



V.02 – October 2021

- Participant Guide 70k - - Patagonia Run Columbia Montrail 2022 -

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➔ General Description of Patagonia Run 2022 - 70k

Date: Saturday, April 9th, 2022

Start Time: from 00:00 am.*

Official Finish Time: 11:59 pm, Saturday 9th

Course Description

Patagonia Run takes place in San Martín de los Andes, Argentina, and is a unique challenge of trail runners of all levels. The 70k race is already an ultra-trail distance, where runners will make their way across technical and semi-technical terrain, combining varied mountain trails, with long demanding climbs and major steepness variation and varied terrain which may include snow at the highest points. Total **elevation gain is of approximately (D+) 4200 meters** along its 74 km. Two summits are included: C° Colorado (1765 meters above sea level, the highest point in the race) and C° Quilánlahue (1650 meters above sea level) Runners must be prepared to run along the night for many hours and in below 0° temperature, which makes this distance not only a technical challenge, but also one against exhaustion and weather. There are many stream crossings along the course. 95% of the course is on mountain trails. This off-road race represents a true test of Ultra-Trail endurance, in the midst of the unique and beautiful scenery of the surroundings of San Martín de los Andes framed by the lively colors of the fall season, which turns the event into a one-of-a-kind mountain ultra-marathon.

ITRA Course Profile:



Registration and Race Packet Pick-up

Race Office - San Martín de los Andes.

Time: Appointments will be available for: April, Wed. 6th, Thu. 7th and Fri. 8th.

Each runner will need an appointment to access accreditation. Such appointments will be available online at www.patagoniarun.com; information on how to get the appointment will be informed via email and in Patagonia Run social networks during the month of March, 2022.

► Requirements:

- Face mask on, if established in existing regulations.
- Statement of the appointment, it might be on your cellphone and not necessarily printed.
- Circulation Permit (CUHC), as sworn statement, obtained through app "CuidAR" (which might also be on your cellphone) if still in force. San Martín de los Andes residents will also need the permit.
- D.N.I./ Passport, appearing in your registration.
- Medical Certificate, no older than 60 days before the race, stating the 70k distance of the race – see model certificate [here](#).

► Complete race packet will be handed in. It will contain:

- **Bracelet** with runner number and bar code: runners must put it on there as it will be a requirement to Access START LINE area.
- **Runner BIB** with runner number and chip, both mandatory during all the race.
- **DROP BAG** for PAS (Aid Station) with runner number.



- **Official race T-SHIRT.** The size Will be the one chosen by the runner at Registration. Runners Will not be allowed to try it on, and it can be changed only before leaving accreditation area, at the t-shirt change stand.
- **Celiac BRACELET,** if you have informed of this disease at registration, in order to access gluten free food at Aid Stations.

Important:

- Race packets might be picked up exclusively by the runner.
- Be punctual (reach the office 15 minutes beforehand, not more, so as not to wait outside)
- Attend alone.

Reception of drop bags for the Colorado Full Aid Station

Time: Available appointments will be for Thu. 7th and Fri. 8th. Place to be confirmed.

► Requirements:

- Face mask on if established in existing regulations.
- Statement of the appointment for Bag Reception, it might be on your cellphone and not necessarily printed.
- Bracelet with barcode to be scanned.
- Drop-bag.

IMPORTANT: At Bag reception, each runner will get a SLIP, which you must keep to get your bags back at the placed to be confirmed later.

70k Pre-Race Briefing

The Pre-Race Briefing will be Online, available on Patagonia Run's YouTube channel and www.patagoniarun.com, date to be confirmed.

Start Line | Transportation | Cloakroom

Start Line: Saturday 9th - 00:00 am*.

* Subject to changes according to Hygiene, safety and attention of sanitary emergency coronavirus Protocols set up by government entities.

Starts will be organized according to a "pen" pre-start system: each runner will be informed at accreditation of their "pen" time, according to the estimated race time they have informed at registration.

Start line from Sports Centre Chacra 2 - Municipal Stadium - (40°08'54.3"S 71°19'35.1"W).

Transportation to the Start Line

Free shuttle buses have been arranged and will operate one hour and a half prior to the race start time. Departure from Race Office.

This service will be available for registered participants only.

Cloakroom

Free service for registered runners:

1. Reception begins one hour before race start time at the Sports Centre Chacra 2 - Municipal Stadium.
2. In order to get their personal belongings back, runners must **show their Bracelet or Bib number or photo ID at Race Office.** from 11:00 am (Saturday) to 1:00 am (Sunday).



Finish Line

Saturday 9 - Until 11:59 pm.

Location: Corner of San Martín Ave. and Mariano Moreno St., across the street from Dublin South Pub. Arriving runners will be allowed to get a hot/cool beverage and their finisher medal, and will then be required to leave the Finishing Line area. San Martín Square, just across the Street, will be available for stretching and relaxing, in order to ensure necessary distancing.

70k Awards Ceremony

Saturday, April 9th – 10:00 pm.

Mandatory Equipment

- **Statement of appointment for Accreditation.** Appointments will be available online in the Patagonia Run website as from March 2022.
- If still in force by the time of the race, **Circulation Permit (CUHC)**, as sworn statement, obtained through app "CuidAR", <https://www.argentina.gob.ar/aplicaciones/coronavirus>
- **Medical Certificate.** It must state: Full name and I.D. of runner, and text indicating they are medically and physically capable of participating in Patagonia Run, stating the chosen 70k distance. It must include date, signature and stamp of issuing doctor. Certificates older than 60 days before the event will not be accepted.
Download model certificate [here](#).
- **Runner Bracelet.**
- **Bib number visible from the front** during the whole race. Control staff along the race course MUST be able to read the number clearly.
- **Face Mask:** (if use still in force) it must be on in all common areas: accreditation, Start line, PAS, if medical assistance is necessary, Finish Line, etc. Standing provincial and municipal legislation at the time of the race will define the use of face mask during the race.
- **Emergency or safety Whistle** (not a toy whistle).
- **2 Headlamps** or handheld flashlight: of 100 lumens or over. The more lumens, the more clearly you will see the course marked with reflective taping. We nowadays recommend headlamps over 200 lumens.
All runners must start the course wearing a headlamp which should be turned on until 8:00 a.m. The second one might be in the Drop Bag sent to the Total Assistance Aid Station. **Runners must wear their headlamps after 5:00 pm, and turn them on after 6:45 pm, until the end of the race.**
Runners with headlamps off, using red lighting or without proper intensity between 6:45 pm and 8:00 am will be delayed in the course until dawn. Proper lights are a crucial safety element; we will be very strict controlling it.
- **Zip Lock bags** in order to store food supplied at aid stations.

Important: We recommend carrying a personal **cup** to avoid litter in the course.

Equipment Recommendations

We recommend the use of the following equipment subject to weather conditions:

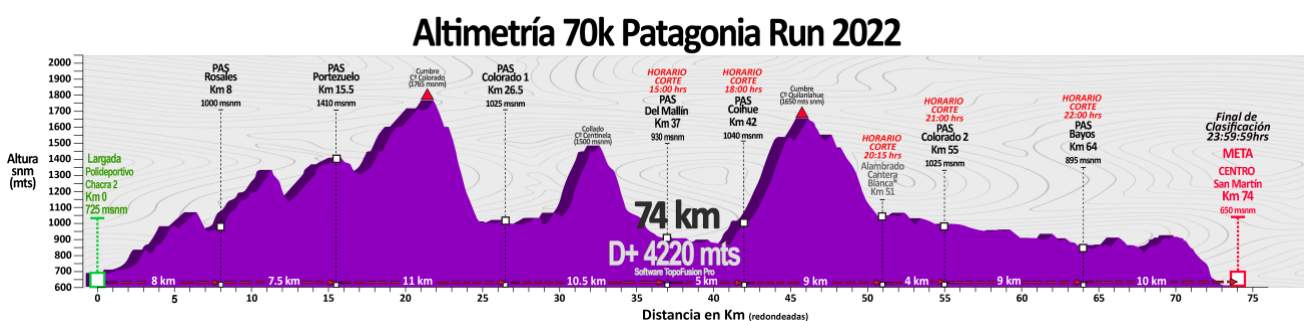


- Bottle waist pack, soft flask holder or backpack with hydration system. It is advisable to carry small backpacks or bottle waist packs as some course trails can be quite narrow (runners will go through areas with wire fences). Participants have to carry their waste to be disposed of at Aid Stations.
 - Two 750 cc (25 oz) water bottles or soft flasks.
 - Emergency blanket.
 - Waterproof breathable warm gloves. Temperatures are expected to drop below zero in the early morning.
 - Breathable Thermal Clothing.
 - Breathable warm jacket to protect you from low temperatures.
 - Waterproof windbreaker jacket.
 - Long Tights. Some areas of the course are covered with burrs, we recommend that participants wear tights with high Lycra content (slippery material). Given the cold temperatures expected, long tights are recommended.
 - Running shoes with good traction.
 - Short running gaiters for burrs, pebbles and mud protection.
 - Multifunctional neck gaiter (some sort of stretchy buff with tubular shape)
 - Sunscreen.
 - Sport hat and/or cap.
 - Eyewear: keep in mind that the race course goes through dark forest areas and sunny open lands so proper eyewear is recommended.
 - Light shin guards: offer good protection from long exposure to low-lying vegetation preventing leg injuries.
- Please note:** we suggest that participants bring spare change of clothing.

➔ Course Information

The trail course will remain closed until 72 hours prior to the race start time due to special easement agreements made with private land owners, institutions and local residents of grazing areas.

Altimetry



Note: GPS tracks of the race will not be shared.



Aid Stations (Puestos de Asistencia, “PAS” according to its Spanish acronym)

70k		
Aid Stations	Distance (*) from Start Line (km)	Cut-off Time
PAS Rosales	8	-
PAS Portezuelo	15,5	-
PAS Colorado 1 (go)	26,5	-
PAS del Mallín	37	3:00 pm
PAS Coihue	42	6:00 pm
PAS Colorado 2 (comeback)	55	9:00 pm
PAS Bayos	64	10:00 pm
Finish Line	74	11:59 pm

(*) Rounded distances

Full Aid Station – PAS Colorado (1 and 2 is the same)

Participants will have the option of leaving their personal belongings in the Red Drop Bags supplied in the race kit.

Bag reception will be on Thursday 7th and Friday 8th (place to be confirmed) with an **appointment obtained in advance at www.patagoniarun.com**. **Runner bracelet with barcode will be a requirement.**

On the race day, bags will be taken to El Colorado Aid Station by the Organization.

Drop bags will be sealed in the runner’s presence, and identified with the runner’s bib number and the location where they will be taken to.

Runners will receive a slip that will be mandatory to get their bags back on Sunday 10th from 4:00 am to 6:00 pm at the **Race Office**.

* All unclaimed bags, will be taken to the NQN Eventos office in San Martín de los Andes on Tuesday, April 12 and will be available one week later and for a period of 7 days. After this period, no further claims will be accepted. Those who have not picked them up within that period and need them to be shipped will have to pay the shipping cost.

Drop bags should not exceed 3 kg . Runners are allowed to check only one bag per Full Aid Station. Drop bags will not be refrigerated. Patagonia Run Organizers cannot be held responsible for any lost or damaged items or valuables.

COURSE CUT-OFF STATIONS

There will be Aid Stations with course cut-off times. Generous cut-off times have been established to give runners enough time to complete the race. However, runners arriving at these stations after specified cut-off time will be disqualified at the Race Director’s discretion and will not be able to resume



the race for strict safety reasons. Runners will not be reassigned to a short-distance course. Runners in this condition will be classified as DNF. The Aid Station will keep a detailed record of these DNF runners.

The Race Director's decision on cut-off times at key locations is FINAL.


Runners who drop out of the race or do not meet the cut-off times of the checkpoints will be required to board the supported buses back to Race Office downtown in accordance with the times stipulated by the Race Directors.

Place	Cut-off Time (*) MANDATORY time after which a competitor can't go to the next PAS
PAS del Mallín	03:00 p.m.
PAS Coihue	06:00 p.m.
White Quarry Fencing (Alambrado Cantera Blanca)	08:15 p.m. km 51
PAS Colorado 2 (back)	09:00 p.m.
PAS Bayos (back)	10:00 p.m.
Finish Line	11:59 p.m.


(*) Refers to the time clock, not the amount of race hours.

Services at the Aid Stations


STARTING LINE

- Runners Reception (including drinks and snacks)
- Water | Powerade | Tea | Coffee | Bananas | *Snacks | **GLUTEN-FREE Kit 
- Cloakroom
- WC Service


PAS Rosales

- Water | Powerade | Tea | Coffee | Bananas | *Snacks | **GLUTEN-FREE Kit 
- Medical Support
- WC Service


Pas del Portezuelo

- Water | Powerade | Tea | Coffee | Soup | *Snacks | **GLUTEN-FREE Kit 
- WC Service


PAS Colorado – Full Aid Station

- Water | Powerade | Soda | Tea | Coffee | Soup | Bananas | Pastries | Empanadas or Pizza | *Snacks | **GLUTEN-FREE Kit 
- Medical Support
- WC Service
- Runner Drop Bag

PAS del Mallín


- Water | Powerade | Tea | Coffee | Soup | Bananas | Pastries | *Snacks | **GLUTEN-FREE Kit 
- Medical Support

PAS Coihue

- Water | Powerade | Tea | Coffee | Soup | Bananas | *Snacks | **GLUTEN-FREE Kit 

PAS Bayos



- Water | Powerade | Soda | Tea | Coffee | Soup | Bananas | Pastries | Pizza | *Snacks | **GLUTEN-FREE Kit 
- Medical Support
- WC Service

FINISH LINE



- Water | Powerade | Soda
- Medical Support
- WC Service

(!) Medical Support will be available for emergencies along the complete course.

Race Course Markers

The route will be clearly marked throughout the course to prevent participants from getting lost.



- **White tape with Patagonia Run logo** : This is the main tape that marks all the race course. By following these marks runners will stay on the right trail or course of the race. In the woods, tapes will be placed on trees, bushes and canes. In the open land (*pampas*), they will be displayed on stakes. Runners should follow these marks at all times and in the event the white tape cannot be seen, whether in the woods or in open land along a full kilometer, they should return immediately to the last sighted mark. Markers will be placed in close intervals in complex forest trails or mountain areas, while in those areas where there is only one trail or in open land, tapes will be placed further apart so that runners will be able to follow the route without any risk of getting lost by simply looking up.
- **Yellow tape:** Those trails or paths NOT included in the course will be closed using yellow tapes. Runners should not cross any area marked with yellow tapes.
- **Orange Tape:** In the event of snow or lack of contrast, white tapes with Patagonia Run logo together with orange tapes will be placed as additional marking.
- **White reflective tape:** *In order to improve marking visibility on the course*, reflective white tapes will be placed at variable distance from the Start Line to the Finish Line to help runners follow the course during the night and by the time it gets dark (around 6:00 p.m.). Provided runners are wearing headlamps, they will be able to follow the course.
- **Orange bags:** the race course in mountain areas with low visibility will also be signaled with Orange bags on the ground.
- **Reflective arrows:** either vertical, horizontal or diagonal will indicate the way. 
- At all crucial crossroads, **Marshals** will be standing directing runners to the correct path.

Taking into account this is a long distance race with multiple crossroads and variable terrain, we recommend that runners constantly look straight ahead and spot the race course markers. Although the course will be clearly marked, it is essential to avoid taking any unmarked trail or shortcut and to follow the marshal's instructions to avoid getting lost. **It is also important to pay attention to the marks and signs located at the Aid Stations (PAS). Do not take other participants running ahead of you as a reference.**



➔ Drop Out Policy

If a participant is unable to complete the race, **the runner has the obligation to notify this situation to the Organization**. The race head of each checkpoint, either in the Aid Stations (PAS) at the Start Line or the Finish Line, will ensure proper recording that the participant has decided to drop out of the race. Race head of each checkpoint will be dully identified. Marshals or any other staff member outside these stations are not authorized to put on record any drop out notice. Shuttle services will be provided as instructed by the Organization.

➔ Clean Race - Litter

The race will take place in Lanín National Park. One of the key factors for success is clearly the magnificent scenery embracing the race. Therefore, local people and tourists are responsible for preserving this place. For this reason, **littering along the race course is banned**. Garbage containers will be placed at Aid Stations and 100 and 300m from where the trail starts.

Any runner caught littering on the trail is subject to immediate disqualification. It is our responsibility to have a clean race.

➔ Race Tips

- Terrain: *Coming soon*.
- Running shoes with good traction. Running gaiters are a must in the woods or steppe to avoid burrs, and in ridges, C° Colorado and C° Quilánlahue. Your feet will get wet all the time (even soon after leaving Aid Stations). Consider very strong wind exposure at C° Colorado, Portezuelo of C° Centinela, and C° Quilánlahue, and very low temperature (-5°C, -10°C) at dawn in the mentioned places. Also consider changing out of wet clothing at Colorado Aid Station (1 and 2). Check weather forecast; we recommend these links where you can see the forecast for each Aid Station (more accurate as from 48 hours before the race)

Start and finish line: <https://www.windguru.cz/735262>

Portezuelo: <https://www.windguru.cz/735254>

Summit C° Colorado: <https://www.windguru.cz/589218>

Summit C° Quilánlahue: <https://www.windguru.cz/589357>

PAS Bayos: <https://www.windguru.cz/589868>

- Necessary hydration: estimated 600 to 1000 ml weight depending, per race hour. Estimate necessary amount according to distance to Aid Stations and Finish Line. Remember there are 11 km between PAS Portezuelo and PAS Colorado. Carry your own water supply. **Do drink beverages with mineral salts**. Stream water is not polluted, but its drinking quality is not guaranteed. You will run across creeks all the time if you haven't ensured a proper supply of water at the Station. In any case, we suggest drinking the one supplied at the Aid Station, or your own.
- Energy expenditure: according to weight estimate between 5600 and 10000 kcal all in all (one energy bar or gel=200kcal), depending on race time. Food intake is very important after the first 45 minutes, and from then on, every 45 minutes. Carbohydrate intake is useful (cereal bars, gels or the like), amino acids or protein are necessary during the race. Food is supplied abundantly at the Aid Station. However, energy intake in between Aid Stations is also recommended. Choose foods you have already tried and also train hydration and energy intake. Do not try new things at the race.



- Eating two hours before start time in order to avoid a full stomach, and drinking up to start time are a MUST.
- **Front powerful headlamp or hand lamp (at least 100 lumens) and replacement batteries are a must, especially to start the race and up to Coihue Aid Station for the fastest runners, and for the return for slower runners.** We suggest including a replacement front piece in the Colorado Aid Station bag. Runners MUST have headlamps ON from Start Line until 8:00 am. If you are still in circuit after 5:00 pm, you MUST put on your headlamp and at 6:45pm you HAVE to turn it on. You MUST do this, although you might see well. For safety reasons, the flashlight is key.
- Irregular mobile signal from start line to Rosales Aid Station. Then it will be mostly unavailable and irregular again in Colorado Aid Station. Irregular signal at Quilanlahue summit and White Quarry up to Colorado Aid Station. Good signal from Bayos to Finish Line.
- Follow white tape with Patagonia Run logo marks, and marshals` directions. In the event of snow at Colorado or Quilanlahue Hills, white tapes will be placed together with orange tapes as additional marking. Remember 3,5km after Del Mallín Station you must turn left to reach Coihue Station. Do not follow the 110k/ 100Mi (160k) course. Full circuit will be marked with reflective taping to the Finishing Line. Do not follow the crowd. Do not cross areas closed with yellow tapes, which are paths not included in the race course. PLEASE READ POSTERS!
- If you decide to drop out of the race, you MUST notify the Aid Station (PAS) head, rescuer, or staff at Start or Finish Line. Do not notify marshals, as they only give road directions. At del Mallín Station, Colorado Station, Rosales Station and Bayos Station, shuttle services will be provided for runners who drop out, taking them back to Race Office at timetables instructed by the aid station Head. If you decide to be transported by your family or friends you MUST warn the Aid Station head or at the Finish Line.

➡ Contact Information

www.patagoniarun.com - info@patagoniarun.com

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