

KNYSNA EXTREME 0.5

RACE GUIDE

19.11.2022



**EXTREME
TRIATHLON**
— SERIES —

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Triathlon in its purest form

INTRODUCTION

2022 will be the 4th year of the Knysna Extreme 0.5 Triathlon and if you are reading this Race Guide, you are considering doing the race. If this is the case, we would like to welcome you to a very unique and challenging experience. The event has grown over the years with each year throwing a different challenge the athlete's way, adding to the extreme nature of the event.

Although shorter than the full extreme, the 0.5 is hard in its own right and a race that should be respected and enjoyed at the same time. Athletes will be pushed from start to finish on this Point-To-Point route. It is a gruelling, yet scenic route that takes triathletes back to the purest form of the sport. The route will

The question is, 'How far are you willing to push yourself?!?'

The Knysna Extreme 0.5 2022 event will take place on the **19th of November 2022**.

HOW TO GET HERE AND ACCOMMODATION

The Knysna Extreme is a point-to-point race. It is 229 km from the start to the finish and there are no shortcuts! 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 Hotel and Spa

+27 (0)44 302 3333

<https://pezulahotel.com>

bookings@pezulahotel.com

<https://www.knysnaextreme.co.za/pezula-nature-hotel-and-spa>

PEZULA

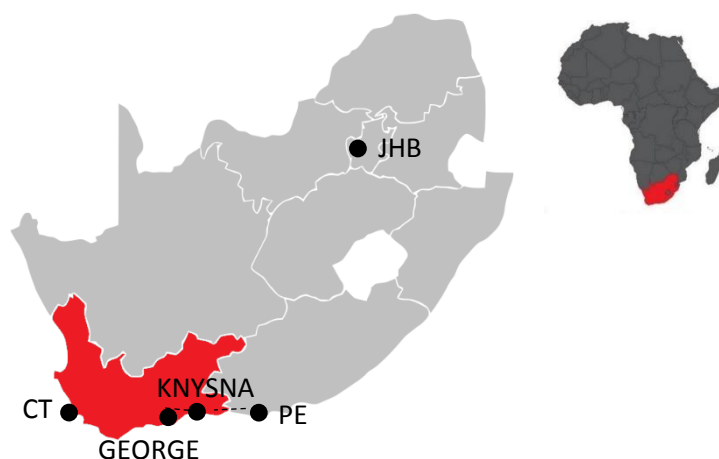
NATURE HOTEL & SPA



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>



BIKE TRANSPORT

Contact Fabian for any bike logistical requirements.

<https://bicycle-transport.co.za> | fabian@bicycle-transport.co.za | 082 929 8693

KNYSNA EXTREME ENTRY

LIMITED ENTRY

Entry to the Knysna Extreme 0.5 is limited to 150 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 30 TH OCT – 31 ST JAN	EARLY BIRD 1ST FEB – 31ST JULY	STANDARD ENTRY 1ST AUG – 31ST OCT
EXTREME – INDIVIDUAL	R2,300	R2,900	R3,400
EXTREME - TEAM	R3,300	R3,800	R4,300

ENTRY INCLUDES

Your Entry into the Knysna Extreme includes:

- Entry into the best half distance triathlon on the African continent
- Bragging rights
- Athlete Race Pack
- Finisher's shirt and medal

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	05h13
SUN SET	19h14
LOW TIDE	06h14
HIGH TIDE	12h41

SUPPORTER ROLE

The Knysna Extreme 0.5 Triathlon 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. Having your own support is encouraged as Supporters and can enjoy their Athlete's experience and provide any nutritional and mental encouragement.

Only one supporter vehicle is allowed per athlete. However, several persons can ride along to accompany the athlete.

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.

COURSE DESCRIPTION

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 1,700m of ascent, athletes will be challenged on all sections of the route.

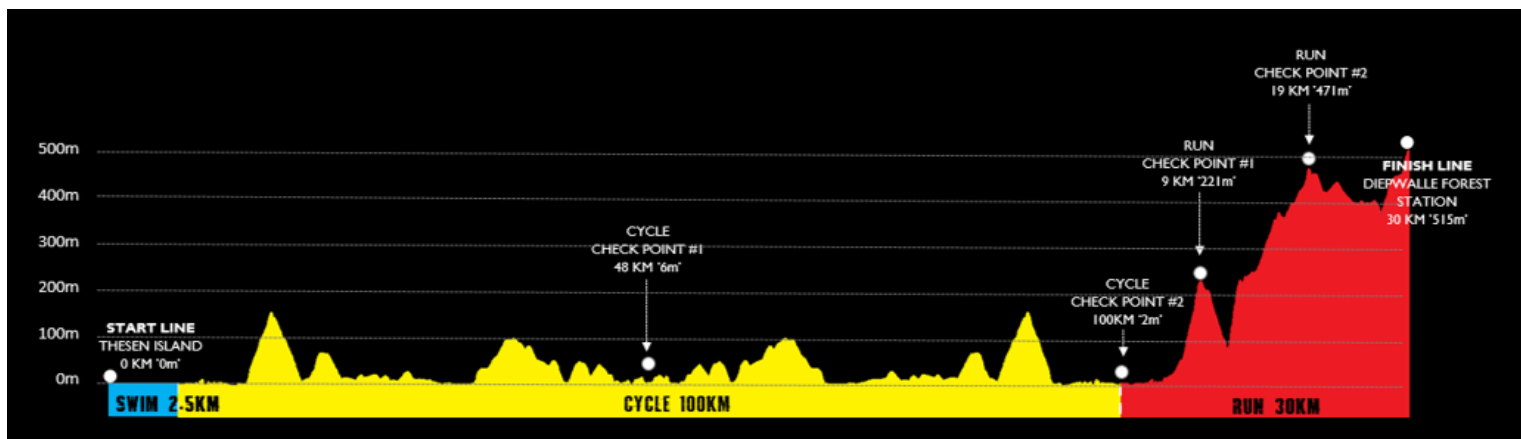
Total Distance

132.5 km (82.33 Miles)

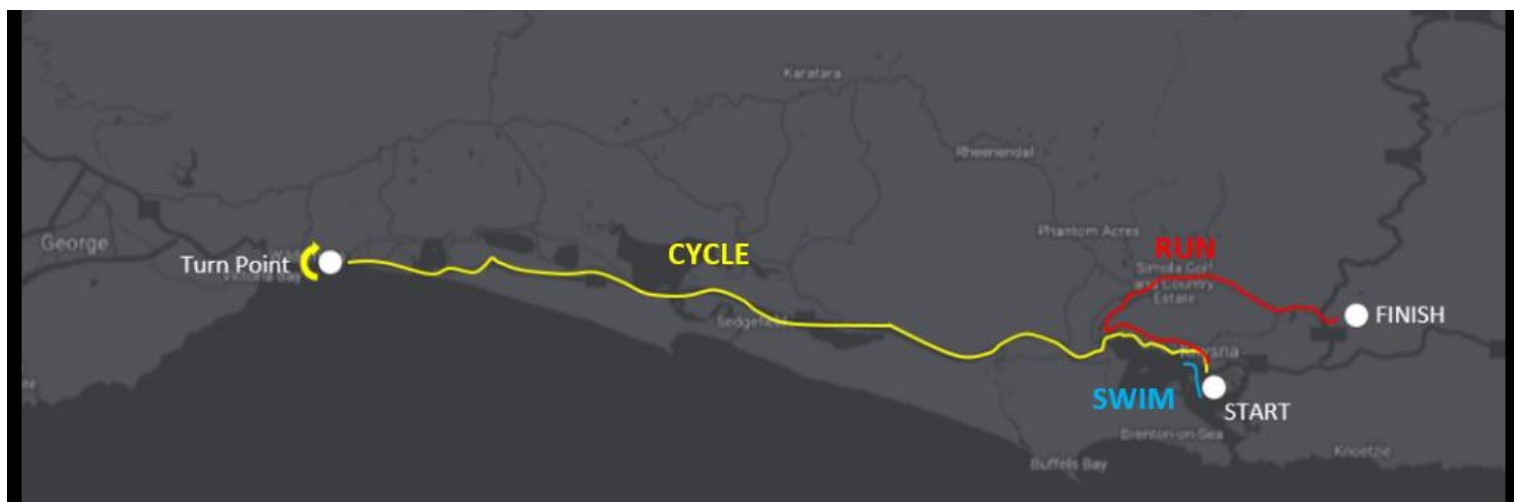
Total elevation

+1,962m (6,4237 ft)

RACE PROFILE

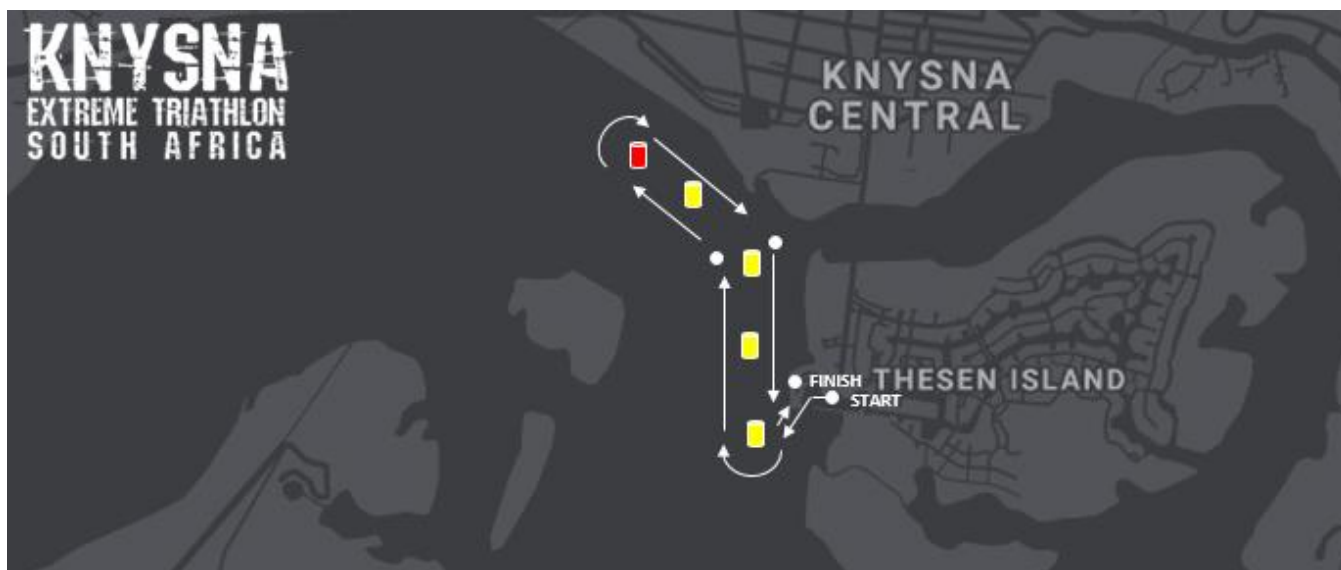


RACE MAP



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 outgoing low tide will force athletes to dig deep as they swim in this very unique location.



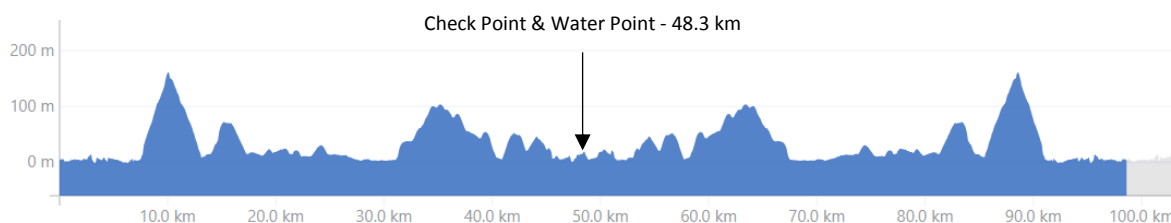
NB – The organisers may change the swim route depending on the weather and tidal conditions on the day.

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.

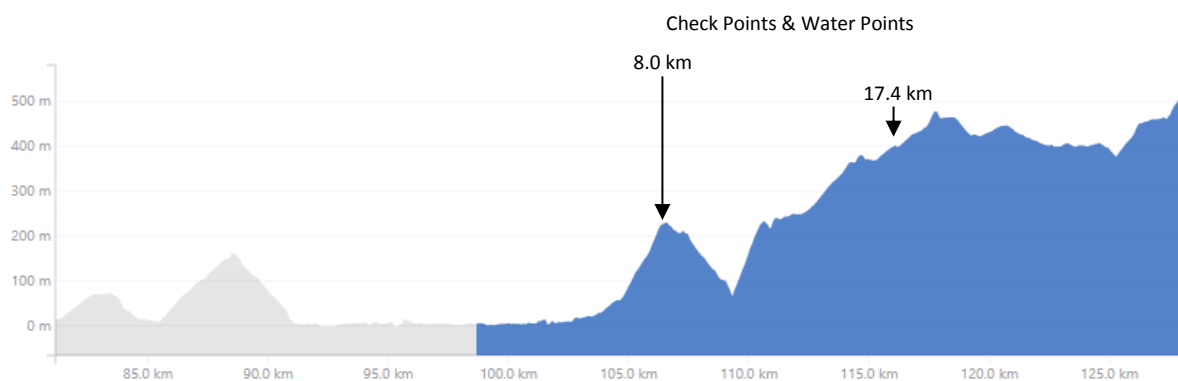
Total ascent is over 880 meters.

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.



WATER POINTS / TRANSITION

There check-points / water points along the 0.5 Cycle and Run route. We encourage all athletes to plan their nutrition requirements accordingly.

WATER POINTS

- WP #1 - Transition 2, Thesen Island (100 km)
- WP #2 - Simola Golf Course (8 km)
- WP #3 – Terblans nature walk picnic spot (17.4 km)

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.

SCHEDULE

Friday, 18th November	Registration Tapas, Thesen Island	15h00 – 16h00
	Mandatory Race Briefing Grass area next to Sirocco, Thesen Island	16h00 – 17h00
Saturday, 19th November	Transition Opens and GPS Collection SA National Parks Jetty, Thesen Island	03h30 – 04h30
	Swim Check-In Sirocco, Thesen Island	04h30 – 04h50
	Knysna Extreme Start Sirocco Jetty, Thesen Island	05h05
	Knysna Extreme Finish Diepwalle Forest Station	16h00
Sunday, 20th November	Brunch and Finishers Ceremony Dry Dock, Knysna Quays	09h00 – 11h00

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)	07H00
Cycle Checkpoint #1 – 48 km The Wilderness Hotel	09H00
Transition (T2) – 100 km Thesen Island	11H00
Run Checkpoint #1 – 8 km Simola Golf Course	13H00
Run Checkpoint #2 – 19 km Terblans nature walk picnic spot	14H30
Finish – Diepwalle Forest Station	16H00

FINISH LINE

Limited nutrition, food and recovery drinks will be available at the finish line. A 'Finish Line Trailer' will be available for athletes to place any additional bags containing nutritional items, warm clothing or other times 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 the day after the race 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. 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.

WITHDRAW / REFUND POLICY / COVID / T&Cs

Starting slot in Knysna Extreme 0.5 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 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 2022
- 25% refund from 1st May 2022 to 31st July 2022
- 10% refund from 1st August 2022 to 31st August 2022
- 0% refund from 1st September 2022 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 21st of October 2022.
- 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.

COVID-19 EVENT POSTPONEMENTS / CANCELLATIONS / REFUNDS

Due to the challenges of Covid-19 and related restrictions, we can assist in the following way regarding your entry:

1) If the event is cancelled, by the organisers, due to Covid restrictions;

- Your entry will be carried over to the next / rescheduled event date. You will not pay the increase in the entry price difference between the 2022 and 2023 event; or
- You may request a refund on your entry less R500 administration fee.

Any Covid cancellations from the 21st of October until race day are non-refundable. This is due to the incursion of race-related costs.

2) If you are unable to attend due to health reasons caused by Covid, the option below applies only if you inform the organisers via email and attach a medical report confirming your condition.

- Your entry will be carried over to the next / rescheduled event date. You will not pay the increase in the entry price difference between the 2022 and 2023 event.
- This is only valid until midnight on the 21st of October 2022.

Entries may not be deferred to the 2023 event after the 21st of October. This is due to the incursion of race-related costs.

TERMS AND CONDITIONS

Ultra-Distance / Extreme Triathlon Awareness

Each athlete acknowledges 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 accepts that they have read and acknowledged the Athlete and Supporter Waiver as described in the STANDARD WAIVER PDF found via this link - [WAIVER](#)

Withdraw / Refund Policy

Each athlete accepts that they have read, understood and accepted the withdrawal and transfer policy as described in this Race Guide which is found on the Knysna Extreme website.

Pre-Race Briefing

Each athlete acknowledges that the Pre-Race Briefing is mandatory for the athlete and their supporter.

By entering the Knysna Extreme, each athlete acknowledges and agrees to the above terms and conditions.