



V.02 – October 2021

## - Participant Guide 110k - - Patagonia Run Mountain Hardwear 2022 -

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## ➔ General Description of Patagonia Run 2022 - 110k

**Date of the Race:** Friday, April 8<sup>th</sup> and Saturday, April 9<sup>th</sup>, 2022

**Start Time:** : Friday 8 - 07:00 pm\*

**Official Finish Time:** Saturday 9<sup>th</sup>, 11:59 pm.

### Course Description

The Patagonia Run race takes place in San Martín de los Andes, Argentina, and is a unique challenge for trail runners of all levels. The 110k race 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 approximately 5920 meters** along its 110k km. Two summits are included: C° Colorado (1765 meters above sea level, the highest point in the race) and C° Quilanlahue (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, even including a part of the course in the Lacar Lake. 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. 6<sup>th</sup>, Thu. 7<sup>th</sup> and Fri. 8<sup>th</sup> morning.

Each runner will need an appointment to access accreditation. Such appointments will be available online at [www.patagoniarun.com](http://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 110k 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 2 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. 7<sup>th</sup> and Friday 8<sup>th</sup> morning. 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 placed to be confirmed later.

## 110k Pre-Race Briefing

The Pre-Race Briefing will be Online, available on Patagonia Run's YouTube channel and [www.patagoniarun.com](http://www.patagoniarun.com), date to be confirmed.

## Start Line | Transportation | Cloakroom

**Start Line: Friday 8<sup>th</sup>, 07:00 pm\***

\* 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<sup>th</sup> - 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.

## Awards Ceremony 110k

Sunday, April 10<sup>th</sup> – 10:00 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 110k 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).
- **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 nowadays recommend headlamps over 200 lumens.  
Runners of 110k must wear a headlamp at the Start Line for checking. The second headlamp may be in the drop bag sent to the Full Aid Station. After the Start of the race, runners **HAVE TO** wear their headlamps until 8:00 am. If still in the race after 5:00 pm on Saturday, they must wear their headlamps and turn them on after 6:45 pm.  
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; therefore we will be very strict controlling it.
- **Emergency blanket.**
- **One 750 ml (25 oz) water bottle** or soft flask.



- 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:

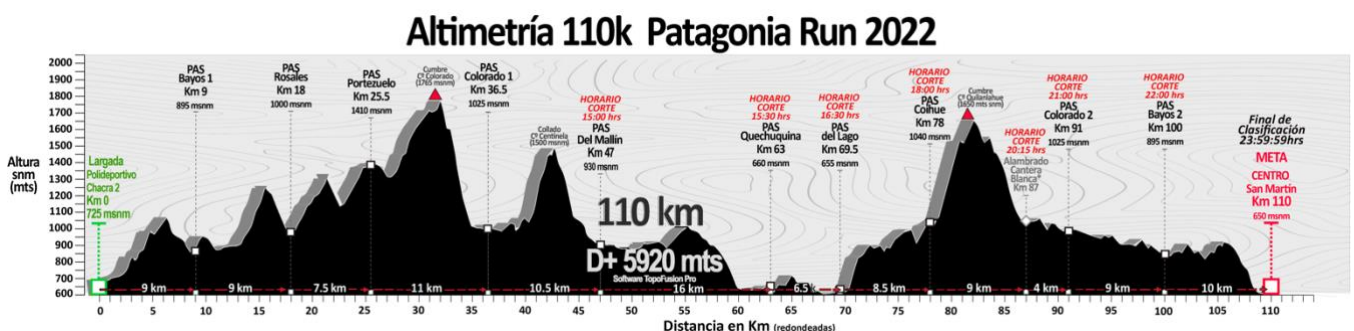
- Water bottle waist pack, soft flask holder or backpack with hydration system. It is advisable to carry small backpacks or bottle waist packs as some course trails can be quite narrow (runners will go through areas with wire fences). Participants have carry their waste to be disposed of at Aid Stations.
- 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, we recommend participants to 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: offers good protection from long exposure to low-lying vegetation preventing leg injuries.

**Please note:** we suggest runners include 2 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)

110k		
Aid Stations	Distance (*) from Start Line (km)	Cut-off Time
PAS Bayos (go)	9	-
PAS Rosales	18	-
PAS Portezuelo	25,5	-
PAS Colorado 1 (go)	36,5	-
PAS del Mallín	47	3:00 pm on Saturday 9
PAS Quechuquina	63	3:30 pm on Saturday 9
PAS del Lago	69,5	4:30 pm on Saturday 9
PAS Coihue	78	6:00 pm on Saturday 9
PAS Colorado 2 (back)	91	9:00 pm on Saturday 9
PAS Bayos (back)	100	10:00 pm on Saturday 9
Finish Line	110	11:59 pm on Saturday 9

(\*) Rounded distances

### Full Aid Station: Colorado Station (1 and 2 are the same) and Quechuquina Station

Participants will have the option of leaving their personal belongings in the Drop bags provided in the race kits (place of reception to be confirmed)

This must be done on Thursday 7<sup>th</sup> and Friday 8<sup>th</sup> morning, with an **appointment obtained in advance at [www.patagoniarun.com](http://www.patagoniarun.com)**.

**Runner bracelet with barcode will be a requirement.**

**RED** bag= PAS Colorado

**YELLOW** bag= PAS Quechuquina.

On the race day, bags will be taken to Colorado (1 and 2, you can get your bag both ways) 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 10<sup>th</sup> from 4:00 am to 6:00 pm at Race Office.

All unclaimed bags will be transported on Tuesday 12<sup>th</sup> April to the NQN events office in San Martin 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 shipment 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 del Mallín	3:00 pm on Saturday 9
PAS Quechuquina	3:30 pm on Saturday 9
PAS del Lago	4:30 pm on Saturday 9
PAS Coihue	6:00 pm on Saturday 9
White Quarry Fencing (Alambrado Cantera Blanca)	8:15 pm on Saturday 9 - km 87
PAS Colorado 2 (back)	9:00 pm on Saturday 9
PAS Bayos (back)	10:00 pm on Saturday 9
Finish Line	11:59 pm on Saturday 9


(\*) 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 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 types of marks will be used:



- **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.
- **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 reflective 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.
- **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 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 or steppe, especially on ridges, going up and down Colorado, Quililahue and to avoid burrs. Your feet will get wet all the time (even soon after leaving Aid Stations). Dress according to weather: it might rain or snow. Consider very strong wind exposure and very low temperature (-5°C, -10°C) at dawn in Cº Colorado, Cº Centinela, and Cº Quililahue and Lacar Lake coast. Also consider changing out of wet clothing at Colorado and Quechuquina Aid Stations. 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>

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

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

PAS del Lago: <https://www.windguru.cz/735259>

Summit Cº Quililahue: <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, and 16 km between PAS del Mallín and PAS Quechuquina. 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 6000 and 13.000 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. 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 A MUST**, especially to start the race and until Quechuquina Station for the fastest. As well, it is important upon return if you are delayed. The whole course will be signalled with reflective taping. We suggest including a replacement front piece in the Colorado Aid Station bag. Headlamps MUST be worn and turned on from Start Line until 08:00am. If you are still in circuit after 5:00pm, you HAVE put on your headlamp and at 6:45pm you MUST turn it on. Please check Regulations about Headlamp use, as it is of vital importance.
- 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 Quililahue Hill. 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 Quililahue 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 follow the crowd. Do not cross areas closed with yellow tapes, which are paths not included in the race course. Pay attention to detour signaling according to distances. Remember 5,9km from Start Line you MUST turn LEFT towards Bayos 1. Also, 3,5 km after Del Mallín you MUST NOT turn left towards the 70k



course. KEEP STRAIGHT ON. Your course is the same as that of 100Mi towards 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 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](http://www.patagoniarun.com) - [info@patagoniarun.com](mailto:info@patagoniarun.com)

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