ATHLETES GUIDE

21.11.2020

EXTREME TRIATHLON SERIES

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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.

SPONSORS and PARTNERS

Thank you to the sponsors of the Knysna Extreme Triathlon 0.5 who have helped make this event possible, incredible and hopefully memorable.

Each Sponsor has gotten involved in the Knysna Extreme Triathlon 0.5 in a unique way, from sponsoring products and offering exciting discounts to our athletes and supporters, to assisting with key race logistics. Please have a look at our website for more information:

Welcome to the 2nd Knysna Extreme 0.5 Triathlon 2020

Welcome to the 2nd Knysna Extreme 0.5 Triathlon!! After an incredible and memorable inaugural Knysna Extreme 0.5 in 2019, we felt that the shorter alternative should remain part of the overall Knysna Extreme experience.

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.

This isn't just a race but an experience, which you will be sharing with your Supporter/s and other Athletes around you. Encourage and support each other along the 132.5 km route.

Thank you for taking part in the event and giving us the chance to create this experience for you.

Enjoy the journey and see you at the finish line.

Sean – Race Director

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	05h12
SUN SET	19h15
HIGH TIDE	08h31 & 21h01
LOW TIDE	02h00 & 14h57

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 and 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, 20th November	Registration* Tapas, Thesen Island	15h00 – 16h00
	Mandatory Race Briefing* Grass area next to Sirocco, Thesen Island	16h00 – 17h00
Saturday, 21st November	Transition Opens and GPS Collection SA National Parks Jetty, Thesen Island	03h30 – 04h30
	Swim Check in Sirocco, Thesen Island	04h30 – 04h50
	Knysna Extreme 0.5 Start Sirocco Jetty, Thesen Island	05h05
	Knsyna Extreme 0.5 Finish, Diepwalle Forest Station	16h15
Sunday, 22nd November	Knysna Extreme Triathlon Brunch and Finishers Ceremony Dry Dock, Knysna Quays *0.5 athletes are welcome to join*	09h00 – 11h00

* Registration and Race Briefing Times may change based on any COVID guidelines.

REGISTRATION

REGISTRATION

Registration for Athletes will take place at Tapas and Oyster Bar on Thesen Island between **15h00 – 16h00** on **Friday the 22nd of November.**

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

Tapas and Oyster
31 Safron Lane, Thesen Island, Knysna, 6570
044 382 7196

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**, on the grass area between Sirocco and WHE+.

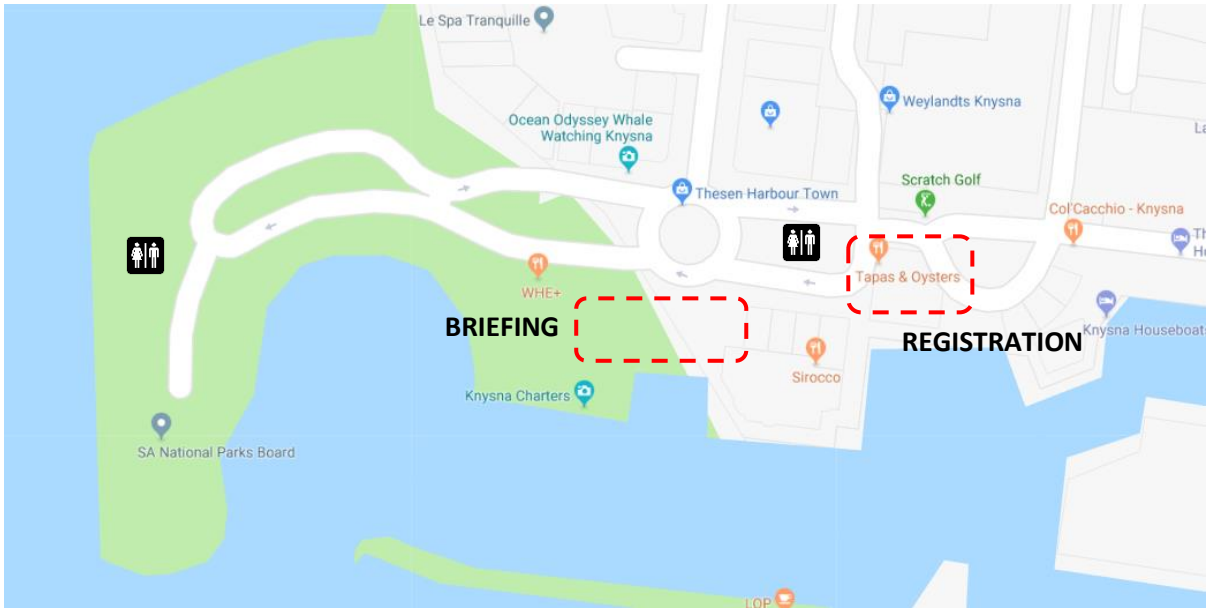


Image – Registration and Race Briefing

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.

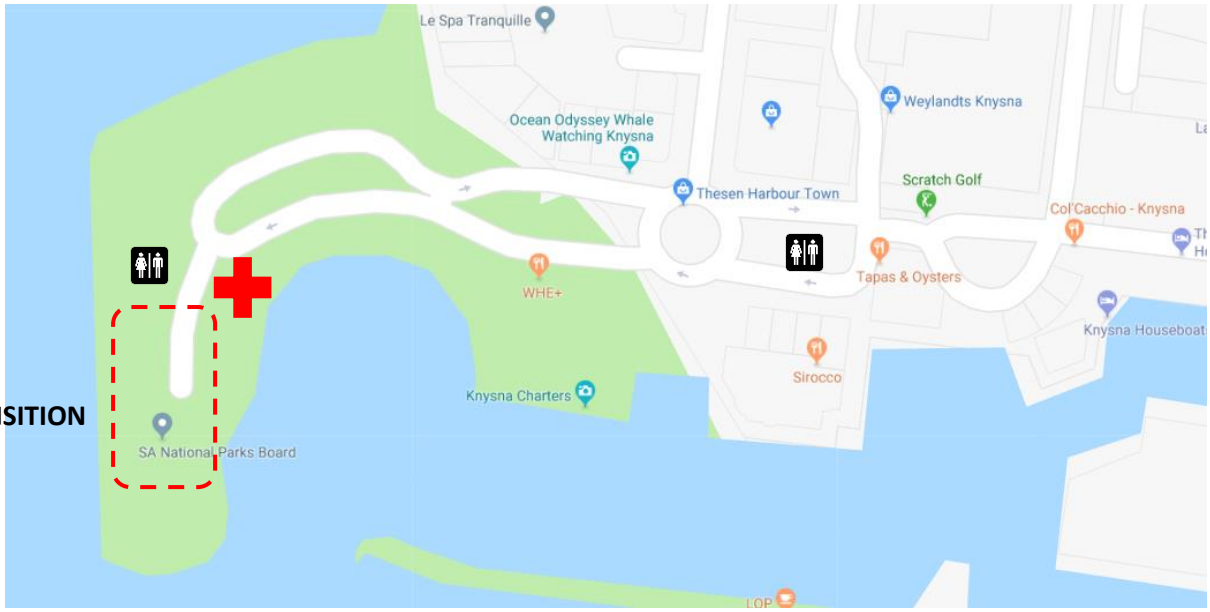


Image – Transition

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 on the grass area next to Sirocco restaurant (200m from Transition).

You will be required to sign into the Swim and your race number will be written onto your right hand. Athletes are to remain on the grass area until they are called to the Swim Start.

NOTE: The Knysna Extreme Triathlon athletes will start their swim at 05h00. Please allow them to get to their start point.

Image – Swim check-in and Swim Start

SWIM START | 05h05

The 2nd Knysna Extreme Triathlon 0.5 will start at 05h05.

The Swim start will be in front of Sirocco restaurant. The swim start will be a 'wet start'

DETAILED COURSE

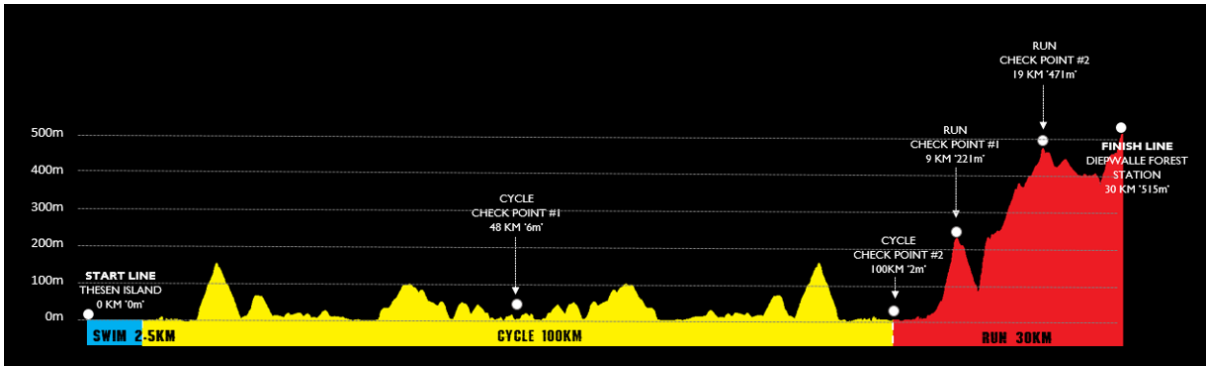
Athletes will battle tidal currents in the Knysna Estuary, then cycle along the N2 coastal road, passing through Sedgefield and turning around in Wilderness before heading back to Knysna. Temperatures will be moderate and humid along the lush green coastal route. The run leg pushes athletes from the 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)



SWIM – 2.5 km

SWIM CUT-OFF TIME – 06h45

Athletes will start the Knysna Extreme 0.5 in front of Sirocco restaurant at 05h15. The water temperature will be announced during Race briefing but the November average is around 18.7 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 out bound swim is against the incoming current. Athletes are encouraged to stick close to the shallow banks making the initial leg easier and more manageable. If you get tired, stand up.

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.

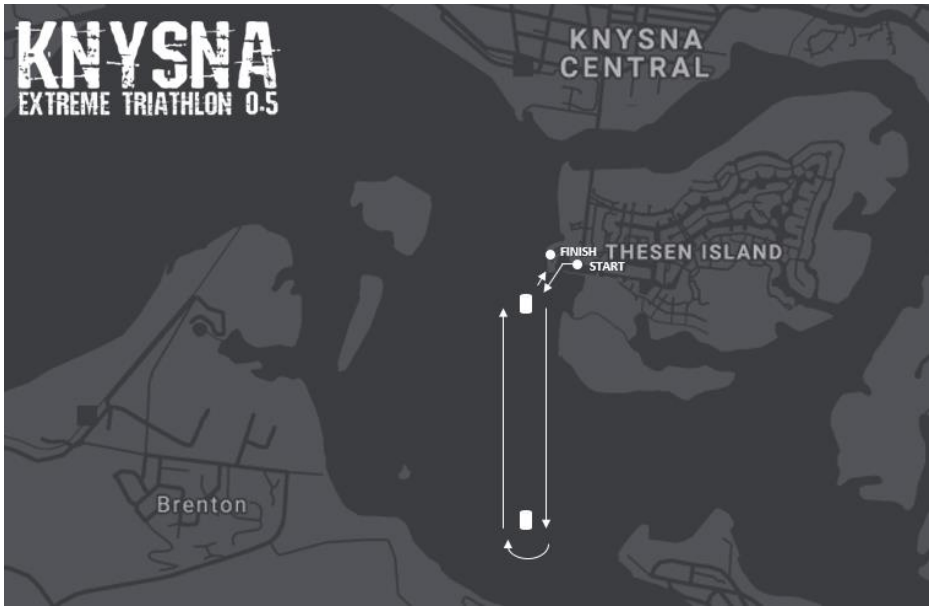


Image – Swim route

RULES ON THE SWIM LEG

- Athletes are required to check-in prior to the start of the Swim.
- Athletes are required to round each marker buoy.
- Athletes are required to wear the swim cap provided.

TRANSITION - SWIM / CYCLE TRANSITION

Only Athletes are permitted into the transition area.

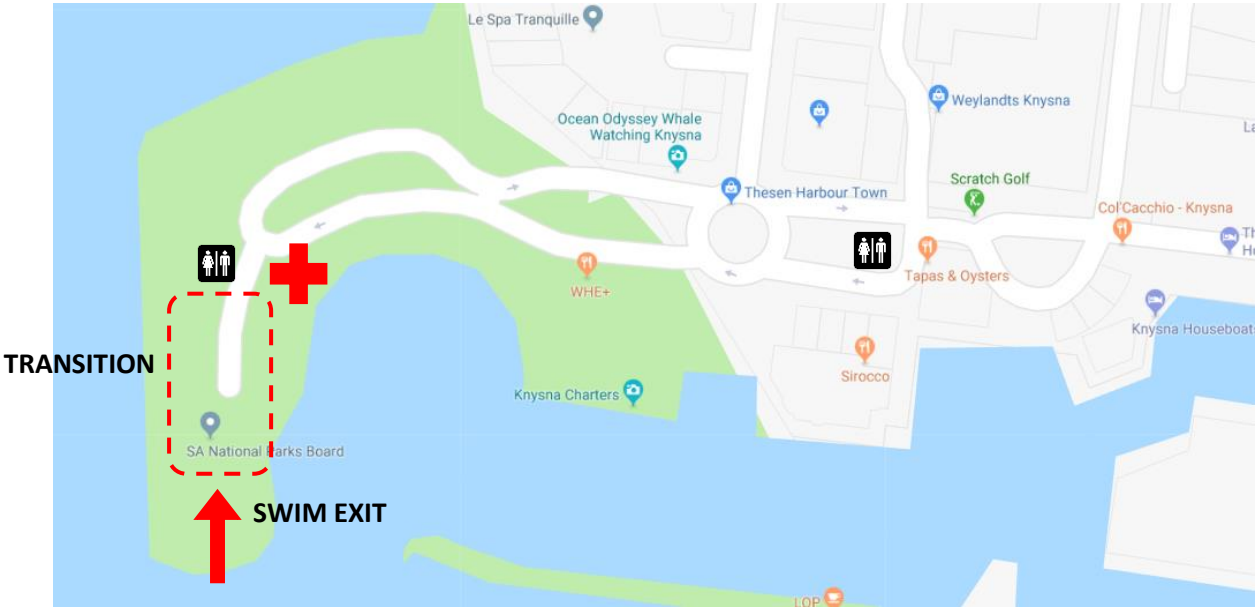


Image – Transition and Swim Exit

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.

CYCLE – 100 km

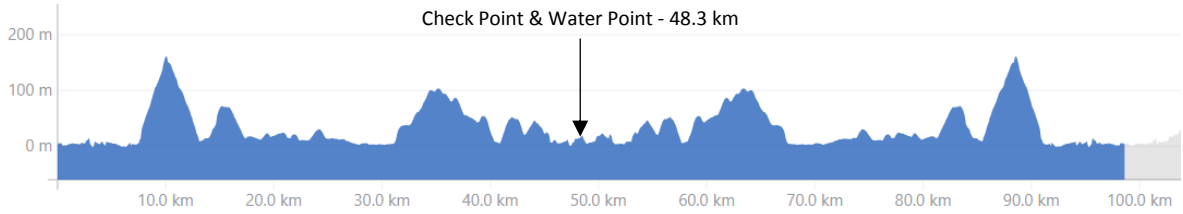
CYCLE CUT-OFF TIME – 11h45

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.

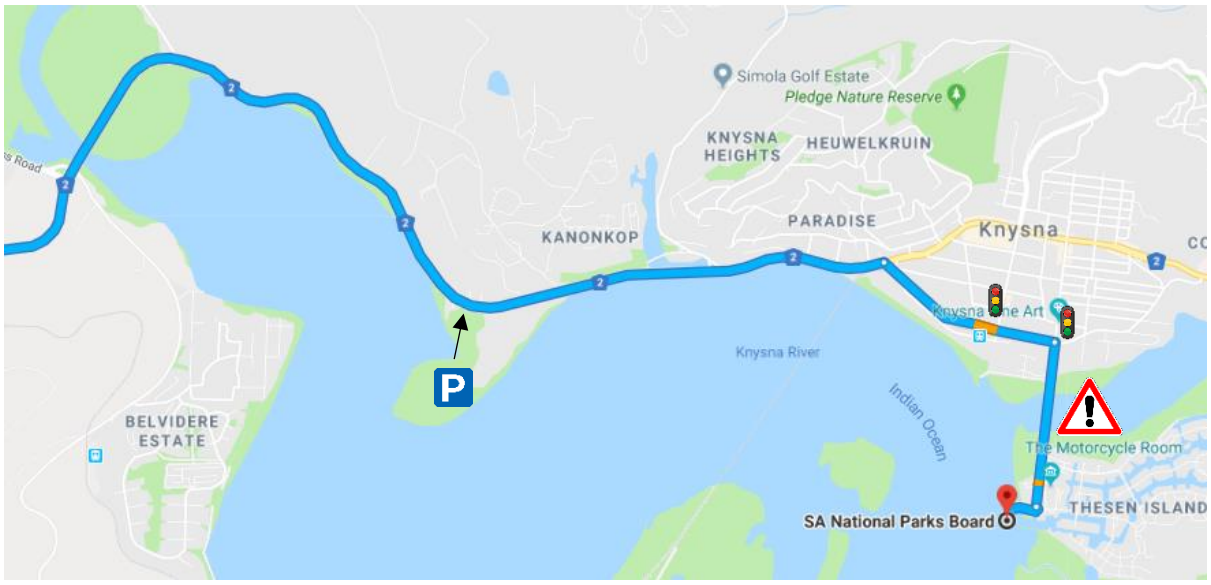
Image – Cycle Route



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

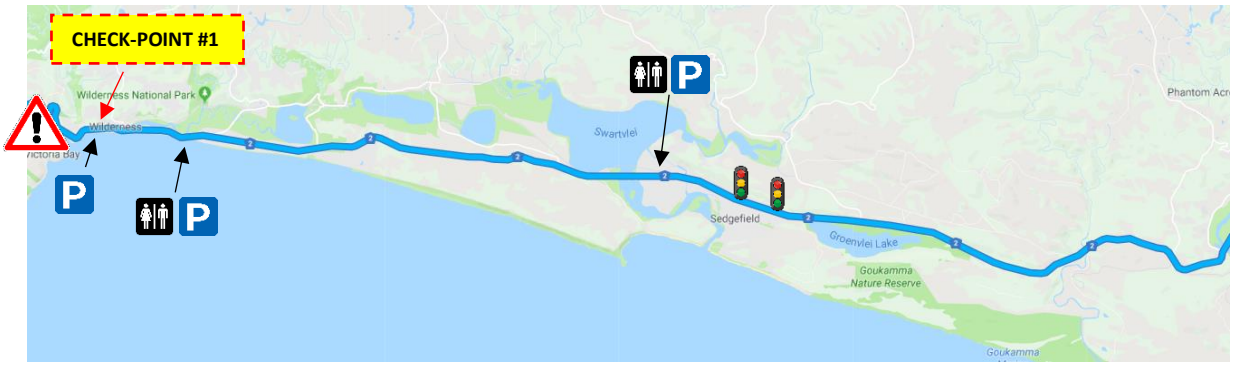
1.1 km – Turn left onto Waterfront Drive

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



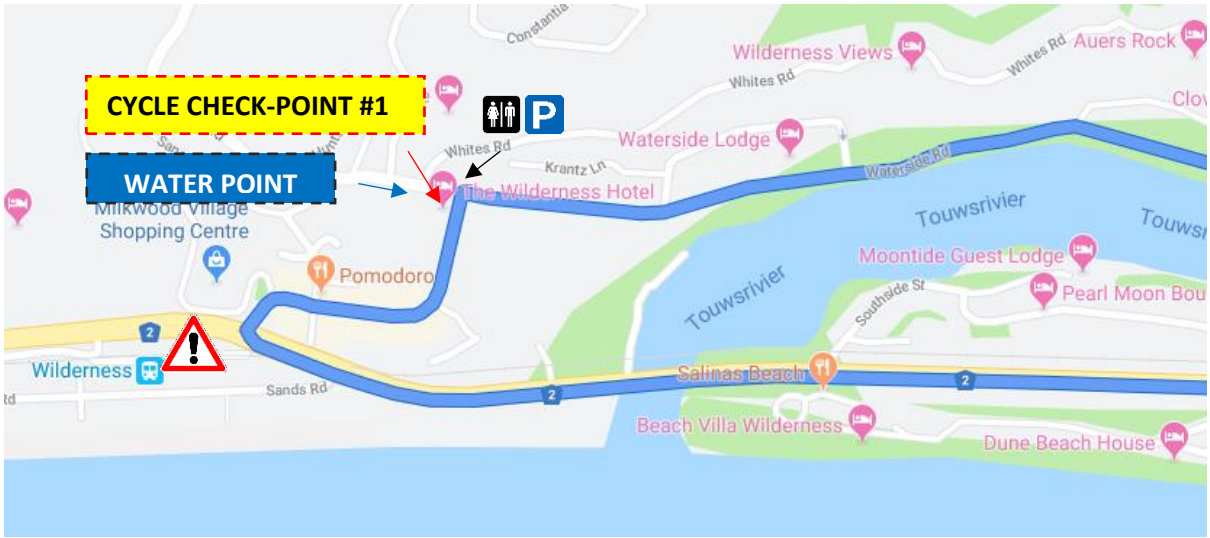
7.6 km - Follow N2 towards **Sedgefield**

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.

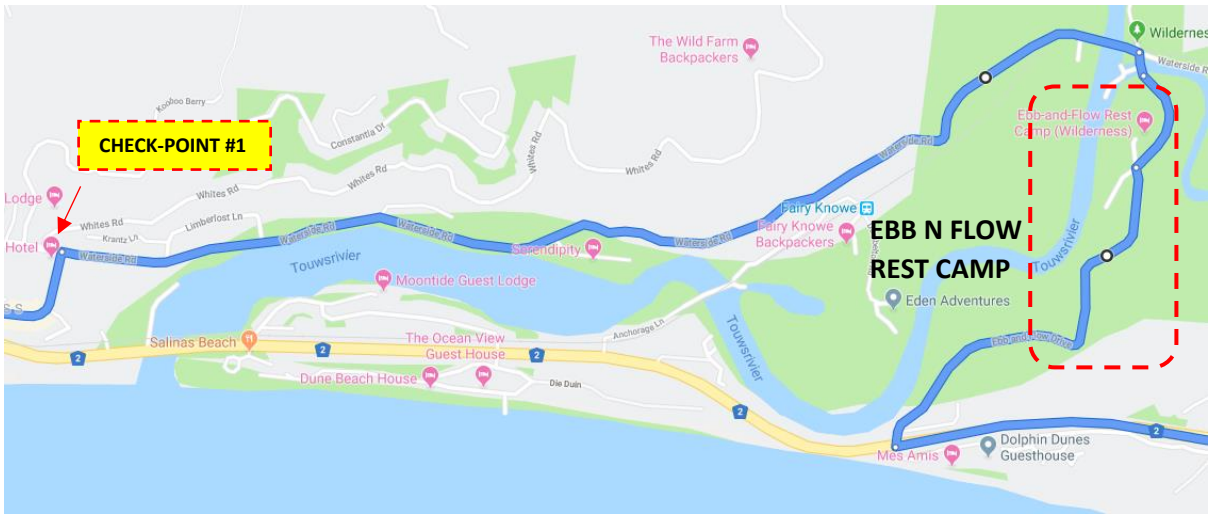
48.3 km – CHECK-POINT #1 TURN POINT 'Wilderness Hotel' - All Athletes are required to stop at the Check-Point and provide a marshal with your Name and Race Number. Parking is available for Support cars. Nutrition will be available for Athletes.



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

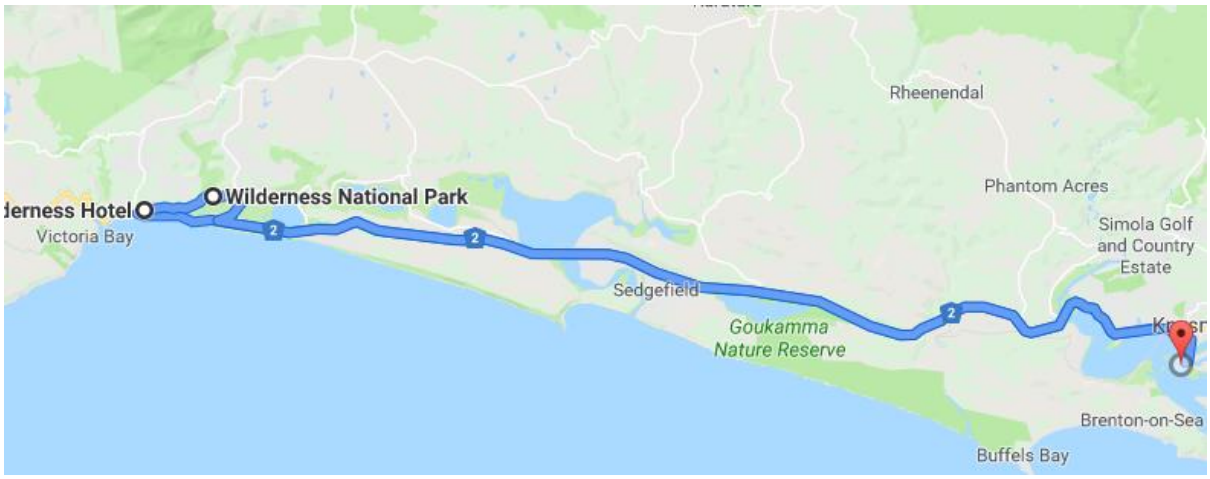


48.5km - Turn right onto Waterside Road

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

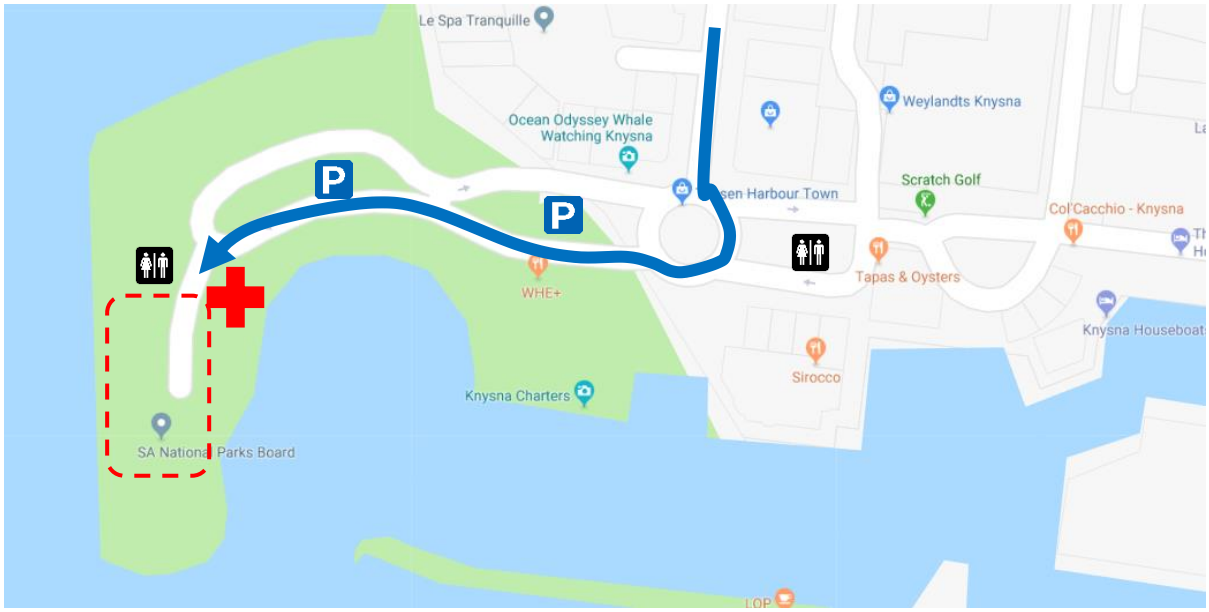


Image – Transition

CONSIDERATIONS

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

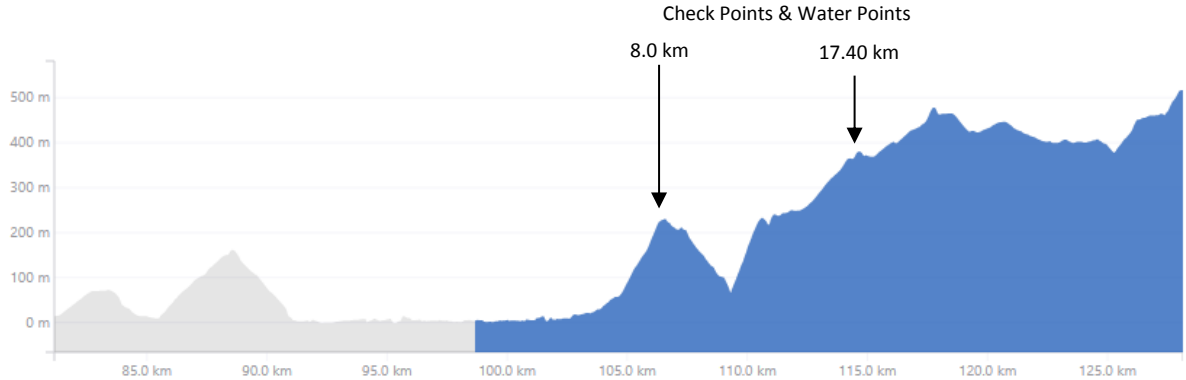
RUN – 30 km

RUN CUT-OFF TIME – 16h15

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



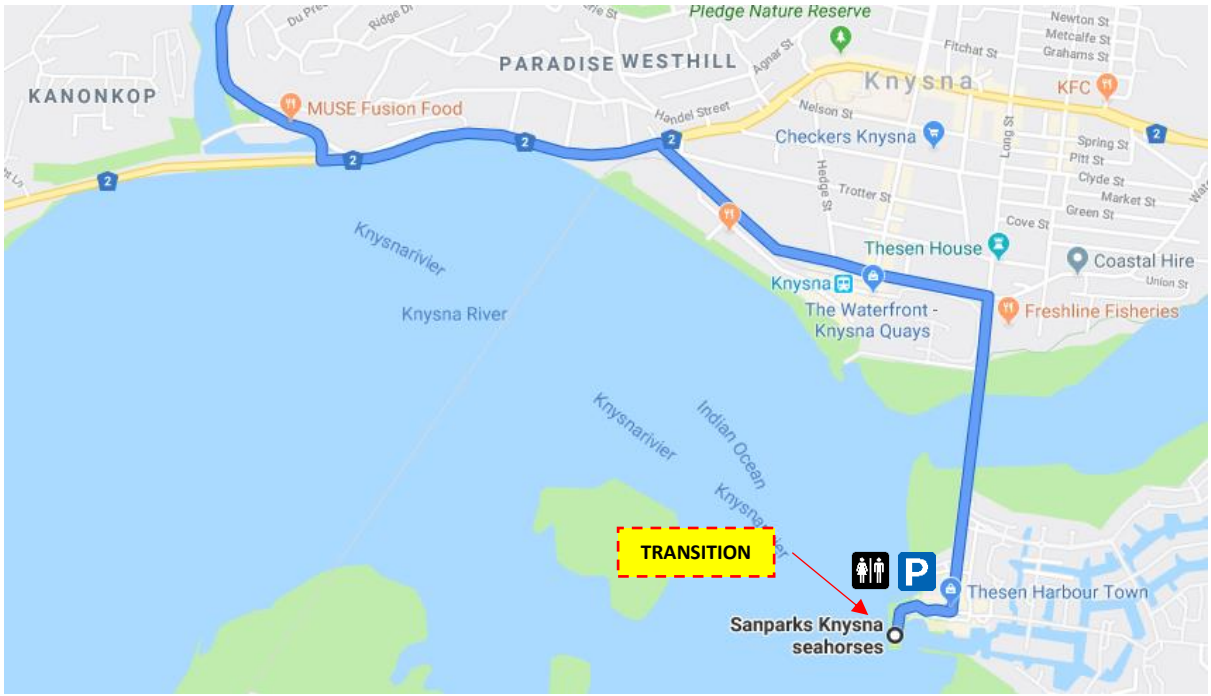
CONSIDERATIONS

- 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**

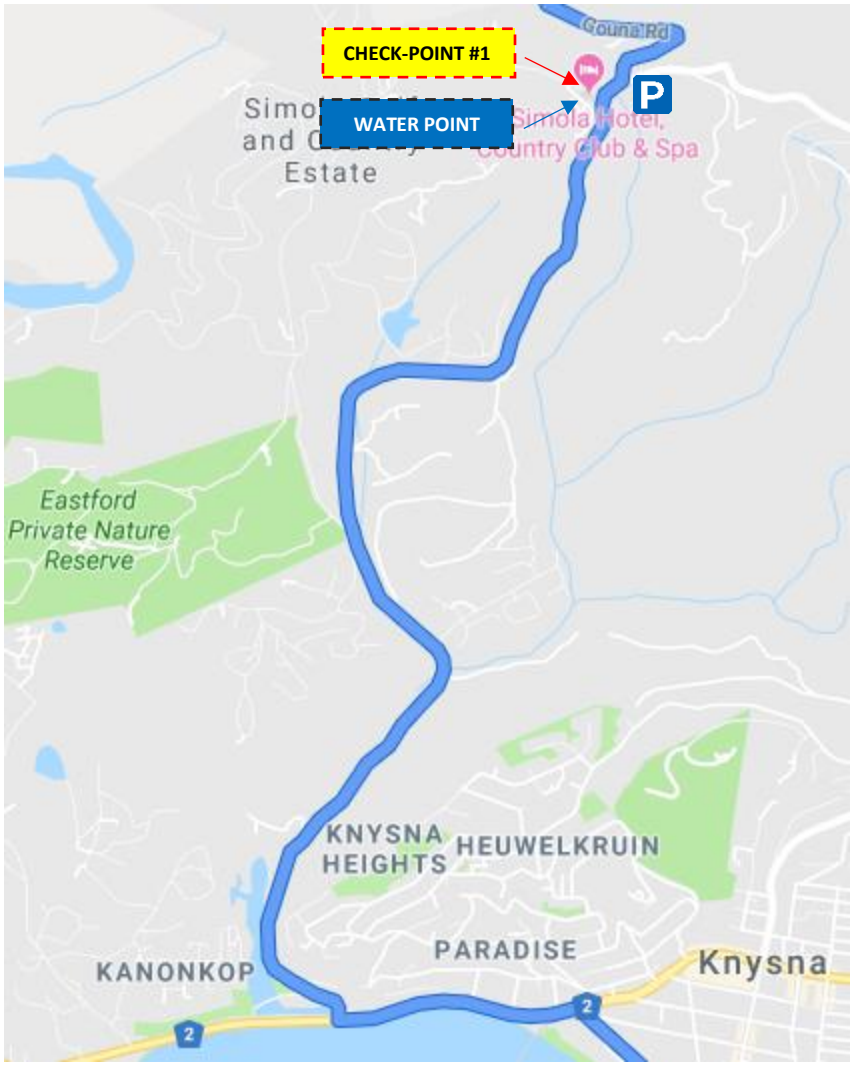
⚠ **CAUTION** – Be aware of a steep bridge and speed bumps when leaving Thesen Island

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



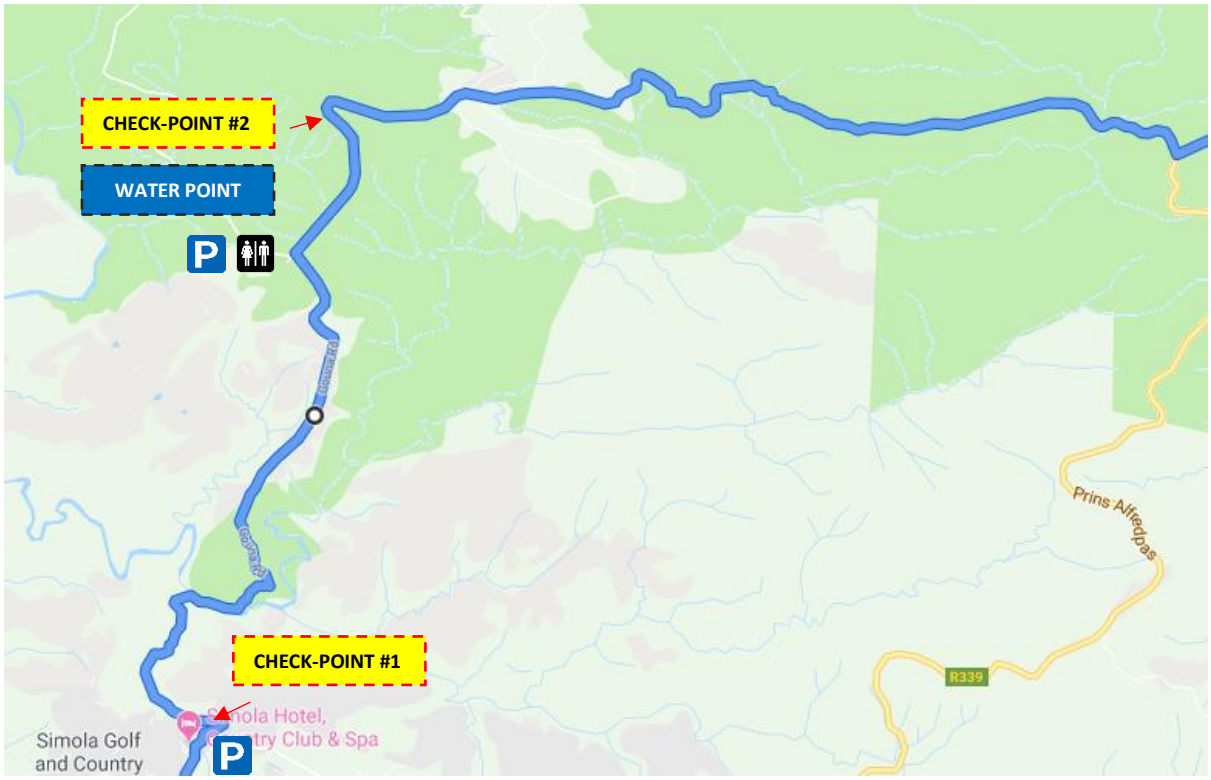
Follow Old Cape Road up to Simola Golf Crouse

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.

Parking available at **Simola Golf Course entrance**

CHECK-POINT CUT-OFF TIME – 13h15

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 – 14h45

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 Diewalle 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 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 – 16h15

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)	06h45
Cycle Checkpoint #1 – 48 km The Wilderness Hotel	09h15
Transition (T2) – 100 km Thesen Island	11h45
Run Checkpoint #1 – 8 km Simola Golf Course	13h15
Run Checkpoint #2 – 19 km Gouna Road	14h45
Finish – Diepwalle Forest Station	16h15

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 by calling **+27 (064) 721 3086.** 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 30min intervals. Keep in mind that Knysna is 22km from the Finish line.

THE DAY AFTER

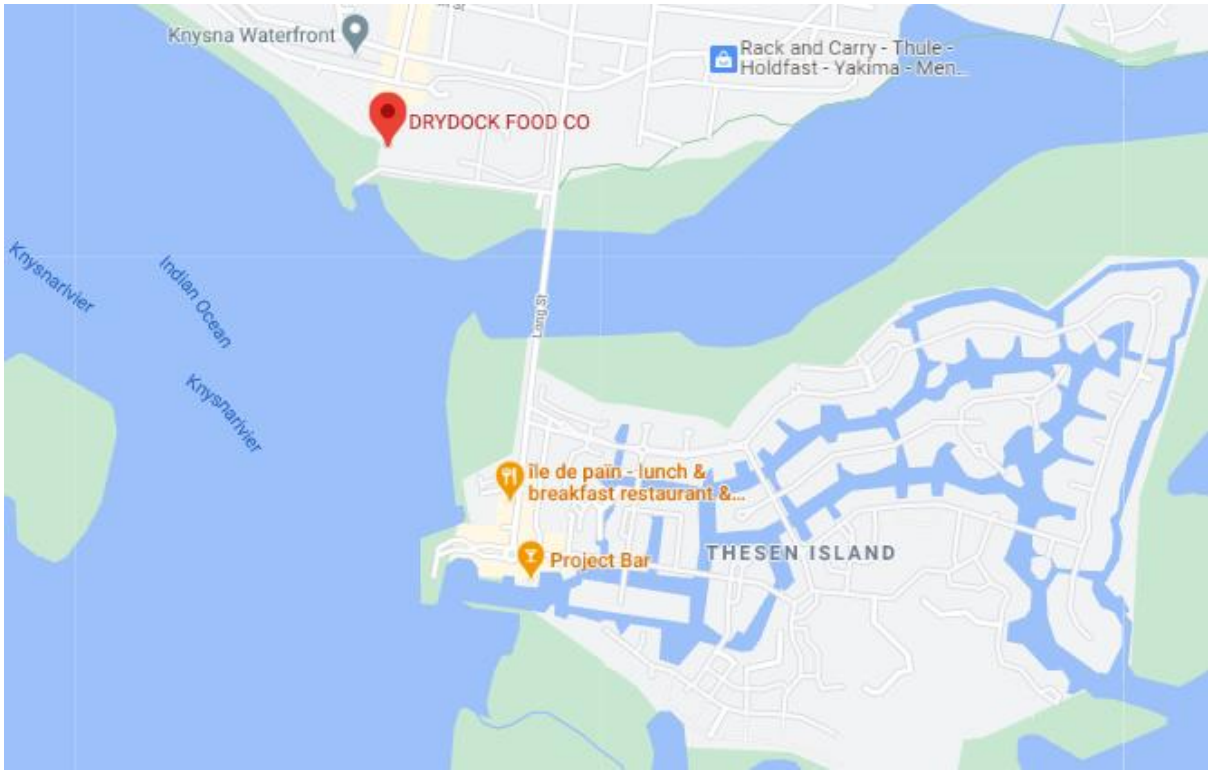
FINISHER CEREMONY AND BRUNCH

A finisher ceremony and brunch will be held for the Knysna Extreme Triathlon athletes 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.

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 – 064 721 3086
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.

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