



## **Karakoram Xtreme Triathlon (KXT) FAQ's**

### **1. When is Karakoram Extreme Race?**

KXT is being held on 29<sup>th</sup> June, 2024.

### **2. How can I register for KXT 2024?**

In its first year, every athlete who wants to participate, can enroll. The registration opens on the website from December 13<sup>th</sup>, 2023.

### **3. When does registration open for KXT 2024?**

The race registration opens on December 13<sup>th</sup>, 2023.

### **4. What is registration fee for KXT?**

KXT Race event registration fee US\$500 payable via VISA/MC/AMEX/PayPal on [www.RaceID.com](http://www.RaceID.com). Events fee is non-refundable but insurance option can be selected at the time of registration. KXT has not direct linkage with insurance claim, if applicable, as it is entirely a third party being offered by [www.RaceID.com](http://www.RaceID.com). Selected athletes will be required to pay the fee on [www.RaceID.com](http://www.RaceID.com) website at the time of registration. Upon receiving reservation booking (using registration form on [www.pkxtri.com](http://www.pkxtri.com)) athlete will be required to make the payment within required timeline (not exceeding 7 business days). Since accommodation, car rental package booking is mandatory with KXT (full distance only), this package cost will be in addition to race event registration fee and will be paid when you will receive the registration link.

You MUST pay within the specified time period. No payment = no registration.

### **5. What would I need to enroll/register?**

Athletes are encouraged to enroll regardless of their performance. Be aware of the effort involved for the duration of the race and the altitude challenge and associated risks. Once the guidebook is available, you will be able to understand the race challenge better. If you are attempting your first ever extreme race, the links for other extreme challenges below, will give you an idea too.

<https://youtu.be/NdaSAQiNtFA>

<https://www.youtube.com/watch?v=Z-7z8vbxrnc>

<https://www.youtube.com/watch?v=9J8pejiXEZA>



<https://cxtri.com/>

<https://www.suixtri.com/en/>

## **WHAT DO I NEED TO KNOW ABOUT KXT?**

**The Race:** You must have downloaded, read and understood the draft race manual available from [www.pkxtri.com](http://www.pkxtri.com) before applying to enter this event - this is a condition for registration. By applying for registration, you're acknowledging you've done this. The organizers retain the right to make changes to the manual and rules before race day. Please pay careful attention to some specific requirements;

- You will need to carry **compulsory equipment** in the running sections. You **MUST** make sure you have all the kit needed and please don't try to bend the rules on what a 'waterproof' is! There are risks associated with the mountain run - you will need the compulsory equipment (at least) for your own safety. Be prepared to carry more than the minimum requirement to ensure **YOUR** safety.

- The later run segment (last 19 Km) is extreme, and run/climb at high level through the HUNZA valley - the terrain is mix of rough, steep and exposed.

- We reserve the right to change the bike and/or run course at any point for reasons of safety and safe management of people.

- We reserve the right to alter the swim course to reflect weather, water and temperature conditions. On a cautious note, swim will be in glacial cold water with temperature as low as 7C.

- You must have a support crew + rental vehicle. For all race distances. No exceptions.



**Q: Can I have extra support T-shirts as I have more than one in my support team.**

A: No, we issue one supporter T-shirt which is used as an access pass to the transition areas. You can of course pass it between different members during the day but only one supporter is allowed in the transitions.

**Q: Is my showerproof jacket sufficient for the region?**

A: Yes, you must have a fully waterproof jacket with hood and taped seams.

**Q: Is it OK to carry cell phone?**

A: Yes, you can carry cell phone, however, keep in mind that phone signals can fail within the region.

**Q: Can I use trekking poles on the mountain?**

A: We do not rule against this but remember, it is extra gear to carry.

**Q: Do I need a triathlon license?**

A: No you do not, because we're non-sanctioned, there is no personal accident insurance cover for athletes. Athletes reserve the right to get own insurance coverage for the race.

**Q: What is the minimum age for support?**

A: They must be over 16 but please note this is no run in the park, the terrain is a serious environment and your support runner is there to "support" you. We do not want situations where the supporter has to be taken care of by the athlete.

**Q: Do I have to come to registration at the prescribed times?**

A: Yes, it is important to work to our timetable. In exceptional circumstances we can accommodate for you – please contact the organizers if you will have a problem.



Please go to 'Contact Us' section at [www.pkxtri.com](http://www.pkxtri.com). Kindly give us enough time to review and respond to the communication.

**Q: Does my supporter need to accompany me to bring the kit at check-in? Can I bring it for them and have it checked?**

A: We must check the athlete's kit. If the supporter cannot make registration then we can check the kit in their absence. Please note the support **MUST** attend the safety briefing.

**Q: Can you help me sort out accommodation?**

A: KXT Team is offering accommodation and car rental options and it is mandatory to register (for full distance) and pay for these services during the registration period.

**Q: Are paid accommodation/car rental booking arrangements refundable?**

A: No. Due to any unforeseen circumstances if there is a need to cancel and refund the reservation, you should consider cancellation insurance being offered by RaceID at the time of registration. Registration and associated costs are non-refundable.

Race event fee: KXT does not offer refunds, transfers or entry deferrals - sorry. We **STRONGLY** advise you accept the event registration and select insurance option. For insurance details, please read the fine print. Your entry is non-transferable and may not be sold or given to another person. Anyone who starts at KXT! using the registration of another person will be taken out of the race.

**Cut Offs, Support Team** requirements, and **Mandatory Kit** details (along with lots of other information) are in the Race Manual - please pay close attention.

Your race age group will be the same as **your age** on 31st Dec 2024.

**THIS POLICY WILL BE STRICTLY ENFORCED**



The race is being held as far as possible under ITU international rules - you are responsible for reading these before starting the KXMan!

For details, please review

[https://www.triathlon.org/uploads/docs/World-Triathlon\\_Compition-Rules\\_2024\\_20240219.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2024_20240219.pdf)

to study and review the event rules.

## **6. Do I need a supporter for the race?**

Yes, the race requires a supporter as it is a mandatory requirement. There will be no support stations other than the transition zones at T1 and T2. Your supporter will be responsible for all your hydration, nutrition, gear change/fixes, and any other needs you may have over the course of the event. The location is remote and access to items required for the journey will be limited to the transition zones as well as the hotel. The supporter's mobile number will be provided at the time of registration and this will be used by KXT crew to stay connected to pass on any information, before and during the race event.

This supporter must also carry the mandatory safety kit and keep track of the athlete for the duration of this race. **This is for safety and tracking reasons.** The mountainous region is dangerous, landslides may occur, the weather may become unpredictable and we do not want to have people within the region we cannot account for.

## **7. What will be the main role of my supporter?**

The race will be as much of an adventure for your supporter as it is for you. The supporter will finish the last leg of the run with you. It is important that the supporter be able to complete the race with you. The remote location and low visibility after dark mandates supporter assistance.

All your hydration and nutrition needs will be provided by the supporter and supporter needs to ensure that the fitness level of their athlete is not compromised at any point during the event. In case the supporter deems necessary, they can call in the KXT support and available medical crew for help or assistance, e.g., onset of hypothermia, disorientation, bike or route issues, etc. The rules must be followed! Otherwise the supporter and the athlete risk a chance of disqualification after receiving warnings by Race Marshalls during the race.



Your support person will accompany you on the final mountain section, and so needs to be capable of assisting you on a severe 19 Km 800 M climb mountain run.

#### **8. Can I have more than one supporter?**

Yes, you may have more than one supporter but you will be allowed only one designated support car. This will be used by your crew to help transport your race items/needs throughout the day. The support cars will be provided by Rent-a-car Company with a qualified driver who is familiar with the region and terrain. Further, bikes will be transported separately by the organizer from the hotel to the T1 zone and return from T2 to the hotel will be also organized.

#### **9. Can I change my supporter if I need to?**

Yes, you may change your supporter upto two weeks before the race. You will have to provide the mobile number and name of the supporter as these will be important for the KXT race crew to communicate with your support crew.

#### **10. Is it mandatory to hire a car or can we rent our own cars?**

It is highly recommended to use the car rentals recommended by the organizers as the qualified drivers are familiar with the region and terrain. Safety of athletes is our priority. Please note that athlete/supporter are not required to have any car accidental insurance coverage.

#### **11. What are my accommodation options?**

Accommodation has been organized by KXT, in association with a leading 4 star hotel in Islamabad and best available 2-3 star hotels in Hunza. These hotels have been officially designated hotels recommended for stay for the athletes/supporters/crew. As Hunza area is remote with few service stations and full service hotels to stay, it is mandatory to book accommodation, rent-a-car as per proposed package recommended with the designated hotels. For customized accommodation arrangements, kindly select registration options under registration process and KXT Team will contact you during the registration period with combined Accommodation/Rent-a-Car package as selected by athlete/supporter during the registration window. Booking is mandatory (for full distance) and booking terms will be outlined in the registration terms.



KXT will be responsible for bike transfers from Islamabad to Gilgit via air (in bike case), Gilgit to Hunza via road (in bike case), Hunza hotel to T1, T2 to Hunza hotel, Hunza hotel to Gilgit (in bike case), Gilgit to Islamabad via air (in bike case).

**12. Will I be able to sightsee before or after the race event? Are there any options to visit nearby places or points of interest close to Hunza region?**

The recommended stay at Hunza will be for a total of 6 days (5 nights) during the race period. It will provide everyone an opportunity to explore the region in guided group tours. These will be organized in coordination with the local Government. The links of places close to Hunza, places to explore within Pakistan, safety and other travelers tips are provided in relevant links on the KXT website.

**HUNZA Region Historical Tour**

We highly recommend you watch this video to learn more about the region, terrain, historical significance. This video also covers KXT swim T1, bike route, T2 run and the finish line. Enjoy watching and let us know if you have any specific question and KXT will be happy to find answer and provide details:

<https://www.youtube.com/watch?v=MrhbJGG-4Zc>

***Local Food, Culture and Community***

Hunza has local food dishes and delicacies. You will be treated with these key specialties during your stay in Islamabad and Hunza. People are friendly and respect privacy. If you are planning to visit local bazars/markets, we recommend you visit in a group. Local support will help you in getting good value for your money.

***Foreign Exchange Services***

Large cities like Islamabad welcomes credit cards. Prior to leaving for HUNZA, we encourage you to use local foreign exchange services to convert foreign exchange in Pakistan Rupee to cover your expenses required for spending as credit cards are not widely acceptable in HUNZA.

**TRAVEL ARRANGEMENTS FOR PAKISTAN**

***VISA Arrangements***



VISA arrangements are applicable. Upon completion of registration, Athlete/supporter will be guided by KXT Team to designated Pakistan's foreign office from where VISA's can be issued, if applicable. KXT Team will ensure smooth and seamless experience. It will be sole responsibility of the traveler to have necessary valid travel documentation and KXT team will be available to facilitate arrangements

Please use the following link to verify if you qualify for **VISA entry upon arrival into Pakistan:**

<https://visa.nadra.gov.pk/visa-on-arrival-tourist/>

Following link is applicable to identify countries that **require a VISA entry:**

<https://visa.nadra.gov.pk/tourist-friendly-countriesfc/>

It is pertinent to note that **The Foreign and Commonwealth Office (FCO)** advises not to travel via road from Islamabad to Gilgit.

We are sharing tentative air travel cost of US\$200/person using national airline PIA, from/to Islamabad to Gilgit; KXT will charge not more than US\$200/person for this two way travel and make necessary reservations for departure on June 24/25th, 2024.

KXT wants to provide a **WOW lifetime experience** for all selected athletes/supporters providing them complimentary air travel by flying through world's highest peaks above 6000 M, swim in glacial water 7C cold, visit multiple glaciers, world's highest border crossing (Pakistan-China), bike on world's highest altitude highway and finish the race at a glacier look out point at 3000 M.

You will see estimated accommodation+meals+rental car cost package for two for your review:

(Please review following estimate)





TOTAL COST ESTIMATE TO ATTEND KXT EVENT - 2024			
<b>ISLAMABAD</b>			
<b>3 star hotel accomodation</b>	<b>Per Person/Day</b>	<b># Person</b>	<b>US\$/Day</b>
Double Occupancy	85	2	170
Triple Occupancy	80	3	240
<b>Double Occupancy Cost (days)</b>			
	<b>US\$</b>		
June 23, 2024	170		
June 24, 2024	170		
<b>TOTAL</b>	<b>340</b>		
<b>HUNZA</b>			
<b>2-3 star hotel accomodation</b>	<b>Per Person/Day</b>	<b># Person</b>	<b>US\$/Day</b>
Double Occupancy	75	2	150
Triple Occupancy	65	3	195
<b>Double Occupancy Cost (days)</b>			
	<b>US\$</b>		
June 25, 2024	150		
June 26, 2024	150		
June 27, 2024	140		
June 28, 2024	150		
June 29, 2024	150		
<b>TOTAL</b>	<b>740</b>		
<b>TOTAL ACCOMODATION COST</b>	<b>1,080</b>		
<i>(for double occupancy)</i>			
<b>MEALS COST</b>			
	<b>Per Person/Day</b>	<b># Days</b>	<b>US\$</b>
Breakfast	10	7	70
Lunch	10	7	70
Dinner	15	7	105
		<b>TOTAL</b>	<b>175</b>
<b>Car Rental with driver (HUNZA)</b>			
	<b>Per Person/Day</b>	<b># Days</b>	<b>US\$</b>
Minimum 3 days	50	3	150
<i>Fuel cost at actual</i>		<b>TOTAL</b>	<b>150</b>
<i>No accident liability on athlete/supporter</i>			
			<b>US\$</b>
<b>Total Accomodation (for two)</b>			1,080
<b>Air Travel to Gilgit (for two)*</b>	<i>US\$200 each</i>		400
<b>Total Meals (for two)</b>			350
<b>Total Car Rental</b>			150
<b>TOTAL COSTS FOR TWO</b>			<b>1,980</b>
* we are sharing tentative travel cost using national airline PIA, from/to Islamabad to Gilgit			