



V.03 – November 2021

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

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## ➔ General Description of Patagonia Run 2022 – 100Mi

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

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

**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, 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. 6<sup>th</sup> and Thu. 7<sup>th</sup>.

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 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. 7<sup>th</sup>. 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](http://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 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.

## 100Mi Awards Ceremony

Sunday, April 10<sup>th</sup> – 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 8<sup>th</sup> or Saturday 9<sup>th</sup>), 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 1500cm<sup>3</sup> 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	10:30 pm on Friday 8 <b>*NEW*</b>
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 7<sup>th</sup>, with an **appointment obtained in advance** at [www.patagoniarun.com](http://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 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 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 <sup>th</sup>
PAS Puentes de Luz	10:30 pm on Friday 8 <b>*NEW*</b>
PAS del Mallín	3:00 pm on Saturday 9 <sup>th</sup>
PAS Quechuquina	3:30 pm on Saturday 9 <sup>th</sup>
PAS del Lago	4:30 pm on Saturday 9 <sup>th</sup>
PAS Coihue	6:00 pm on Saturday 9 <sup>th</sup>
White Quarry Fencing (Alambrado Cantera Blanca)	8:15 pm on Saturday 9 <sup>th</sup> - Km 137,5
PAS Colorado 2 (back)	9:00 pm on Saturday 9 <sup>th</sup>
PAS Bayos (back)	10:00 pm on Saturday 9 <sup>th</sup>
Finish Line	11:59 pm on Saturday 9 <sup>th</sup>

(\*) 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:** Start Line at Lacar Lake Coast. Running up 300 mt. along paved road to meet Grado 8 trail (2 km steep climb to the top). Mild upwards trail around C° Comandante Díaz and climb to Valdebenito Viewpoint. Fast, slippery downwards trail meeting the level and then downwards road to Route 40 (Cerro Negro). Level winding trail followed by steep winding climb to Route 19 (Access to Chapelco Ski Resort). Reaching de la Base Aid Station (km 15,5) along trail parallel to Route 19. From this station, you will go up to the summit of Chapelco Hill along wide upwards trails of variable steepness. Final climb to Filo (Ridge) is VERY steep and straight. From this ridge, a trail will take you to the summit of C° Teta. Technical trail downwards towards a shrubby lenga forest, reaching Pradera del Puma Aid Station (km 26.5) along a winding path between ñires. From this station, there is a steep descent along trails to Val del Aguila Mallín (swampy soil). You will follow a downwards river bed until you meet an open trail heading eastwards.



After around 500 mt you will turn northwards towards to a road in Vallescondido urbanization. It will take you to a gradually upwards road in an abandoned urbanization along the north face reaching the fencing of Miramás. 250 mt from here is PAS Miramás (km 34) Cut-off time for this PAS is 7:30pm. From this station to VALLESCONDIDO Aid Station (km 44.5): narrow wood steep down trail towards a brook, followed by very steep climb to La Buitrera (Vulture's Nest). There is a dangerous downwards trail with a fixed rope to hold on to in order to avoid slipping. WE STRONGLY RECOMMEND USING IT!! From here follow winding trail towards country road. Please pay attention to course marking. You will go slightly upwards up to Cuesta del Mudo (fast downwards track), and then follow a road to Vallescondido PAS. From Vallescondido to Puentes de Luz aid Station (km 50.5): along downwards trails and unpaved roads leading to San Martín de los Andes. Pay special attention when reaching more densely populated area and especially Route 40 (Bajada de los Andes), to the **signaling and the crossing of the Route**. You will reach Puentes de Luz after this crossing and running along the **route shoulder** for 500 mts. Cut-off time for this PAS is 10:30pm. After the Station, cross a brook and paved road, passing two open wire fences, towards Regiment Caballería de Montaña. **BEWARE:** Here you must go on along a trail and cross a street in the Officer's neighborhood. Follow the trail until meeting course to Rosales Aid Station for all distances.

Initial wide steep trails up to about km 58, followed by narrow steep trails going down to Laguna Rosales. **You must pay attention in this part of the course going down to Laguna Rosales, as there is a detour to the left ONLY FOR 110k and 100Mi. There is where you must turn LEFT. It will be clearly signalled.** You will then follow a very fast downwards track (Huella Andina) to Bayos 1 PAS (km 59.5). From this point you will follow a steady and steep climb to Laguna Rosales polo field. You must cross the wire fence at the highest point and go down steeply along a narrow path towards Pampa de Trompul (open land). A very wide level track will take you around the Mallin (swampy soil) and you will start the climb towards el Derrumbe (Landslide) to its highest point. A steadily steep, slippery path will lead to CORFONE wire fence. You will follow it, crossing several water courses to PAS Rosales (km 68.5). You will follow an upwards lumber path of medium steepness up to a detour into a narrow path going steeply up and down to PAS Portezuelo (km 76) at 1400 mt above sea level. Following Portezuelo, climb up the summit of Colorado Hill along narrow steep trails until leaving the wood area. From the summit (1765 meters a.s.l.) steep downhill run towards the base (700 meter altitude variation in 3 km). You will reach Colorado Aid Station 1 (km 87) along a narrow level trail. From Colorado you will go along Vázquez Trail (winding, going down steeply and up) towards Del Mallin Aid Station. There is a VERY steep trail up the Pass of Cº Centinela, at 1500 mt above sea level. A very steep winding downwards trail follows leading to the access to the great Quilanlahue Mallín (swampy area). After some fence crossings you will reach Del Mallín Aid Station along a level trail (km 97.5). Cut-off time for this aid Station is 3:00pm. Beware: the distance between Del Mallín and Quechuquina Aid Stations (16 km) is the longest without any assistance. **3,5 km away from Del Mallín there is a detour only for 70k runners. You must ignore it.** You will have to cross plenty of streams. You will go around the Quilanlahue Mallín going slightly upwards, followed by a steep upwards trail along 3 km. From this point, you will go down along a fast, wide and slippery track to Route 48 (road to Hua Hum), which you will cross. 3 km of level trails will take you to Quechuquina Aid Station (km 113,5). Cut-off station for this Station is 3:30 pm. Then, you will go along winding level trails inside Estancia Quechuquina going through pine tree Woods and along Lacar Lake shore until Del Lago Station (km 120). Cut-off time for this station 4:30 pm. A steadily upwards trail going by Las Corinas Lagoon will take you to Coihue Aid Station (km 128.5). Cut-off time for this Station is 6:00 pm.

Pay attention to signaling: You will then climb the summit of Quilanlahue Hill (1650 meters above sea level) along a VERY steep winding trail towards an upland forest (700+ meters elevation gain in 3 km). From this point, you will run downhill in the woods along a trail of increasing steepness and width, to reach Cantera Blanca (White Quarry) at km 137,5, where cut-off time as at 8:15 pm. From this point, return to Colorado 2 Aid Station, 4,5 km away, along an initially level and then steep downwards trail. The



course is then level and upwards along a motor vehicle road and steep clear trails until Mallín Vázquez. Colorado 2 Aid Station is at km 141,5. Cut-off time to leave this station is 9.00pm.

Return to Finish Line following 42k and 70k course until Bayos Station (Km 150,5) along level open land trail exposed to winds. 2 km before the Station you will find up and downhill winding trails of considerable steepness. Cut-off time to leave Bayos Station 10:00. Same finishing course as all distances, along trails of variable steepness up to km 155. From this point, downhill run, first along car road and last 2 km along steep trail down to the lake, followed by 6 blocks of road running in town to the finishing line.

- Crossing of narrow creeks required, depending on weather conditions it might be very slippery if muddy, or very dusty. There are clearly signalled wire fence crossings; only use those.
- 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 C° Chapelco: <https://www.windguru.cz/735240>

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

Summit C° 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, but 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

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