

Pick n Pay Cape Times Knysna Forest Marathon Race Information and Maps



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Pick n Pay
Knysna
Oyster
festival
6 - 30 July 2012

 Western Cape
Government
Cultural Affairs and Sport

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Dear Runner

Welcome to the 29th running of the Pick n Pay Cape Times Knysna Forest Marathon.

In preparing for the event we took a step back in time to bring back what was one of the big features of the event over past years and our loyal runners will rejoice. With the kind permission of PG Bison we will have the open heating fires lit at the start. Make sure you get into the fire circle early to catch the vibe and get some heat!

To make sure you have the best possible experience we redeveloped many areas of the event. Please observe the rules and race tips and we will all have a great day on the 14 July. No amount of planning and preparation that gets put into the event can be complete without your cooperation.

We are counting the days to see the costumes you come up with for race day. The costumes have become a real feature of our event and we enjoy them so much we might just choose a few to reward with a free invite for 2013! (Spiderman might be a good choice with the upcoming release of the new Movie)

Making this event possible is the long standing support from our race partners Pick n Pay and Cape Times, New Balance, Triumph Triaction, Nedbank, Heineken, Pick n Pay 4Energ and Department of Cultural Affairs and Sport as well as Action Photo.

A special word of thanks needs to go to the Knysna Municipality and its support services (Traffic, Fire Brigade, Hygiene Department, Technical Department and Safety Management) As well as all the eager helpers from Marshals to Medical support, and the Landowners who make their property available as without their willing input and support this event can not be possible.

Enjoy our town and Forest and good luck with your run!

The Race Team
Leon, Moses, Abraham and Marianne

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Charity and community Support

In 2011 the Pick n Pay Cape Times Knysna Forest Marathon paid out R426 000 to community benefits and our designated Charities. Epilepsy Knysna and Knysna Red Cross got a record amount of R52 000 each.

With your donations and Support we set the bar at R500 000 for 2012. Our main charities for 2012 are Knysna Family Care Services and Knysna Red Cross. Both these organizations play a vital support role in the community of Knysna in these testing times for many needy house holds.

As an added incentive Knysna Family Care Services will collect your old clothing and blankets in the forest to pass onto the needy. Please note it is bitterly cold at the race start in the forest so do not be shy to bring warm clothing and blankets and only pass onto Knysna Family Care Services collection points.



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ION AIR PRO SPORTS CAMERA

SHOOT EVERY EXPERIENCE. SHARE IT AS YOU LIVE IT

The new ION AIR PRO™ is one of the first Smart phone compatible action cameras that allows users to shoot high definition video and share via social networking sites. So now, your latest bike run can be uploaded to your Facebook page before you've even taken off your shoes!

This clever electronic device comprises two parts: the ION AIR PRO™ action camera, which when fitted with the detachable accessory, the ION WiFi PODZ™, enables users to replay video footage and seamlessly transfer it to YouTube, Facebook or the ION Cloud, using their smart-

phone or tablet. The product's "Shoot & Share" Technology is also fully compatible with both iOS (iPod/iPhone/iPad) and Android devices. (iPhone/iPod available now – iPad/Android coming soon) This allows users to completely control the AIR PRO™ camera direct from a Smartphone or Tablet. The relevant Apps can be downloaded free of charge from ION World-Wide via iTunes.



- Full HD in 4 modes
- 1080p: 1920x1080 pixels (16:9) 30 frames p/s
- 960p: 1280x960 pixels (4:3) 30 frames p/s
- 720p: 1280x720 pixels (16:9) 30 frames p/s
- 720p: 1280x720 pixels (16:9) 60 frames p/s



- Up to 170° Wide angle lens

Additionally, the CamLOCK™ System allows users to attach the AIR PRO™ camera to any type of helmet such as motor and mountain bike, ski, skydive as well as a handle-bar attachment for mounting the camera onto bicycles, jet skis, 4x4 off roadsters and motor bikes. The CamLOCK™ System is designed to be flexible and record video from all angles without the need to re-mount the camera.



- Includes 8 Gig storage free online storage on Ion Cloud™



- Lightweight (130g)



- WiFi ready - PODZ compatible



- Water Resistant Body - (up to 30 feet / 10 meters)



- Still HD Camera mode



- Lithium-Polymer Battery - records up to 2.5 hours

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Registration and Finish Venue

Due to popular demand we move back to the Sport Fields in the middle of Knysna as in 2010. Registration will take place at the Nedbank Pavilion, Pick n Pay Knysna Oyster Festival Grounds, Waterfront Drive and the Heineken Bar will be in operation throughout the event. Registration starts @ 10:00 to 22:00 on 13 July. You will need your printed confirmation email as well as ID or proof of Identity (ID or Drivers)

Registration Parking

Please see the included map for parking around the venue. All the large parking garages are but a short walk away as there is no parking at the venue

Taxi Pickup Saturday morning

The Taxi pickup is from Vigilance Drive Close to Loerie Park as in the past. The Taxi Loading has been revamped and will start loading at 4:30. You will need your taxi Ticket attached to your race number to board a taxi. No Race number and Ticket - no Ride.

You can only get into the Taxi loading area from the Loerie Park Direction. Please be prompt in getting into and out of a taxi and fill from the back. If you do get separated with friends on the taxi you can easily meet up at the off loading area in the forest. If you look at the numbers we rotate a taxi every 26 SECONDS so be sharp and make it possible.

Catch a ride early and rather get a good spot at a fire in the forest than spend a long time in a taxi queue and risk missing the event as the race will not be delayed due to late arrivals. The Taxi Queue will be closed when we determine a critical number of people in the queue to get to the start in time. Late coming Full Marathon runners will not be moved to the front and will miss the race if they are late. The Taxi ride from the Loerie Park area is the ONLY way to get to the Forest start.

Bus Shuttles Between the Race Finish and Loerie Park.

A bus shuttle service will operate from Nedbank Pavilion, Pick n Pay Knysna Oyster Festival Grounds, Waterfront Drive (finish) to Loerie Park from 10:00 till after Prize giving on 14 July. This is a free service to runners. The Showers at the Knysna Marathon Club House will be open for your convenience. (No showers at the Finish)



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Start area in the Forest

Biddulphs will provide a togbag service from the start back to the race finish. A tog bag tag is attached to your race number. Please ensure that no valuables are in the bags as we can not assume responsibility for lost or damaged goods or bags.

Visit the Pick n Pay Bedouin tent in the forest for hot coffee and a bite to eat.

Warm Clothing at the start

Due to a great need in the area we have partnered with Knysna Family Care Services who will be collecting your discarded warm Clothing in the forest to make sure it gets to those in need.

Make sure you only deposit your clothing in the designated areas at the start as well as along the route. There are many eager outstretched hands at the start but please do not be tempted.

It is heart breaking to see the Bakkie loads of clothing being trampled into the ground as these get dumped in favour of a better garment. This also leads to a dangerous influx of non runners into the area.

Race Timing

In a ground breaking move we will use chip timing for our event. You will be issued with a FREE Knysna Marathon Club timing chip that you will wear on your shoe. Only our chip must be worn. The chip is attached to your race number at registration.

This chip or race number can not be passed onto a friend or changed into a friends details at registration. Letting a friend run with your number might seem innocent on the face of it but there are also people that do it with fraudulent intentions in terms of prize money and seeding for upcoming races. Both will be dealt with in the same way. You will be banned from future events and listed with ASA as a cheating runner.

Do not let your race number and Chip be used by anyone but yourself and you must run the race that you entered. 42 Km Entrants will not be allowed to finish if they run the 21km route. There will be check stations along the route.

Do not force us to play Bad Cop. It will spoil your day as well as ours.



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The Knysna Lifestyle Estate is located just 5 minutes from Knysna CBD and a mere 40 minutes from George and is perfectly placed to access the best that the Garden Route has to offer: from sophisticated shopping and fine dining to the charm of small-town friendliness and back-to-nature living. **Visit www.kle.co.za for more information.**

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42 Km Full Marathon

We have a record number of entries for the 2012 full Marathon and we are sure there will be many first timers on the 42 km. Keep a lookout for the ladies of Team Triaction from Triumph. They started the year having never run a 21km and have been training to complete the Forest as a Novice 42km. Hang with them for encouragement, as well as to help with your pace. Let's come together and support each other all the way to the finish.

As always the first 200 home will receive a hand made timber Plaque.

Cutoff time is 5H30 (12:30 in the day) and we will have rescue busses on the route if you think that you have bitten off too much.

The secret to a good finish is a slow start as the first few kilometres are uphill and it is easy to be dragged along in the dark. Be clever on your first 12 kilometres.



21km Half Marathon

We did reduce numbers slightly on this race, while demand reached fever pitch with the opening of entries. We have over 60% new Forest runners this year with many regulars left out in the cold. The 2012 route will follow the Northern contours as in 2010.

We urge slower runners or walkers to start from the back of the field to let the rabbits get on their way smoothly. The 21km back markers will be overtaken by the faster 42km runners on the last 7km. These guys are racing for position so please keep a lane for them on your right and do not fill the whole road while you are having fun only to spoil their race.

Cutoff time is a generous 3h30 (11:30 in the day)

Prize Giving

Prize giving commences at 12:30 and will be combined with the BIG FIVE prize giving. 10 Lucky runners will be drawn onto the stage to receive a New Balance bag with Goodies and one will contain a Whopping R10 000. The person drawn will need to be on stage before the next name is drawn or this person will take the place. The MC's decision is final in this regard.

Proud New Partner

Nedbank has a proud tradition of making things happen on the sporting, social, environmental and business fronts. With 13 Nedbank Running Clubs nationally, an elite cycling team under the banner of 360Life, sponsorship of national soccer and golf events combined with a long standing support for athletes with disabilities as well as a strong partnership with the Cape Winemakers Guild, the bank is delighted to support a festival that combines the best of these worlds.

Nedbank's participation in the Pick n Pay Knysna Oyster Festival, one of the premier lifestyle and fitness festivals in South Africa, is an exciting development for festival guests to experience the Nedbank brand.



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The logo for 'the turbine' boutique hotel and spa, featuring the name in a modern, lowercase font and a silhouette of a turbine with four stars below it.

Turbine Hotel

Enjoy this exceptional and luxurious Boutique hotel in Knysna

Whisky & Oyster Tasting

Friday, 13th of July
Turbine Tapas Bar
From 17:00

Island Café

For a truly unique dining experience enjoy our Island Café restaurant

How to Find Us

Straight down Long Street, left at the last roundabout and follow the Turbine signs

Tapas Bar

Enjoy a sundowner or delectable bite from our menu at the Tapas bar

Turbine Water Club

Offers al fresco dining from our deli and oysters from our champagne bar. We offer Pontoon Cruises, Kayak & Bicycle Hire and various other land and water activities.

Spa

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• WiFi ready - PODZ compatible. Connect and stream to your mobile smart device.



• Cloud Storage
Includes 8 Gig free online storage on Ion Cloud™



• Battery
Lithium-polymer battery
Records up to 2.5 hours



• Up to 170° Wide angle lens



• Still HD Camera mode



• Lightweight (130g)



• Water Resistant Body
(up to 30 feet / 10 meters)



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Permanent Numbers

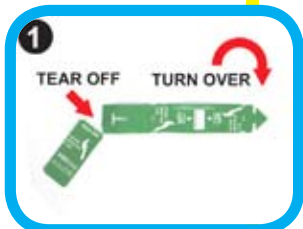
A special welcome to our green numbers and good luck to those going for their tenth on 14 July. Of special note is Issy Margolin going for his 29th Forest Marathon. He has done and seen it all throughout the years. Chat to him if you get the chance.

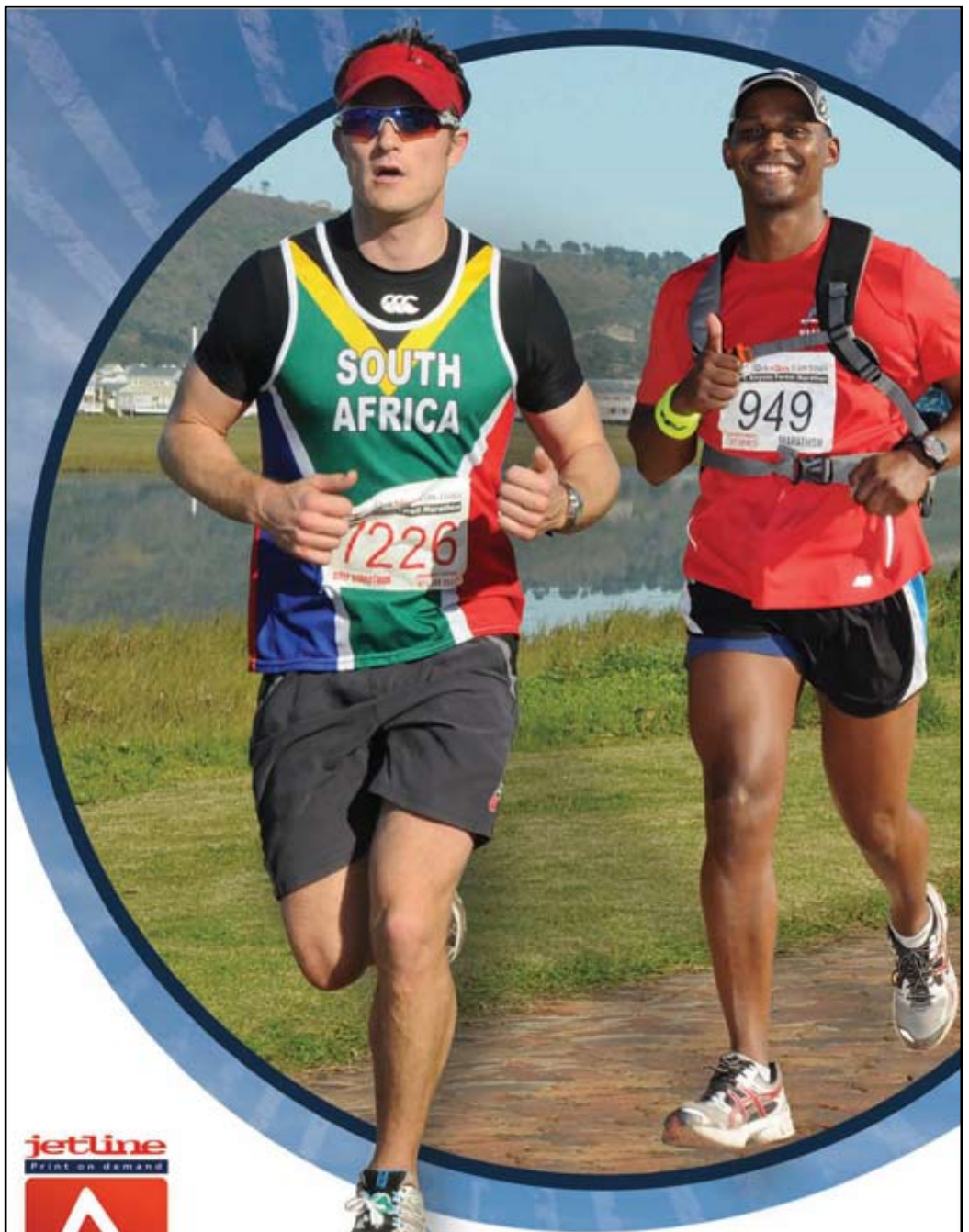
We only award green numbers on the full Marathon.

Route Maps

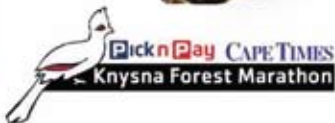


How to wear your KMC Tag continued on pg 14





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Pick n Pay Cape Times
Knysna Forest Marathon
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START AREA AT THE GLEBE

Catch the free buses/taxis to the start area!!



Line up direction
 Full Start 42.2 @ 7am
 Half Start 21.1km @ 8am

The official drinks sponsor of the Pick n Pay Cape Times Knysna Forest Marathon



from pg 12



Pick n Pay
Knyssa
Oyster
Festival
 6 - 15 July 2012

REGISTRATION/FINISH

has **MOVED** to the
 Nedbank Pavilion, Pick n Pay
 Knyssa Oyster Festival
 Grounds, Waterfront Drive,
 OFFICIAL FESTIVAL
 EVENT VENUE.

REGISTRATION:

1/2 Marathon & Full Marathon

NO PARKING AREAS
(TOWAWAY ZONES)
FRIDAY, 13 JULY 2012

REGISTRATION: 10h00 - 22h00

Hedge Street

TOUCH STREET

SATURDAY, 14 JULY 2012

What side Waterfront Drive

CLOSED 07h00 - 14h00

Hedge Street

DRIVERS - AT ALL TIMES

EMERGENS - AT ALL TIMES

As indicated by

TRAFFIC OFFICIALS



SATURDAY, 14 JULY 2012

REGISTRATION/START

Forest FERRIES

NOTE: We encourage you to enjoy

the facilities at the **FINISH** venue.

A limited number of **Forest Ferris**

will run from Hedge Street at the

FINISH venue at the Pick n Pay

Knyssa Oyster Festival Grounds,

Waterfront Drive and will take

athletes to Waterfront Drive to collect

their vehicles.



PARKING IN KNYSNA



2 TAXI PICKUP to the **START**
 will run from Waterfront Drive
 as in **PREVIOUS** years BUT the
event DOES NOT FINISH at Linnik Park
 Waterfront Drive as you will
FINISH at the Pick n Pay Knyssa
 Oyster Festival Grounds, Waterfront
 Drive.

Recommended walking
 route to & from
 parking areas.



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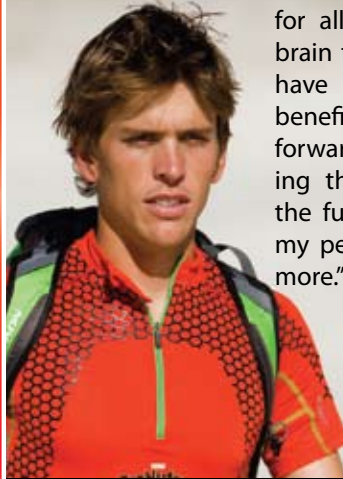
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Long distance
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Cornuti Knysna

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- 06 July - Half price pasta special for all Cyclists and their Families.
- 06 July - Cocktail specials with DJ Nick.
- 07 July - Cocktail and shooter specials with DJ Nick.
- 10 July - Come see the SA Navy navigate through the Knysna Heads at Cornuti Knysna there will be half price Cocktail specials.
- 13 July - Half price Pasta special for all runners and their Families
- 13 July - Cocktail specials with Dj Nick
- 14 July - Cocktail and Shooter specials with DJ Nick



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POST-RACE MUSCLE MASSAGE

Sensation

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- **Back & Leg Sports Therapy:** a self-heating marine mineral mud treatment for the back, neck & shoulders that is designed to release tension and combat tight muscles. The back of the body is massaged to improve circulation. **R580**
- **Arnica Infused Hot Stone Massage Body Treatment:** **R600**



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