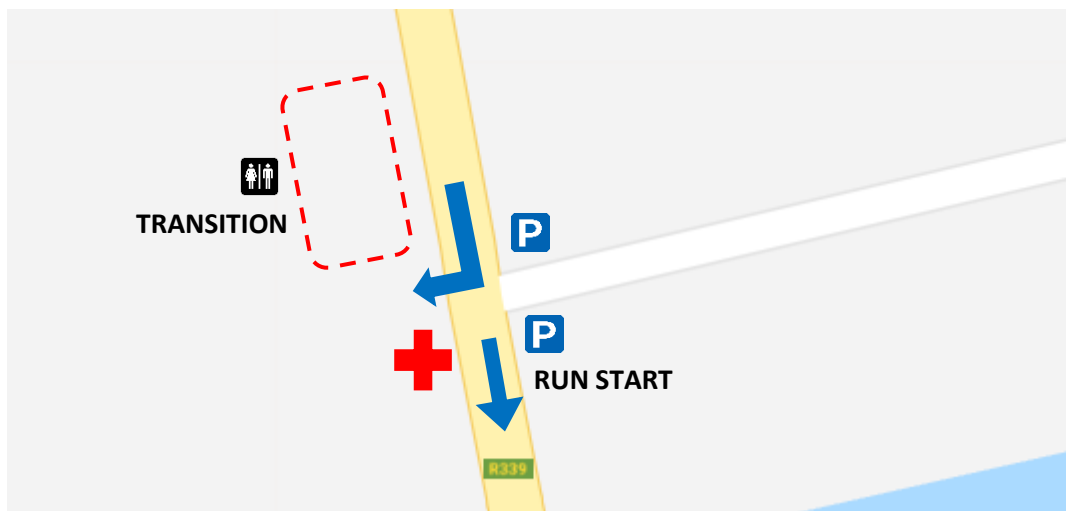


Image – Transition

### CONSIDERATIONS

- Please be aware of not obstructing or impeding other Athletes in the transition area.
- Supporters are responsible for collecting all of their athlete's belongings and clearing the transition area as soon as possible after the athlete has left.
- For team entries, please remember to transfer the GPS Tracker from the bike Athlete to the run Athlete before leaving Transition.

### EQUIPMENT CHECK

Athletes are required to have the following equipment available to them during the Run section. These items may be carried by the athlete (or the Supporter if running), or they may be transported in the Supporter's car, but must be readily available if needed.

These items are:

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Warm clothing | <input type="checkbox"/> Headlamp |
| <input type="checkbox"/> Rain jacket   | <input type="checkbox"/> Food     |
| <input type="checkbox"/> Space blanket | <input type="checkbox"/> Water    |

**⚠ IMPORTANT NOTE** – There are no shops available to purchase water on the run route. Please ensure that you have sufficient water for both the Athlete and Supporter.



## RUN – 50 km

### RUN CUT-OFF TIME – 24h00

After leaving transition, athletes will make their way to Diepwalle Forest Station via Prince Alfred pass, which is a dirt road. Athletes will be required to check in at two checkpoints.

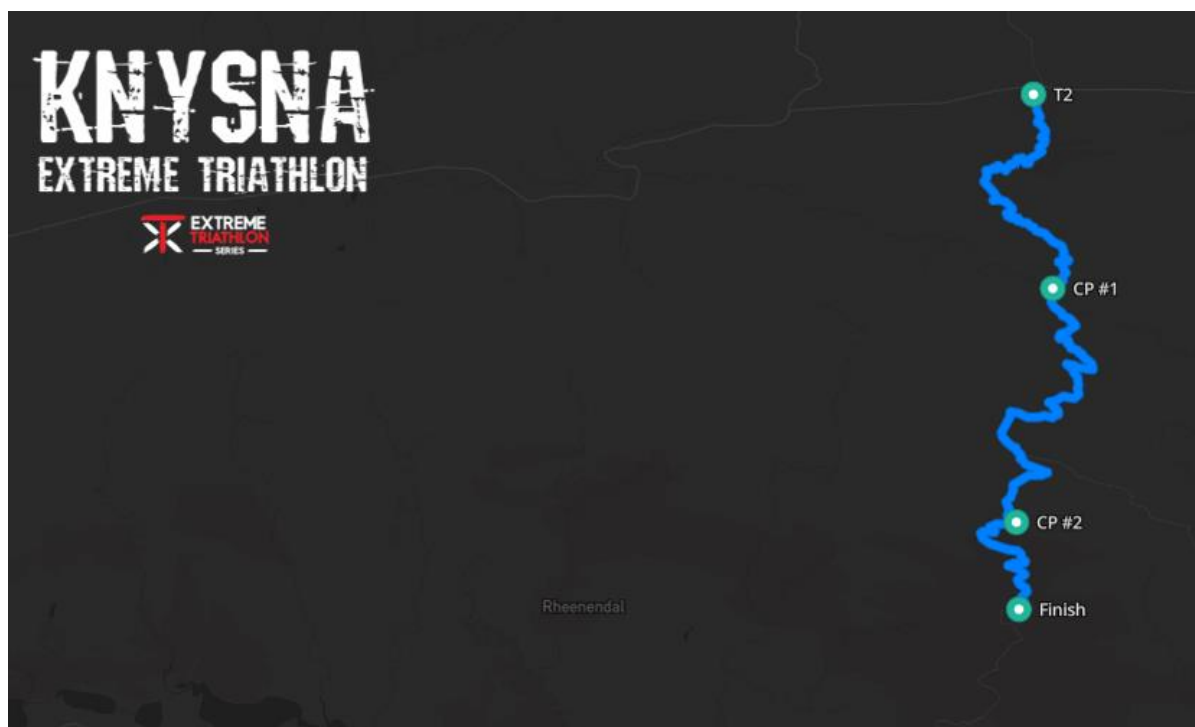


Image – Run Route

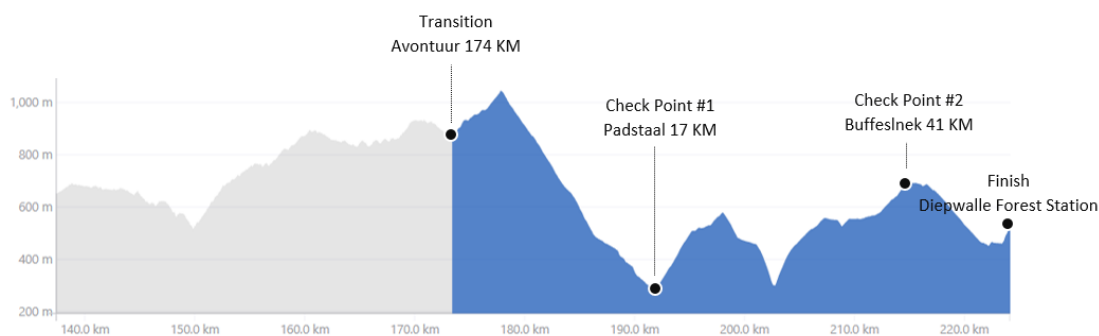


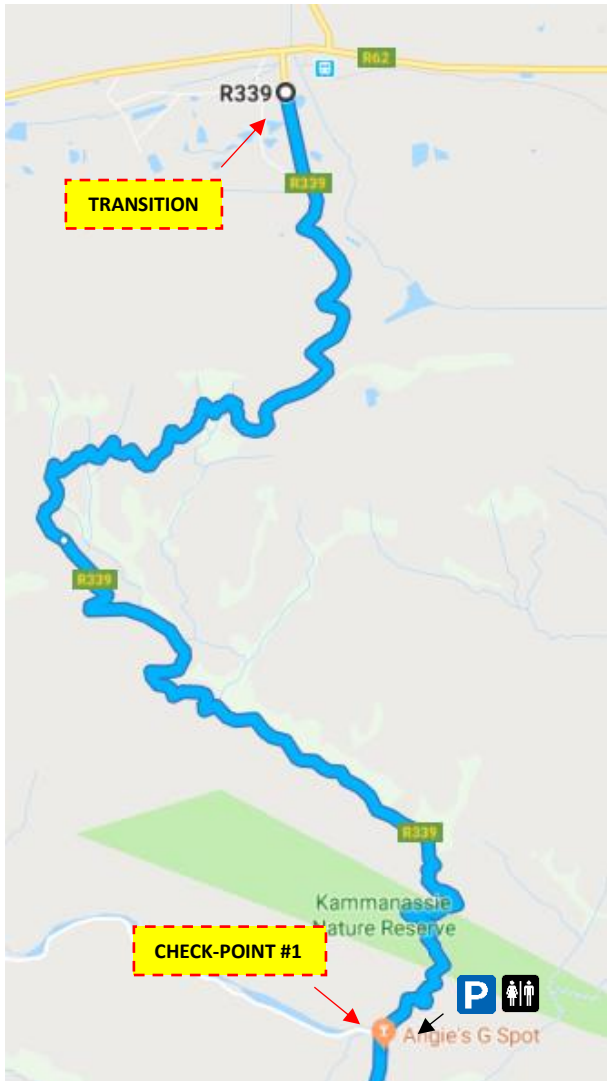
Image – Run Profile

## CONSIDERATIONS

- The run course is open to ordinary traffic.
- Runners must keep to the left side of the road during the run.
- If an athlete has more than one Supporter, a supporter/ supporters may run with their athlete on any section of the route, while another supporter drives the Support car.
- Trekking poles are forbidden.
- Please plan enough time to finish the run, based on your personal capability.

**⚠ IMPORTANT NOTE** - Prince Alfred's pass is very narrow with steep drop offs, tight corners and blind rises, with limited areas available for cars to overtake. Athletes and 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 – 17.0 km**



**0 km** – Leave transition and head South along the R339

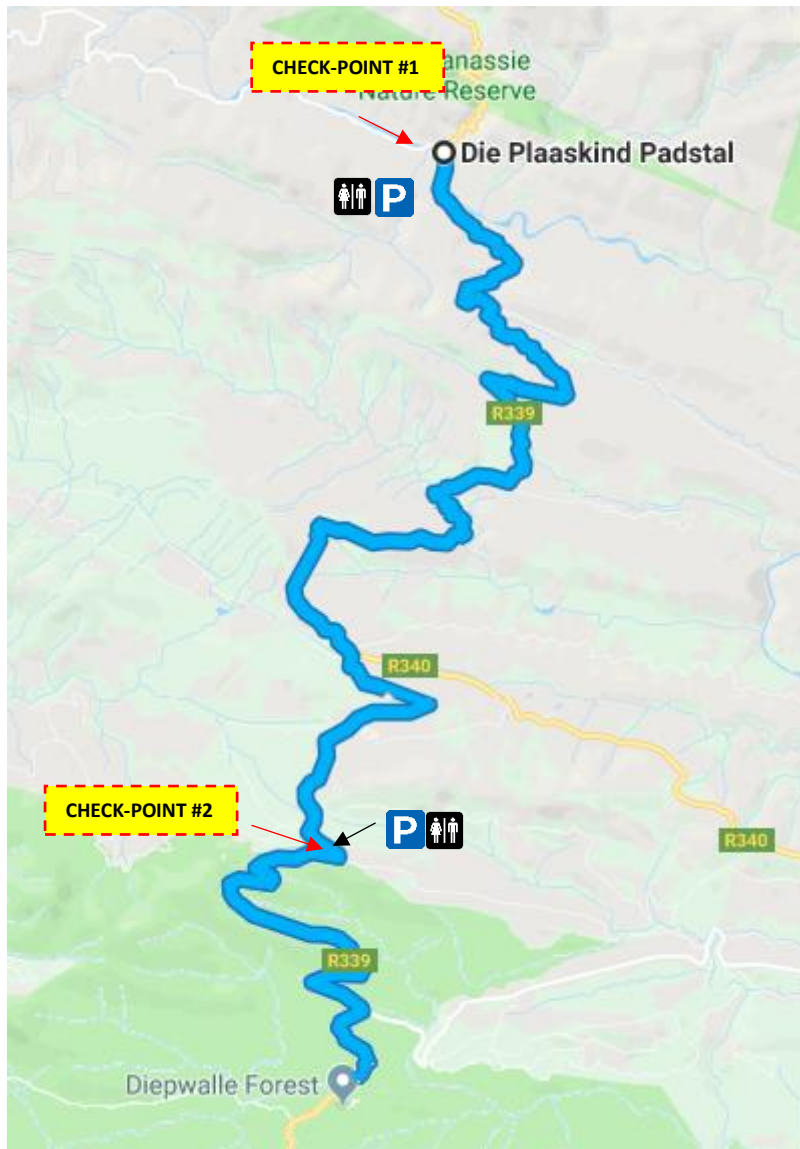
**17.0 km - CHECK-POINT #1 'Die Plaaskind Padstal'** - All Athletes are required to stop at the Check-Point and provide a marshal with your Name and Race Number. Parking is available for all Support cars.

This is your last opportunity to buy water, drinks, food or anything for the rest of the run section.


  Toilets and parking available at **Die Plaaskind Padstal**.

**CHECK-POINT CUT-OFF TIME – 19h00**

RUN SECTION 2 | 17.0 km – 50.0 km



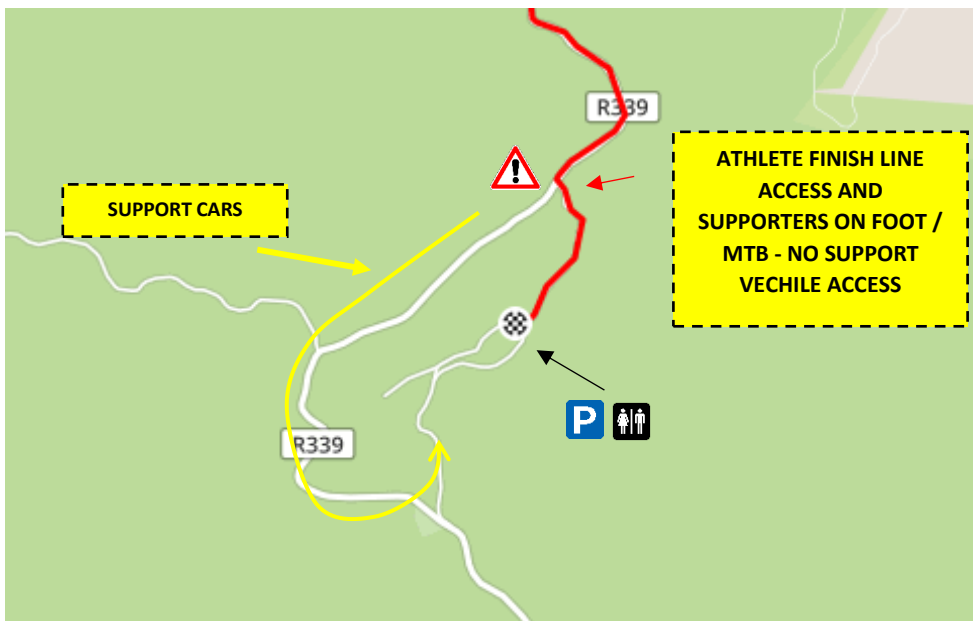
**41 km - CHECK-POINT #2 'Buffelsnek Winkel'** - All Athletes are required to stop at the Check-Point and provide a marshal with your Name and Race Number. Parking is available for all Support cars.

  Toilets and parking available at **Buffelsnek**.

**CHECK-POINT CUT-OFF TIME – 22h45**

**⚠ IMPORTANT NOTE '49.4 km'** – Athletes turn left up a narrow secondary road and make their way to the finish line. No cars are allowed up this road but Supporters are allowed to run / cycle with their Athlete from this point to the finish line. Support Vehicles are required to continue for a short distance on the main road and then turn left to Diepwalle Forest Station.

### 50.0 km - Finish Line for the KNYSNA EXTREME TRIATHLON



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 turn off and complete the last portion of the Knysna Extreme Triathlon with their Athlete.

**FINISH LINE CUT-OFF TIME – 24h00**

# CUT-OFF TIMES

Cut-offs are necessary for 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 and rules outlined below will be enforced.

Water Exit – Transition 1 (T1)	07h30
Cycle Checkpoint #1 – 48 km Wilderness Hotel	NA
Cycle Checkpoint #2 – 91 km R62 / N9 Split	NA
Transition 2 (T2) – 174 km Avontuur	17h00
Run Checkpoint #1 – 17 km Die Plaaskind Padstal	19h00
Run Checkpoint #2 – 41 km Buffelsnek	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.

Please drop off your GPS tracker at the closest checkpoint or bring it to the next day's brunch.

# THE DAY AFTER

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## KNYSNA EXTREME BRUNCH

The Knysna Extreme experience is only finished after the post-race brunch. A buffet brunch will be served at Dry Dock, Knysna Quays between 09h00 and 11h00 for all athletes and their supporters. This will also include a short ceremony where finishers will receive their Finisher T-Shirts.

Each Athlete and Supporter receives a brunch ticket as part of the entrance fee to the Knysna Extreme. Additional Supporter tickets may be purchased at Registration.

A Finisher photo will be taken at 11h00 outside the venue.

**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.

# POSITIVE ATTITUDE

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## **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 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

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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

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## 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.
  - The GPS Tracker is to be worn at all times.
- 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 required to have mandatory equipment available for the Run section of the race. These items will be checked at T2 by crew members before the Athlete is allowed to start the run. It is the responsibility of the Athlete's supporter to have these items checked prior to the start of the run. These items are:
    - Warm clothing
    - Rain jacket
    - Space blanket
    - Headlamp
    - Food
    - Water.

## **SUPPORTER RULES AND REQUIREMENTS**

- Support given by Supporters during the race is limited to providing drinks, nutrition, clothing and tools. The supporter may not assist in mending or repairing any equipment for the athlete.
- All support must be provided from outside of the car, and never through a car window, even if the car is parked.
- Athletes may not sit in the car at any time during the race, even if the car is parked.
- At least one person in a support team must be able to communicate with the Knysna Extreme organisers in English.
- The registered supporter must wear the Knysna Extreme Support T-shirt when entering the transition zones to pick up their Athlete's equipment.
- The registered supporter must be available on their mobile phone throughout the race.

The support vehicle:

- Must have the Supporter's flag visible.
- Must follow South African traffic rules and posted speed limits.
- Must not drive directly behind or in front of any Knysna Extreme athlete, except when following their athlete on the cycle section before Check-Point 2.
- When parked, the vehicle must always be off of the road and not obstructing any traffic.



**EXTREME**  
**TRIATHLON**  
**SERIES**