



V.02 – October 2021

- Participant Guide 100Mi - - Patagonia Run Mountain Hardwear 2022 -

➔ General Description of Patagonia Run 2022 – 100Mi	2
Registration and Race Packet Pick-up	2
Reception of drop bags for the Colorado Full Aid Station	3
Pre-Race Briefing	3
Start Line – Cloakroom	3
Finish Line	4
Awards Ceremony	4
Mandatory Equipment - Equipment Recommendations	4
➔ Course Information	5
Altimetry	5
Aid Stations	5
Full Aid Station	6
Course Cut-Off Stations	7
Services in the Aid Stations	7
Race Course Markers	8
➔ Drop Out Policy	9
➔ Clean Race - Litter	10
➔ Race Tips	10
➔ Contact Information	11



➔ General Description of Patagonia Run 2022 – 100Mi

Date of the Race: Friday, April 8th and Saturday, April 9th, 2022

Start Time: Friday 8th, 11:00 am* from Lacar lake coastline, downtown San Martín de los Andes

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

Course Description

The Patagonia Run race takes place in San Martín de los Andes, Argentina, and is a unique, highest level challenge for trail runners. The 100Mirace is a major 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 **total elevation gain (D+) is of 8670 meters** along its approximate 160,5 km. Three summits are included: C° Teta (1950 mt above sea level, C° Colorado (1765 mt above sea level) and C° Quilanlahue (1650 meters above sea level). Runners must be prepared to run along the night for many hours, even during the second day, and in below 0° temperature, which makes this distance not only a technical challenge, but also one against exhaustion, weather and the ultra-distance. There are many stream crossings along the course, even including a part of the course in the Lacar Lake. 90% of the course is on mountain trails. This off-road race represents “THE TEST” of Ultra-Trail endurance, in the midst of the unique and beautiful scenery of San Martin 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 experience.

ITRA Course Profile:



Registration and Race Packet Pick-up

Race Office – San Martín de los Andes.

Time: Appointments will be available for: Wed. 6th and Thu. 7th.

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 Martin 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 100Mi (160k) 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 Runner drop bag reception and START LINE area.
- **Runner BIB** with runner number and chip, both mandatory during all the race.



- **DROP BAGS** for 3 PAS (Aid Stations) 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 Full Aid Stations

Time: Available appointments will be for Thu. 7th. 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-bags.

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

100Mi 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 | Cloakroom

Start Line

Friday 8, 11:00 am*

Lacar lake coastline, downtown San Martín de los Andes

* 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.

Cloakroom

Free service for registered runners:

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



Finish Line

Saturday 9th 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.

100Mi Awards Ceremony

Sunday, April 10th – 11:00 am.

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 100Mi 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) 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).
- **Headlamp: Mandatory 2 HEADLAMPS or handheld flashlights** of 100 lumens or over. The more lumens, the more clearly you will see the course marked with reflective taping. We recommend headlamps over 200 lumens.
After the Start of the race, runners HAVE TO wear their headlamps as from 5:00 pm (either on Friday 8th or Saturday 9th), and turn them on between 6:45 pm and 8:00 am.
Runners with headlamps off, using red lighting or with weak batteries between 6:45 pm and 8:00 am will be delayed in the course until dawn. Proper lights are a crucial safety element; therefore we will be very strict controlling it.
**Since the first Aid Station with a Runner Drop Bag is about 51k from the start line, many runners Will not make it there with daylight. Therefore, it is mandatory to start the race with a headlamp ON.
- **Emergency blanket.**
- **Water bottles** or soft flasks with 1500cm³ capacity all in all.
- **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:

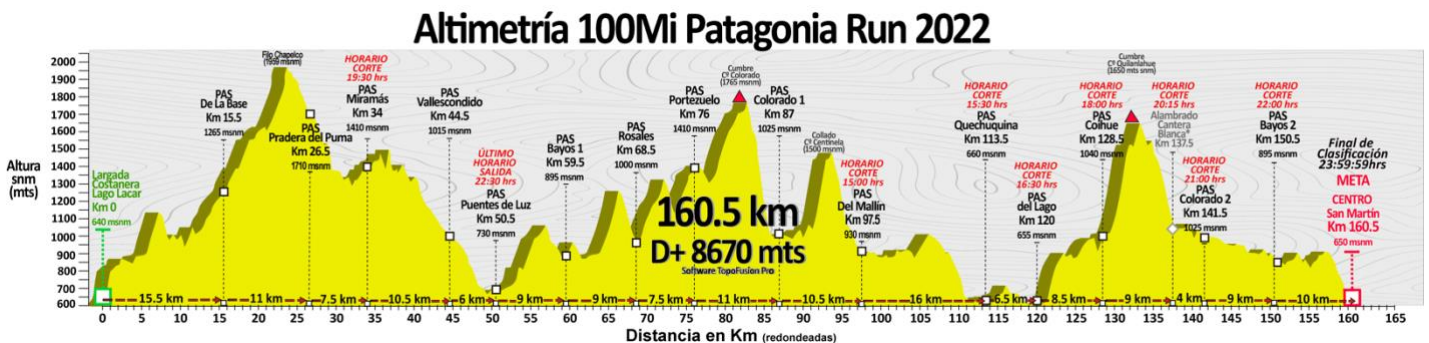
- Water bottle waist pack, soft flask holder or backpack with hydration system. It is advisable to carry small backpacks or bottle waist packs as some course trails can be quite narrow (runners will go through areas with wire fences). Participants have to carry their waste to be disposed of at Aid Stations.
- 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.
- Tights. Some areas of the course are covered with burrs, therefore 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 runners include 3 spare changes of clothing in the Full Aid Station Drop Bags.

➔ 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)

100Mi		
Aid Stations	Distance (*) from Start Line (km)	Cut-off Time
PAS de la Base	15,5	-
PAS Pradera del Puma	26,5	-
PAS Miramás	34	7:30 pm on Friday 8
PAS Vallescondido	44,5	-
PAS Puentes de Luz	50,5	-
PAS Bayos 1 (go)	59,5	-
PAS Rosales	68,5	-
PAS Portezuelo	76	-
PAS Colorado 1 (go)	87	-
PAS del Mallín	97,5	3:00 pm on Saturday 9
PAS Quechuquina	113,5	3:30 pm on Saturday 9
PAS del Lago	120	4:30 pm on Saturday 9
PAS Cohiue	128,5	6:00 pm on Saturday 9
PAS Colorado 2 (back)	141,5	9:00 pm on Saturday 9
PAS Bayos 2 (back)	150,5	10:00 pm on Saturday 9
Meta	160,5	11:59 pm on Saturday 9

(*) Rounded distances

Full Aid Station

- **Puentes de Luz Station**
- **Colorado Station** (1 and 2 are the same)
- **Quechuquina Station**

Participants will have the option of leaving their personal belongings in the Drop bags provided in the race kits, Reception of bags: place to be confirmed.

This must be done on Thursday 7th, with an **appointment obtained in advance at www.patagoniarun.com**.
Runner bracelet with barcode will be a requirement.

BLUE bag = PAS Puentes de Luz

RED bag = PAS Colorado

YELLOW bag = PAS Quechuquina

On the race day, bags will be taken to Puentes de Luz, Colorado (1 and 2) and Quechuquina Full Aid Stations.



Drop bags will be sealed in front of the runner, identified with their 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 Race Office.

All unclaimed bags will be transported on Tuesday 12th April to the NQN events office in San Martín de los Andes. They will be available for collection for a 1 week period, thereafter collections or claims will not be possible. Anyone who does not collect their bag within this period and requires postage must pay for the shipping in full.

Drop bags should not exceed 3 kg (6 lb). 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 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 in 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 Miramás	7:30 pm on Friday 8 th
PAS del Mallín	3:00 pm on Saturday 9 th
PAS Quechuquina	3:30 pm on Saturday 9 th
PAS del Lago	4:30 pm on Saturday 9 th
PAS Coihue	6:00 pm on Saturday 9 th
White Quarry Fencing (Alambrado Cantera Blanca)	8:15 pm on Saturday 9 th - Km 137,5
PAS Colorado 2 (back)	9:00 pm on Saturday 9 th
PAS Bayos (back)	10:00 pm on Saturday 9 th
Finish Line	11:59 pm on Saturday 9 th


(*) 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 de la Base

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


PAS Pradera del Puma

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


PAS Miramás

- Water | Powerade | Tea | Coffee | Soup | Bananas | Pastries | Empanadas or pizza | *Snacks | **GLUTEN-FREE Kit 
- Medical Support
- WC Service


PAS Vallescondido

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


PAS Puentes de Luz – Full Aid Station

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


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 Quechuquina – 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 Lago

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

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. At PAS there will be a full-time crew.

Race Course Markers

The route will be clearly marked throughout the course to prevent participants from getting lost. Six different marking types will be used; white taping with Patagonia Run logo and reflective taping will mark the course. These will be the different markings:



• **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 metal / plastic 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, or orange bags on mountain ridges where there are no plants available, will be placed as additional marking.



- **White reflective tape:** The night course (from 6:45 pm to 8:00 am) will be mainly marked with reflective white taping, and some yellow taping. Provided runners are wearing headlamps, they will be able to follow the course. For this distance tapes will be placed from km 40 to the finishing Line. Between 6:45 pm and 8:00 am, reflective taping is the most important course marking.

- **Orange bags:** the race course in mountain areas with low visibility will also be signaled with Orange bags on the ground.

- **Reflective arrows and signs:** 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 fully 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, steppe, ridges or sandy summits of Chapelco C° Colorado and C° Quilanlahue. Dress according to weather: it might be very cold or rain/ snow. Your feet will get wet all the time (even soon after leaving Aid Stations). Consider wind exposure and very low temperature (-5°C, -10°C) at dawn when going up Chapelco, Colorado, Centinela and Quilanlahue, and on the Lacar Lake coast. Also consider changing out of wet clothing at Puentes de Luz, Colorado and Quechuquina Aid Stations. We recommend checking weather forecast for each Aid Station at these links (more reliable 48 hs. before race):

Start and Finish Line: <https://www.windguru.cz/735262>



PAS de la Base: <https://www.windguru.cz/735237>
Summit Cº Chapelco: <https://www.windguru.cz/735240>
PAS Portezuelo: <https://www.windguru.cz/735254>
Summit Cº Colorado: <https://www.windguru.cz/589218>
PAS del Lago: <https://www.windguru.cz/735259>
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, and 16 km between PAS Del Mallín and PAS Quechuquina. Carry your own water supply. **Drink beverages with mineral salts.** Stream water is not polluted, buy its drinking quality is not guaranteed. We suggest drinking the one supplied at the Aid Station, or your own.
- Energy expenditure: according to weight estimate **between 12.000 and 20.000 kcal** all in all (one energy bar or gel=200kcal) Food intake a MUST after the first 45 minutes, and from then on, every 45 minutes in order to avoid exhaustion. Carbohydrate intake is useful (cereal bars, gels or the like), supplied abundantly at the Aid Station. However, energy intake in between Aid Stations is a key factor. Choose foods you have already tried and also train hydration and energy intake. Do not try new things at the race. **Along the course you will not be allowed to renew your food supply, so planning ahead is essential.**
- 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 handheld flashlight (**at least 100 lumens**) and **replacement batteries are necessary**, as from km 50 for slower runners, and as from Bayos for the fastest. Afterwards variable according to the speed. Runners taking 37 hours to complete the race will have 12 hours of daylight and 25 of darkness!! The whole course will be signalled with reflective taping. **We suggest including a replacement front piece in Colorado Aid Station bag and in Quechuquina Aid Station bag.** Remember that from 5:00 pm you MUST wear your lamp, and you must turn it on at 6:45 pm. Please check Regulations about Headlamp use, as it is of vital importance.
- Irregular mobile signal from start line to Filo Chapelco, and from Miramás to Rosales Aid Station. Then it will be mostly unavailable and irregular again in Colorado Aid Station. Irregular signal at Quilanlahue . Good signal from Bayos to Finish Line.
- Follow white tape with Patagonia Run logo marks, and marshals` directions. In the event of snow at Chapelco, Colorado or Quilanlahue Hills, white tapes will be placed together with orange tapes as additional marking. Return course will be signalled with reflective taping up to Finish Line. Do not cross areas closed with yellow tapes, which are paths not included in the race course. Do not follow the crowd. Attention: 3,5km after PAS del Mallín you MUST NOT follow the 70 k course. FOLLOW STRAIGHT ON, along the 100 Mi (160k) and 110k course towards PAS Quechuquina. Signaling will be clear. READ IT, please.
- 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 every Aid Stations, 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

Race Office: móvil +54 11 64953446

NQN Eventos – Rudecindo Roca 619 - San Martín de los Andes - +54 2972 420 949

TMX Team - CABA - Buenos Aires - +54 9 11 64974212