



V.03 – November 2021

## - Participant Guide 21k - - Patagonia Run Mountain Hardwear 2022 -

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## ➔ General Description of Patagonia Run 2021 - 21k

**Date of the Race:** Thursday, April 7<sup>th</sup>, 2022

**Start Time:** from 10:30 am\*

### Course Description

Patagonia Run in San Martín de los Andes, Argentina, is a unique challenge for trail runners of all levels. The 21k race will take place fully in Cerro Chapelco. Runners will make their way across semi-technical and technical terrain, **more demanding than in previous editions**, combining narrow mountain trails of varying steepness, mountain ridges with areas of loose rock and constant changes in steepness. **Total elevation gain (D+) is approximately 1210 meters** along its approximate 20,5 km. You will reach the summit of 3 mountains up to 1959 mts. above sea level. This off-road race represents a true test of endurance, due to the challenge of steep trails and the permanent direction up and down changes.

It is a perfect race for more experienced trail runners, and for those who choose distances faster than ultra-trail ones, but with the same level of technical difficulty.

The unique and beautiful scenery of the surroundings of San Martín de los Andes turns this event into a one-of-a-kind mountain half marathon experience.

### ITRA Course Profile:



## Registration and Race Packet Pick-up

**Race Office** – San Martín de los Andes

**Time: Appointments will be available for:** April, Wednesday 6<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 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 distance (21k) of the race – see model certificate [here](#).
- **MINORS** (under 18) must attend accreditation with their mother, father or guardian, who must also produce their D.N.I plus a photocopy. If the ID of the minor does not specify the name of the legal guardian, it must be accompanied by birth certificate or any other document stating the name of the guardian, who must sign the participant’s authorization and Informed Consent on the spot. If the mother/father/guardian cannot attend accreditation with the minor, please ask for a copy of the Authorization to be signed with certification of a notary public (to [info@patagoniarun.com](mailto:info@patagoniarun.com)).

### ► 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.
- **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. Only minors will be allowed in with their mother, father or guardian.

## Pre-Race Briefing 21k

The Pre-Race Briefing of 21k 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: Thursday, April 7<sup>th</sup> - 10:30 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:** Chapelco Ski Resort base.

### 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 participants running:

1. Reception begins one hour before race start time, at the Chapelco Ski Resort base.
2. In order to get their personal belongings back, runners must show their **bracelet /Bib number or photo ID** the same Thursday until 5:30 pm at the base of Chapelco Ski Resort.

## Finish Line

Thursday, April 7<sup>th</sup> until 6:30 pm **\*NEW\***

Location: Chapelco Ski Resort base.

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. A nearby area will be available for stretching and relaxing.



## Awards Ceremony 21k

Thursday, April 7<sup>th</sup> - Schedule to be confirmed

Location: Chapelco Ski Resort base.

## 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, in the chosen distance (21k). 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**.
- **Dorsal race 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).
- **Zip Lock bags** in order to store food supplied at aid stations.

IMPORTANT: We suggest taking **Personal Cup**, in order to avoid littering 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).
- Thin gloves.
- Breathable Thermal Clothing.
- Waterproof windbreaker jacket.
- Long Tights. Some areas of the course are covered with burrs, we recommend participants to wear tights with high Lycra fiber content (slippery material).
- Running shoes with good traction.
- Short running gaiters for burrs, pebbles and mud protection.
- 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.

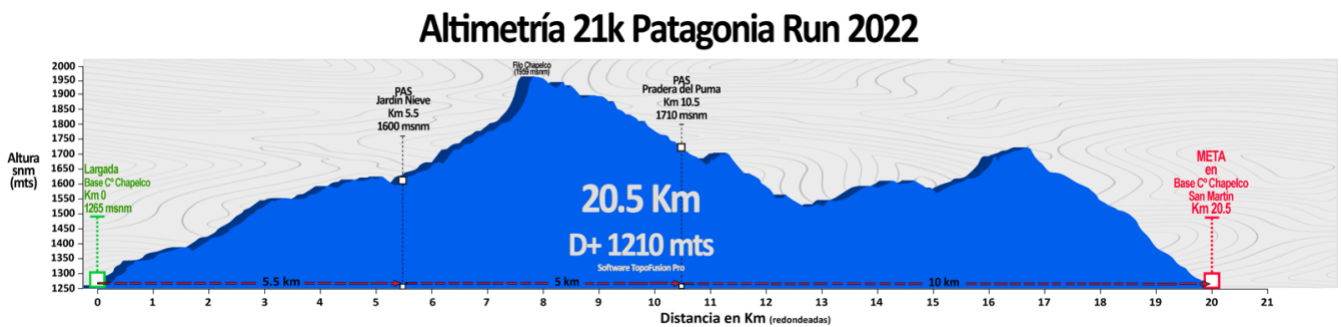




## ➔ Course Information

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.

## Altimetry



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

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

Aid Stations	Distance (*) from Start Line
PAS Jardín de Nieve _____	5,5 km
PAS Pradera del Puma _____	10,5 km
Meta _____	20,5 km

(\*) Approximate and rounded distances

## Services at the Aid Stations

### STARTING LINE

- Runners Reception
- Water | Powerade
- Cloakroom
- WC Service

### PAS Jardín de Nieve

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

### PAS Pradera del Puma

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



### FINISH LINE


- Water | Powerade
- 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 courses. 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, 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.
- **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: Starting along wide tracks going gradually up towards Mallines de la Pala (swampy soil), you will then go down gradually crossing ski tracks up to 1600 mt Chapelco Platform, where you will find Jardin de Nieve aid Station (PAS) at km 5,5. From this point you will go up along a gravel road to the highest point (1740 mt.), where you will separate from 10k distance runners (please pay attention to signaling). Here you will start to go up straight until you meet the slope going to Filo (ridge), which is a 33° slope along the last 400 meters. From this ridge, you will follow tracks towards the summit of Cerro Teta, and then go down to Travesía Alta (crossing), along the edges of lenga forest towards Pradera del Puma Aid Station (km 10,5). Here starts a technical descent along lenga shrubby forest tracks winding along a ñire forest, until you reach a straight turn on the left. You will climb steeply along forest tracks towards the start of Panamericana ski track. From this point, you will go down steeply along forest tracks towards the Base of the Ski Resort, where the Finishing Line is. The Finish Line and start Line are at the same place.
- Running shoes with good traction. Running gaiters not a must, but might be useful in the woods or steppe to avoid burrs. Your feet will get wet. Dress according to weather: it might be very cold or rain. We recommend checking weather forecast (more reliable 48 hs. before race).

Base Chapelco Ski Resort: <https://www.windguru.cz/735237>

- Necessary hydration: estimated 600 to 1000 ml weight depending, per race hour. It is more reliable to drink upon thirst demand. Estimate your needs according to distance to Aid Station and Finish Line. **Do drink beverages with mineral salts..**
- Energy expenditure: according to weight estimate between 1000 and 2100 kcal all in all (one energy bar or gel=200kcal) Food intake is important after 45 minutes, and from then on, every 45 minutes. Carbohydrate intake is useful (cereal bars, gels or the like). Amino acids or protein are not necessary along the race. There is abundant supply of food 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.
- Eat two hours before start time, drink up to start time.
- Variable cell phone signal, but present in much of the circuit.
- Follow White Tape with Patagonia Run logo marks, and marshals` directions. Pay attention to posters and signage. Do not follow the crowd. Do not cross areas closed with yellow tapes, which are paths not included in the race course.
- 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.



## ➔ Contact Information

[www.patagoniarun.com](http://www.patagoniarun.com) - [info@patagoniarun.com](mailto:info@patagoniarun.com)

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