

Day to day planning

Xtrme 265km

15 August

Transport Johannesburg

BreathTakingXtreme transport to Entabeni:

15.8.2020 between 14:00 and 15:00 – departure, JHB Tambo Intl.

16.8.2020 between 09:00 and 10:00 – departure, JHB Tambo Intl.

Welcome to Entabeni

15.8.2020 arrivals - dinner

16.8.2020 arrivals – Lunch and dinner

16 August

09:00 – 10:30 breakfast

13:00 lunch

14:00 Race registration / Medic registration / Ranger meeting

18:30 Stage 1 briefing

19:00 Dinner

17 August

Start Race 265 km

Lakeside To Wild-side **62km**

Stage 1 kick's off from Lakeside Lodge, here you will be able to enjoy the amazing scenery around the lodge and lake while warming up. From (1400 m) start up to the 13 km mark the height above sea level gradually increase, with the 13 km mark being the highest of the entire event at 1744 m. A decrease in the height onward to the 25 km mark with a height of 1543 m above sea level. A very challenging first 25 kilometers with rocky mountains, but will be able to enjoy breathtaking scenery. From the 25th km mark you will be heading down a mountain road ending up at a level of 1100 m at the 30 km mark. The last 30 kilometers will be consisting of some rocky areas but mainly sandy soil (some deep sand) all the way to the finish line of stage 1

Check points: 4 CP's, water and fruit

06:00 Start stage 1

19:00 Briefing stage 2

Services:

Medic always available

Physiotherapy 15:00 – 19:00

Internet available

<http://doarama.com/view/2434151>

THE TREME ULTRA RUN

18 August stage 2

Wild-side To White Lion Boma **39km**

On stage 2 starting at a height of 1200 m above sea level, kicking off with the first 10 km with a lot of sand and height above sea level will be up and down between 1100 m and 1200 m. From the 11th km mark the sand will be over, Open road with amazing scenery and the legendary Waterberg in the back drop all the way up to 18 km mark, tactical rocky area will start heading over a beautiful ridge line, all the way to the finish line it will be a combination of tactical rocky areas and sandy bits here and there. Km mark 31 will be the highest point above sea level at 1300 m above sea level. Stage 2 will end at 39.1 km.

Check points: 2 CP's, water and fruit

07:00 Start stage 2

19:00 Briefing stage 3

Services:

Medic always available

Physiotherapy 15:00 – 19:00

Internet available

<http://doarama.com/view/2434158>

THE TREME ULTRA RUN

19 August stage 3

White Lion Boma To Fig Tree **76km**

Stage 3 of the extreme race will start at a height of 1200 m above sea level gradually increasing up to the 10 km mark at 1337 m above sea level with a very tactical mountain climb on the 10 km mark. Level will slowly go down to the 32 km mark at the lowest point of the stage at 1158 m above sea level. mostly sandy and rocky parts for this part of the stage all the way to finish. With a total of 76 km.

Check points: 5 CP's, water and fruit

06:00 start group 1 (depends ranking)

07:00 start group 2

19:00 Briefing stage 4

Services:

Medic always available

Physiotherapy 15:00 – 19:00

Internet available

<http://doarama.com/view/2433621>

THE TREME ULTRA RUN

20 August stage 4

Fig tree To Boekenhout **49km**

Stage 4 BTX Ultra marathon will start at a level of 1200 m above sea level and will be at that height for the first 15 kilometers. Mainly consisting of some rocky areas and open plains. From 15.2 km mark to 19 km mark is a very tactical area as you are going up a very steep mountain, rocky slope and a increase of the sea level to 1600 m above sea level. The last 28 kilometers of this stage will be rocky area all the way to the finish. some tactical spots here and there. Total kilometers for stage 4 is 49 km.

Check points: 3CP's, water and fruit
06:00 start group 1 (depends ranking)
07:00 start group 2
19:00 Briefing stage 4
Services:
Medic always available
Physiotherapy 15:00 – 19:00
Internet NO available

<http://doarama.com/view/2434162>

21 August stage 5

Fig tree To Lakeside **39km**

Final stage of the BTX Marathon, Starting at a height of 1465 m above sea level and increasing up to 1746 m (Highest point of the race) at the 8,3 km mark, very rugged terrain and very tactical throughout the whole stage. The last few kilometers of the stage will make you want more as it has a breathtaking view of the beautiful lakeside dam. Finishing point will be at Lakeside Lodge. With a total of 39.2 KM.

Check points: 2 CP's, water and fruit
07:00 start group 1 (depends ranking)
08:00 start group 2
19:00 Award & Dinner
Services:
Medic always available
Physiotherapy 15:00 – 18:00
Internet available

<http://doarama.com/view/2433626>

THE TREME ULTRA RUN

Finish
19h00 charity walk - Lake side to Hippo Boma
19h30 Drink - Award & prizes
20h30 Gala dinner

22 August

Morning: Airport to JHB Tamo Intl. - depends on the departure hours.

06:00 to 10:00 Extra safari tours - reservation in advance.

Big Five

During all stages animals will never be far away, lions and elephants are under close scrutiny of the rangers experts. Changes during the stages may be needed. These decisions will be made by the rangers, so they can guarantee a safe race.