

KNYSNA

EXTREME TRIATHLON 0.5

🏊 2.5 KM 🚴 100 KM 🏃 30 KM

RACE MANUAL

21.11.2020

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Triathlon in its purest form

Note: The Knysna Extreme 0.5 Race Manual contains everything you need to know about the race. 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 manual.

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:



INTRODUCTION

After a successful inaugural Knysna Extreme 0.5, the Extreme 0.5 has now become a favourite amongst aspiring extreme athletes. The Extreme 0.5 is a tough route and is something not to take lightly. But with determination, training and grit, you will cross the finish line at Diepwalle Forest Station.

The course starts with a 2.5 km swim in the Knysna Estuary, followed by a 100 km cycle along the Garden Route. The 30 km run takes you through the Knysna forest and to the finish line at Diepwalle Forrest Station.

With an altitude gain of nearly 2,000m over a total distance of 132.50 km, the Extreme 0.5 serves as an introduction to the world of extreme triathlons and offers an exciting personal challenge for athletes.

It is not mandatory for Knysna Extreme 0.5 athletes to have a supporter to follow them throughout the race as stipulated for the Knysna Extreme. However, supporters are more than welcome to be part of the journey and participating athletes are allowed to have a supporter follow them on the cycle leg or second them on the run leg of the race.

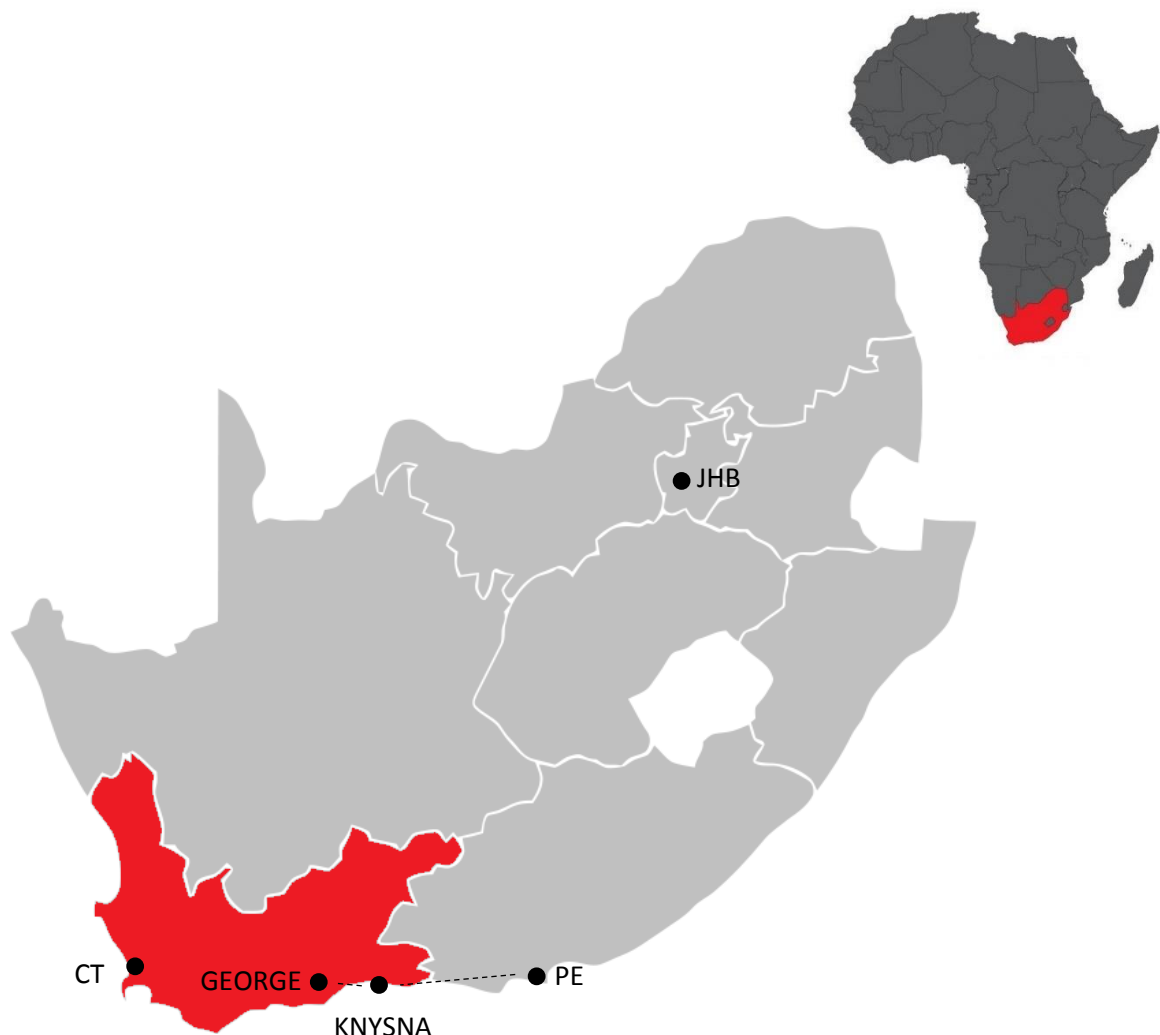
HOW TO GET HERE AND ACCOMMODATION

The Knysna Extreme 0.5 is a point to point race. It is 132.5 km from the start to the finish and there are no shortcuts! Knysna town has plenty of hotels, lodges and B&Bs to choose from, so make the most of Knysna and the surrounding Garden Route.

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>



SCHEDULE

| | | |
|-------------------------------------|--|---------------|
| Friday, 20 th November | Registration Tapas, Thesen Island | 15h00 – 16h00 |
| | Mandatory Race Briefing Grass area next to Sirocco, Thesen Island | 16h00 – 17h00 |
| Saturday, 21 st November | Transition Opens 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 |
| | Knysna Extreme 0.5 Finish, Diepwalle Forest Station | 16h15 |
| Sunday, 22 nd November | Knysna Extreme Triathlon Brunch and Finishers Ceremony <i>0.5 athletes are welcome to join</i> | 09h00 – 11h00 |

GENERAL INFORMATION

REGISTRATION

Registration for Athletes will take place at Tapas Restaurant on Thesen Island between 15h00 – 16h00 on Friday the 20th of November.

All Athletes and any Supporters must be present at Registration and Race Briefing and have a valid photo ID (passport, driver's license or similar) for the Registration process.

RACE PACK

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

- Knysna Extreme 0.5 Swim cap
- Decals for helmet and bike
- Start number
- Athlete wristband
- Finish Line bag
- Athlete Guide Book

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

GPS TRACKING

Time keeping is carried out through a GPS tracking system. The GPS tracker will be issued on Saturday 21st of November at Transition from 03h30 – 04h30. The GPS tracker will be turned on at check-in which can then be placed in your tri-suit pocket.

KNYSNA EXTREME 0.5 ENTRY

LIMITED ENTRY

Entry to the Knysna Extreme 0.5 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.

ENTRY FEES - INDIVIDUAL / GROUP ENTRIES

Individual and limited Group Entries will be available

Individual Entries - Cost into the Knysna Extreme 0.5 is **ZAR 2,300**.

Team Entries – Cost into the Knysna Extreme 0.5 is **R3,600**

ENTRY INCLUDES

Your Entry into the Knysna Extreme 0.5 includes:

- Bragging rights
- Athlete Race Pack
- Water / Nutritional points
- Finishers shirt and medal
- Knysna Extreme 0.5 finisher photo

WITHDRAW / REFUND POLICY

Starting slot in Knysna Extreme 0.5 is allocated to a specific individual. It can be transferred, sold or given to another person with prior permission from the event organisers. Any person starting Knysna Extreme 0.5 using someone else's race number without prior approval, will be disqualified and removed from the race. Transfer fee of R500 applies.

Withdrawal requests must be received via email.

- 25% refund before and including 31st July 2020.
- 0% refund from 1st August 2020 and after.

In the event of a race cancellation due to a storm or other "Acts of God", my entry fee is non-refundable.

COURSE DESCRIPTION

Athletes will battle tidal currents in the Knysna Estuary, then cycle along the N2 coastal road, passing through Sedgfield 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 1,700m of ascent, athletes will be challenged on all sections of the route.

Total Distance

132.5 km (82.33 Miles)

Total elevation

+1,962m (6,4237 ft)

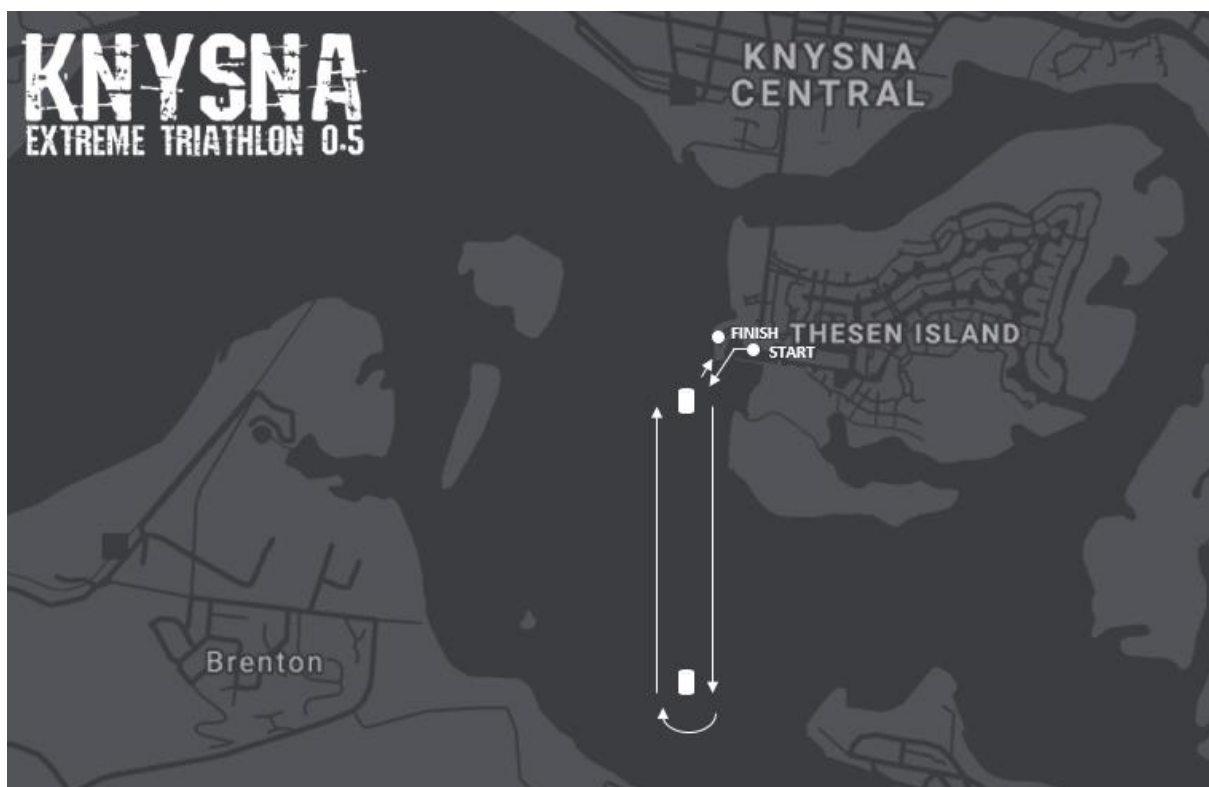


THE SUN AND TIDES

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

SWIM – 2.5 KM

Athletes will start on the jetty outside Sirocco restaurant on Thesen at 05h05 and circular route before finishing the swim at the SA National Parks Board slipway. An incoming high tide current will force athletes to dig deep as they swim in this unique location.



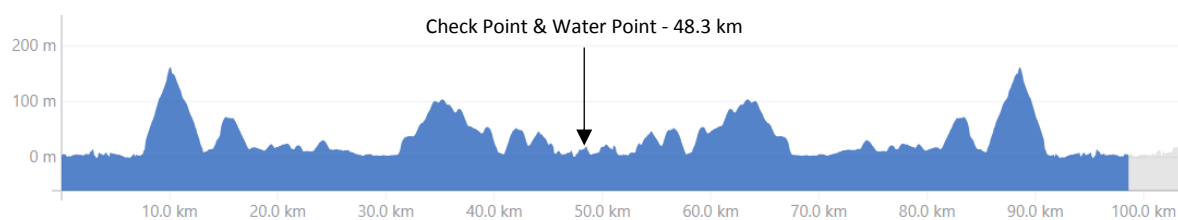
NB – The organisers may change the swim route depending on the weather and tidal conditions on the day.

CYCLE – 100 KM

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, windy coastal roads.

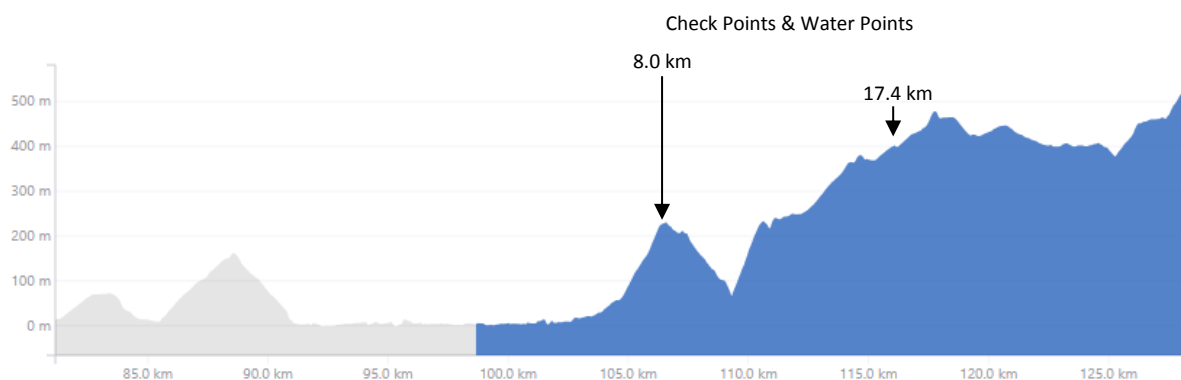
Total ascent is over 880 meters.

Please follow all marshal's advice and directions.



RUN – 30 KM

With just under 900 m altitude gain, the run leg is the toughest and most challenging part of the triathlon. After an initial climb to Simola Golf Course, athletes are faced with a run through the Knysna Forrest along gravel windy and narrow roads before an intense climb leading to the finish line at Diepwalle Forest Station.



NUTRITIONAL STOPS and TRANSITION SECURITY

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

CYCLE WATER POINTS

- WP #1 - Wilderness Hotel (48.5 km)
- WP #2 - Transition 2, Thesen Island (100 km)

RUN WATER POINTS

- WP #1 - Simola Golf Course (8 km)
- WP #2 – Terblans nature walk picnic spot (17.4 km)
- WP #3 – Diepwalle Forest Station (Finish Line)

TRANSITION – BIKE AND GEAR SECURITY

Knysna Extreme 0.5 Athletes can leave their bikes and race gear at Transition on Thesen Island.

A secure area with security will be provided to ensure all athlete equipment is safe during the duration of the event. Athletes can collect their items at any stage during the event provided they have their race numbers visible and sign out their items.

Security will only be at Transition until 17:00 where Athletes are then responsible for their own equipment.

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 in the morning.

| | |
|---|-------|
| Water Exit (T1) | 06h45 |
| Cycle Checkpoint #1 – 48 km The Wilderness Hotel | 09h00 |
| Transition (T2) – 100 km Thesen Island | 11h30 |
| Run Checkpoint #1 – 8 km Simola Golf Course | 13h15 |
| Run Checkpoint #2 – 19 km Terblans nature walk picnic spot | 14h45 |
| Finish – Diepwalle Forest Station | 16h30 |

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 (066) 498 2525**

FINISH LINE

Limited nutrition, food and recovery drinks will be available at the finish line. A “Finish Line Bag” will be available for athletes to place any additional nutritional items, warm clothing or other items they may require at the finish line. This will be supplied to athletes when they cross the line.

A shuttle will take athletes back down to Thesen Island (Transition 2) at regular 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 and 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 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.

LOST AND FOUND

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

ATHLETE SUPPORT CREW

Knysna Extreme 0.5 is an unforgettable experience, but there are still significant risks for all Athletes who take part in the event.

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 Athletes experience and provide any mechanical, nutritional and mental encouragement.

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 0.5 signage.

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 Athlete and have been instructed to remove any Athlete from the race if they are unable to continue and pose a risk to your safety. Your safety is still our first priority, and we want to avoid casualties.

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 on the race. 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.

SAFETY

If you withdraw from the race at any point, it is mandatory to inform the race office immediately by informing Race Control. Supporters are required to have all numbers stored on their phone.

EMERGENCY NUMBERS

For all Emergencies and Athlete withdraws, contact Race Control.

RACE CONTROL – 066 498 2525

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