



KARAKORAM XTREME TRIATHLON

RACE MANUAL 2024

Athletes and their support teams are required to read and understand this Race Manual. It includes critical information needed to participate in Karakoram Xtreme Triathlon.



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PREFACE

Welcome to Karakoram Xtreme Triathlon (KXT)!

You may be reading this because you are considering doing the race next year or later, if so, almost all you need to know is in here and on the webpages we refer to.

If you are re-reading this guide because you have registered for the race, do not put it down! Keep on reading. This is your KXMan "Guide". Know it by heart.

KXT 2024 (Full/Half/Duathlon) starts in Hunza, Pakistan on Saturday June 29th 2024, at 05:00 am

Enjoy!
Sincerely,

After the race is finished a result list showing athletes will be published.

2024 will be the 1st edition of KXT. Be a pioneer KXMan!

KXT plans to have registered athletes start on a boat, and dive off when we blow the start horn, in Hunza Attabad lake on June 29th.

- Registered athletes will come from all over the world.

- All registered athletes will be on the KXT result list. First athlete finishing per gender will be the KXT winner.



Ghalib Salam
Race Director



HOW TO GET HERE & ACCOMODATION

KXT (Full) is a point to point race. It is 220 Km from the start to the finish. There are no shortcuts!

KXT Team has made arrangements with selected hotels for accommodation/lodging and transportation. It is mandatory to avail the accommodation package until race day. You will be transported to Islamabad on post-race day via air travel.

The finisher ceremony will be held at Hunza. When planning your travel to and from the race keep in mind the following:

The start is 595 Km from Islamabad and 100 Km from Gilgit Airport. Finish line is 23 Km from Karimabad, Hunza.

There will be transport arrangements from finish line to the hotel. This will be 23 Km journey.



SCHEDULE

DATE	TIME	ACTIVITY	Location/Comments
June 23-24	AM/PM	Arrival in Islamabad	Hotel check in Islamabad
25-Jun	AM	Air departure for Gilgit	Arrive in Gilgit/Drive to Hunza
26-Jun	AM	Rest Day / Sight Seeing (optional)	Hunza and nearby areas
27-Jun	-	Rest Day	Hunza
28-Jun	14:00	Race briefing/Checkin	Conference hall at a hotel in Hunza
29-Jun	3:30	Leave the hotel for ATTABAD	Hotel to Attabad Lake, Hunza
29-Jun	4:30	Race check-in deadline	Attabad Lake, Hunza
29-Jun	5:00	KXT 2024 Race Starts – FULL/HALF	Attabad Lake, Hunza
29-Jun	23:59	KXT 2024 Race Ends - FULL/HALF	Hopar Glacier Lookout
30-Jun	0:20	Warp-up back to Hotel	On our way to the Hotel, Hunza
30-Jun	8:30	Get luggage/bike ready	Placed for transport to Gilgit
30-Jun	9:00	Breakfast	Hotel in Hunza
30-Jun	10:00	Closing ceremony	Conference hall at Hotel in Hunza
30-Jun	11:00	Leave for Gilgit	Via road to the airport
30-Jun	14:00	Depart via air for Islamabad	Schedule subject to availability
30-Jun	15:00	Arrival in Islamabad	Upon arrival go to the Hotel
30-Jun	17:00	Estimated arrival at Hotel	In Islamabad
30-Jun	19:30	Dinner (optional)	At a Hotel in Islamabad
01-Jul	11:00	Check-out (optional)	From the Hotel in Islamabad



Athlete Registration

GENERAL

At registration in Hunza in June, all athletes must present a valid photo ID (passport, driver's license or similar). In addition we recommend all athletes to have race insurance by his/her national triathlon federation. Those Athletes who are unable to obtain this insurance, we encourage them to procure their own race insurance that covers accident and liability.

CANCELLATION RULES

There may be events, unforeseen circumstances or disruptions in life that prevent you from participating in the race, it is totally understandable.

However, the race registration fee is non-refundable. At this point, cancellation insurance for 2024 race is optional and available at the time of registration at www.RaceID.com.

Please note that race registration and participation in KXT is strictly personal. It cannot be transferred, sold or given to another person. Disqualification will result if a person starting KXT uses someone else's race number. The person will be taken out of the race and denied participation in the race for five years.

If you decide to pull off, please contact KXT Team at www.pkxtri.com for any clarification.

RELEASE FROM LIABILITY

Athletes and their support crews must sign the "Release from Liability - Athlete" documents before they receive their race number (the

RACE PACK

The race pack includes the following items (please double check you have everything):

- Swim cap
- Decals for body, bike and helmet
- Start number
- Timing chip or bib
- Support T-Shirt

forms are enclosed at the end of this document, and will be collected when entering registration in Hunza).

Course Description (FULL)

SWIM

1 Km (may be increased to 1.5 Km) in the Attabad lake. It is glacial water temperature at the starting point on race morning will be at least 7 degrees Celsius. Wetsuits are mandatory with thermal balaclava, neoprene boots and gloves.

The swim begins with a water start, after athletes exit the boat.

BIKE

180 Km from Attabad lake on Karakoram Highway. Starting from Attabad lake and return close from Deh (3000 M) (One loop) and then continue to Ganish (2200 M) add 23 Km for T2 – Total: 180 Km

RUN

Ganish to Duikar (2800 M) (one loop) and return to Ganish (20 Km) and continue from Ganish to Hopar (2990m) for 19kms towards the finish line – Hopar Glacier look out. Total: 39 Km

SWIM



BIKE



RUN



Cut-Off Times (FULL/HALF/DU)

Cutoffs are necessary because we are concerned about your safety. It is very dangerous to be on the route after dark, or if you are too exhausted. You are not permitted to continue in the race on your own or at your own risk. The cutoff times and rules outlined below will be enforced.

TIME: FULL DISTANCE	ACTIVITY
Exit water T1	30 minutes (45 minutes if 1.5 Km swim)
Exit Transition T2 (bike to run)	10 hours - Local authorities will manage complete traffic control on Karakoram Highway until 2PM on the race event day
Exit cutoff point at 20 Km from Ganish to the finish line	13 hours
There is a 12.00am cutoff time at the finish line for those who qualify to finish at Hopar Glacier look out point. Decision will be considered final.	Midnight
TIME: HALF/DUATHLON	ACTIVITY
Exit water T1 (not applicable for Duathlon)	20 minutes (35 minutes if 750 M swim)
Exit Transition T2 (bike to run)	7 hours - Local authorities will manage complete traffic control on Karakoram Highway until 2PM on the race event day
There is a 8pm cutoff time at the finish line for those who qualify to finish at Hopar Glacier look out point. Decision will be considered final.	8pm

If you withdraw from the race at any point in time after the pre-race meeting, you are obligated to inform the race office immediately by calling +92 300 8248957. During the race, your support crew is responsible for calling in withdrawals. The race office phone is manned from the pre-race meeting onwards.

POST Race Info

Remember the journey you will be a part of. It is not really over until the T-Shirt ceremony is over. It is also a safety precaution that we expect you and your support to stay until Saturday.

The race takes you through an incredible experience but honestly, it will be equally challenging for your supporter as well, given the climate, altitude and terrain. If you for some reason are unable to pick up your finisher shirt post-race, please let us know when you register.

LOST AND FOUND

We will gather gear found during the race and have a Lost & Found desk in conjunction with the Race Shop Saturday at the hotel in Hunza. Any gear not collected at the hotel will be donated to the local charity.



Attabad Lake © Ghalib Salam

Weather, Safety and Support

For Race day, we recommend to view weather forecast using the following link:

<https://www.windy.com/36.310/74.810?36.172,74.903,10>

POSSIBLE CHANGES OF THE COURSE DUE TO SEVERE WEATHER

KXT starts at altitude from sea level to 2250 M peaks around 3000 M and finishes at 2990 M above. Severe weather or other acts of nature may necessitate changes in the race.

If the water temperature is extremely cold i.e. below 7C and there are dangerous conditions caused by severe weather, the swim course could be shortened. If we, for some reason, are unable to safely organize the swim, we will change the race as a duathlon (run, bike, run).

From Ganish to the finish line, you can expect windy weather. If the conditions are deemed too severe, the athletes will be turned back to finish the race back at the 20 Km checkpoint.

As there always is a risk of extreme weather conditions on the mountain, this checkpoint is to ensure that:

- You and your support crew are fit to continue to the top
- We encourage you and your support each carry a backpack with the necessary equipment including warm clothes, food and drink, and a mobile phone.

An athlete who is not accompanied by a person from his/ her support team up the final stretch of the mountain, will be held back and connected with the next athlete arriving.

SUPPORT

A support car from rental company is mandatory. The athlete's support team is expected to provide their athlete with food and drink during the entire bike and run legs.



View from the finish line © Ghalib Salam



RULES

GENERAL RULES

KXT is a non-sanctioned race and will make efforts to adhere to the International Triathlon Union (ITU) competition rules, so that you can focus on studying the ITU competition rules. Understanding the base rules of triathlon is crucial to having a fair and safe race. This manual only covers the exceptions and additions to the base rules.

ITU Rules

https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2024_20240219.pdf

Exceptions and additions to the above rules are described below. The ITU paragraph is noted in parenthesis.

This is a long distance “NON drafting event”.

PENALTIES

Race marshals can issue time penalties or disqualify athletes if either the athlete or their support team violates the rules.

Time penalties:

Minor violations

(yellow card or blue card for drafting)

5 minutes for both.

3rd violation, major violations or dangerous behavior (red card)

Disqualification

Penalty box for serving time penalties will be placed in T2 of the run course. Penalties given after 20 Km will be added to the finish time.

AGE

- All athletes must be over 20 years of age on race day.

EQUIPMENT

- Full wetsuits, thermal balaclava, neoprene socks and gloves are mandatory
- Wetsuits may not exceed 5mm except at the torso where it can be a maximum of 7,5mm.
- The race number should not be worn during the swim, and must be stored visibly in T1, until the athlete exits the water.
- The race number must be visible from the back at all times during the bike segment and from the front during the run.
- Bikes must be in compliance with ITU competition rules.
- The bike must have working lights mounted front and back. Front light to be at least 100 lumens. Lights must be turned on during the whole bike segment.
- Change of bike is not permitted.
- Changing wheels due to mechanical failure is permitted, provided the Race Office is informed.
- Pack two backpacks, one for the athlete and one for support. Both you and your support will have to check in your backpacks before entering last 19 Km run segment. No backpacks will be checked before both athlete and support. Both backpacks shall include:
 - » Warm clothes, Mobile phone
 - » Windproof jacket
 - » Food and drink, Headlamp



RULES ON THE BIKE LEG

The bike course is open to ordinary traffic. Road traffic regulations must be strictly observed at all times by both athlete and support.

- Support is allowed between Attabad lake and Deh (80 Km loop), Efforts should be made to find appropriate support spots and should be planned with designated support group. Additional 23 Km bike route to Ganish is busy segment of Karakoram Highway and support should be avoided during this segment.

RULES ON THE RUN LEG

The run course is open to ordinary traffic especially during first 20 Km loop. Road traffic regulations must be strictly observed at all times.

- Runners must keep to the right side of the road during the run.
- Athletes may use headsets or mobile phones when entering last 19 Km (20 Km)
- Support crews may accompany athletes running when reaching Ganish after 20 Km of the run.
- Running in front of the athlete is regarded as pacing and is not allowed at any point.
- When crossing the finish line your support must have crossed the finish line no later than 1 minute after the athlete finishes.

MEDICAL / ANTI-DOPING

Medical crew and race marshals appointed by the organizers may at any time during the race remove an athlete from the race, in case of health issues or risk of injury to the athlete. The use of prohibited methods and substances included in the WADA List of Prohibited Substances and Methods is forbidden.

- The World Anti-Doping Code in itself, or as implemented in the rules of the International Triathlon Union anti-doping rules is binding for all participants in the KXT.

SUPPORT

- As a participant in KXT, you receive support from your own preselected support person or team.
- The support is minimum one person and maximum two, and is limited to use one car only. Car rental with driver needs to be reserved for a minimum of two days.
- Athletes are responsible for ensuring that their support team understands their role and our rules, which are there to ensure participants' safety.
- Please note that if your support team causes dangerous situations by behaving recklessly or violating these rules, you could be penalized or disqualified.
- Although we encourage cheering from and shared responsibilities within your support group, we aim to make the preconditions for the race as fair and equal as possible for the athletes.
- Active support, as described in this guide, is only to be given by one person at a time wearing the support t-shirt and wristband.
- Excessive support from your support team, friends, family or spectators, that are perceived as giving support or giving unfair advantage, may result in the athlete being penalized for outside assistance."
- Support (max 2 persons) have to register together with the athlete and will receive a colored wristband.

Violation of the rules listed here may lead to a time penalty for the athlete or to his/her disqualification. If an athlete withdraws during the course of the race, the support crew is responsible for informing the Race Office.

Race office number is +92 300 8248957. Keep the KXT wristband, the card with the Race Office phone number and your mobile phone with you at all times during the race.



SUPPORT TEAM

JOB DESCRIPTION

KXT cannot be compared to other iron distance triathlons. This journey through spectacular Northern Areas of Pakistan is a unique and unforgettable experience, but it is not without risk to the athletes.

Having support is both absolutely necessary and a requirement for participation. Athletes depend on their support team throughout the race. Please read the support team rules below carefully, make sure you understand them, and remember them throughout the long race day. In addition to helping ensure the safety of their athlete, the support teams contribute greatly to the KXT experience and its unique atmosphere.

Finishing KXMan will be extremely special as it will be the first ever extreme race to be held in this region! You will be a pioneer KXMan title holder, something to proudly share with family and friends.

Let the experience speak for itself and let your journey etch a new beginning in the heart of Karakoram!

At least one person in the support team

- Must be able to communicate with the Local authorities and organizers in English.
- Must wear the KXT wristband and support t-shirt when entering the transition zones to pick up equipment.
- Must be available on mobile phone throughout the race and until 19:00 on Saturday evening.

The support vehicle

- Should be an ordinary rental car that will be organized by KXT team as part of the car rental package
- Must display KXT logo stickers and the bib number of the athlete clearly at the front and the back of the car.

MAIN SUPPORT RULES

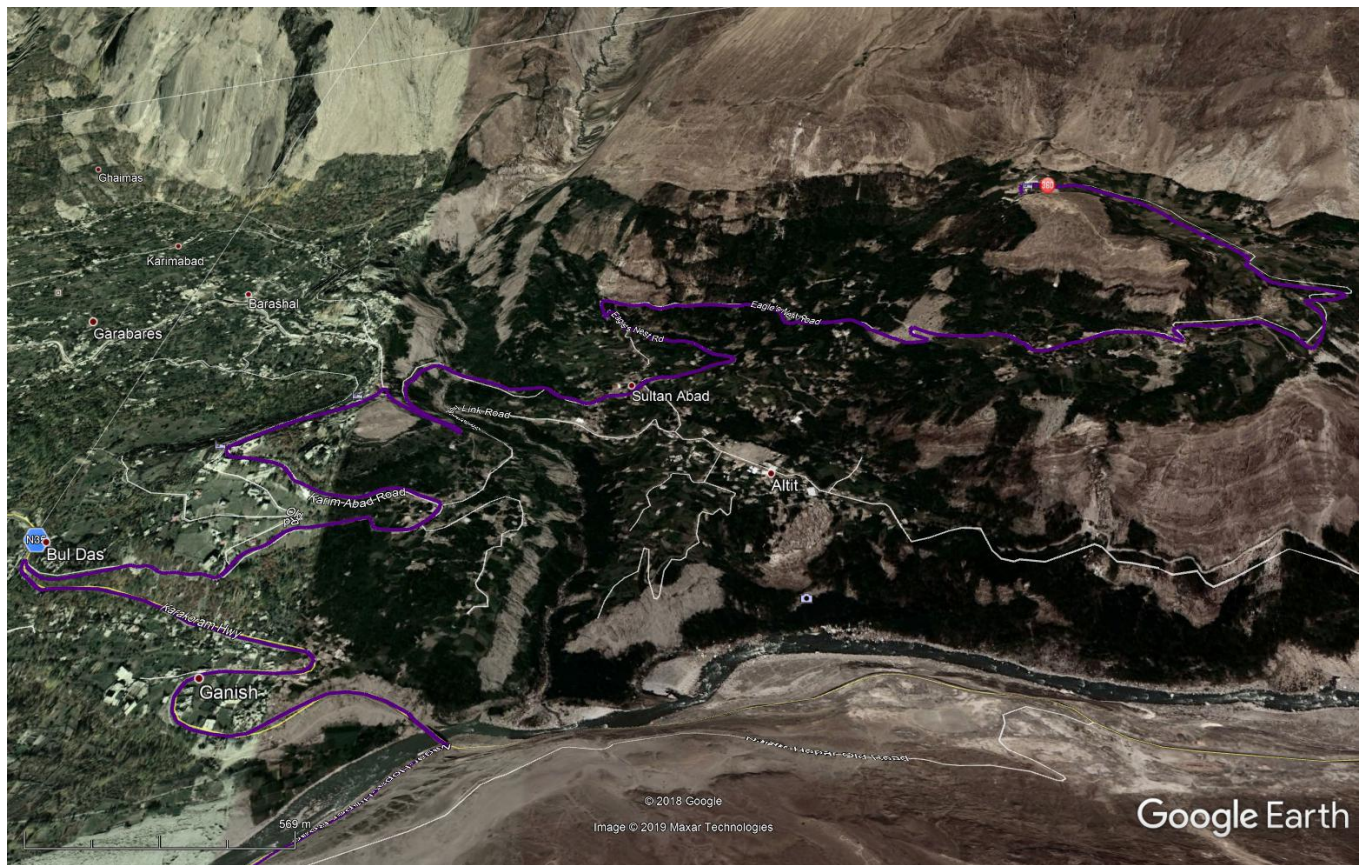
- Support during the race is only allowed from your support and is limited to providing drinks, nutrition and clothing. Your support may provide mechanical assistance, upon the approval of the Race Director or Race Marshall. Support may then provide mechanical equipment and tools, if available but may not give assistance in mending or repairing the item for the athlete.
- The support vehicle must abide by traffic regulations and posted speed limits and never drive directly behind or in front of a cyclist, as this could cause dangerous situations.
- During the bike segment support is only allowed when car is parked on the left side of the road. Safety is our priority and as the roads are narrow, unnecessary stops should be avoided.
- During the run segment, car must always be parked off the road. It must be with all four wheels outside the white road demarcation line, where possible.
- All support and communication must be provided from outside of the car, and never through a car window, even if the car is parked.
- During the bike segment, support will be accessible as stated earlier.
- Athletes may not sit in the car at any time during the race, even if the car is parked.
- To be able to pick up the athlete's equipment in the transition zones, the support person is required to be wearing the KXT wristband and support t-shirt.
- Support crew may not accompany the athlete running, until reaching Ganish at 20 Km on the run.
- Running in front of the athlete is regarded as pacing and is not allowed at any point.
- The support must be able to follow the athlete up the mountain to provide safety the athlete.

Friends, Family and Other Spectators

KXT is an extreme race, in a extremely challenging environment. Most of the locations have limited logistics support. All athletes will have their own support vehicle, and this makes parts of the race course very crowded at times.

If you have family members or friends planning to come see you race in person, make sure you mutually agree at identified meeting points and be cautious of the traffic on the Karakoram Highway.

You will come across meeting spots with limited parking during the bike course.





Be Friendly

CREW

Please be friendly to the KXT crew. They are all volunteers, who have worked hard to give you a smooth experience, an experience you can cherish for a lifetime! It is their pioneer year volunteering for KXMan and will appreciate your acknowledgement.

RACE OFFICIALS

Race officials (race director, marshals and health & safety), who take care of your safety, will be around for meeting your needs or inquiries. You are most likely to encounter them during the race.

If you are unable to continue the race due to altitude sickness or any other health or safety reasons, they are required to take you out of the race. This race will be held at a high altitude, and your risk and safety, will be of a primary concern.

LOCAL COMMUNITIES

Please be friendly to the locals. They will be super excited that you decided to participate in an extreme race, in an extreme environment. They are genuine folks and they might offer you quizzical stares, seeing super athletes for the first time, but they will make an effort to help and support you to the best of their capacity.

SPONSORS

Without our sponsors and partners, we would not be able to keep your entry fee as low as possible. They will deserve a special shout-out!

PHOTOGRAPHERS

Our photographers will travel along on the race. You may be photographed at some, or, several points during the race. Do not worry about striking a pose, or, being photogenic, just focus on the race, on the moment. The photographers will try to capture those moments and you will be delighted with the results afterwards!

PARTICIPANT PHOTO SERVICE

You will find this information on the www.pkxtri.com



RELEASE FROM LIABILITY

(Athlete)

In consideration of the acceptance of my entry in KXT, I am aware of and agree to the following:

By submitting this entry, I acknowledge having read, understood and agreed to the above, that I am aware and acknowledge the risks, terms and conditions and waive, that I release Karakoram Xtreme Triathlon (KXT) and their partners from liability, and that I have executed this agreement voluntarily.

Kindly refer to www.pkxtri.com for Waiver document.

Please complete, print and hand over this page at registration

NUTRITION SPONSOR



<https://myspringenergy.com/>

FINISH LINE – Last 19 Km from Ganish



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Endurance Seekers Inc. for further information: www.pkxtri.com