



**PATAGONIA
RUN 2024**
SAN MARTIN DE LOS ANDES

by  TotalEnergies



MOUNTAIN
HARD
WEAR 


**GUÍA DEL
CORREDOR**

100 Mi

2024



Participant Guide 100Mi Patagonia Run Mountain Hardwear 2024

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➡ General Description of Patagonia Run 2024 – 100Mi

Date of the Race: Friday, April 5th, Saturday, April 6th, and Sunday, April 7th, 2024

Start Time: Friday 5th, 03:00 pm*

⚠ from **Chapelco Ski Resort base**.

Official Finish Time: Sunday 7th, 08:00 am.

Description of the 100Mi Course

The Patagonia Run race takes place in San Martín de los Andes, Argentina, and is a unique, highest level challenge for trail runners. The 100Mi 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 9100 meters** along its approximate 162.3 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 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 experience.

Categories

Male from 18 to 29 years of age - Female from 18 to 29 years of age

Male from 30 to 39 years of age - Female from 30 to 39 years of age

Male from 40 to 49 years of age - Female from 40 to 49 years of age

Male from 50 to 59 years of age - Female from 50 to 59 years of age

Male from 60 years of age onwards - Female from 60 years of age onwards

ITRA Course Profile:



Registration and Race Packet Pick-up

Time: Appointments will be available for Thursday, April 4th, from 09:00 am to 10:00 pm, and Friday, April 5th, from 09:00 am to 01:00 pm in the assigned appointment.

Race Office: Le Village Events Center - 816, Gral. Roca St. – San Martín de los Andes.

Each runner will need an appointment to access accreditation. Such appointments will be available online in your [Runner's profile](#), information on how to get the appointment will be informed via email and in Patagonia Run social networks during the month of March, 2024.

► Requirements:

- Statement of the appointment, it might be on your cellphone and not necessarily printed.
- D.N.I./ Passport, appearing in your registration.

- Medical Certificate, no older than 90 days before the race, stating the 100Mi (160k) distance of the race
 - see model certificate [here](#).

*** Medical certificates dated in 2023 or those that only indicate that the person is in good health or fit for general sports or street racing will not be accepted ***

- ▶ 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

⚠ It is important to arrive at the Accreditation area with the items that will be placed in each runner's bag separated and ready for delivery, as the delivery must be made on the same day as the accreditation, during the assigned appointment, which will be just a few minutes after the accreditation appointment.

Time: On the assigned appointment, on Thursday 4th and Friday 5th.

Location: **Casino Suboficiales y Gendarmes** Escuadrón 33- Corner Tte. Gral. Roca St. and Rivadavia St.

▶ *Requirements:*

- 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, **maximum weight of 3 kilograms per bag**, with the exception of the Red bag 100Mi, that goes to the PAS Colorado which may weigh up to 5 kgs.

IMPORTANT: At Bag reception, each runner will get a SLIP, which you must keep to get your bags back at **Lácar Club**, 599 Rivadavia St. on **Sunday 7**, from **11:00 am to 6:00 pm**.

100Mi Pre-Race Briefing

The Pre-Race Briefing will be Online, available on Patagonia Run's YouTube channel and www.patagoniarun.com, on Sunday March 31.

Start Line | Cloakroom

Start Line

Friday 5th, 03:00* pm

▲ from **Chapelco Ski Resort base**.

* 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.

Transportation to the 100Mi Start Line (runners only)

01:30 pm to 02:00 pm

PAS Transfers, **Belgrano and Perito Moreno St.** →



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 or Bib number or photo ID** at:

Race Office from 04:00 pm on Friday 5th to 09:00 am on Sunday 7th.

Lácar Club on Sunday 7th, from **11:00 am to 6:00 pm**.

Finish Line

Finish Line closure: 08:00 am on Sunday, 7th.

Location: San Martín Ave. and Tte Coronel Pérez St., San Martín Square, city center.

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.

100Mi Awards Ceremony

Sunday, April 7th starting at 11:00 am.

Location: San Martín Square

Awards

100Mi General Category

- Cash awards:
 - 1st Place General 100Mi Male and Female - U\$D 3.500*.
 - 2nd Place General 100Mi Male and Female - U\$D 2.500*.
 - 3rd Place General 100Mi Male and Female - U\$D 1.500*.

*Note: Or its equivalent in local currency (ARS) at the official Banco Nación Argentina exchange rate on the day of the transfer. Cash prizes will be paid within 120 days after the event.

- Trophies for the first three places in the 100Mi General Male and Female ranking.

100Mi Age Categories

- Medal for the first three places of each Age Category Male and Female.

Important: For the award ceremony, runners already awarded prizes in General will not be considered in the age category Awards, so the more runners can access podiums.

Mandatory Equipment

- **Statement of appointment for Accreditation.** Appointments will be available online in the Patagonia Run website as from March 2024.
- **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 90 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.
- **Emergency or safety Whistle** (not a toy whistle).
- **Headlamp: Mandatory 2 HEADLAMPS or handheld flashlight** of 200 lumens or over. The higher the lumens, the better the efficiency for seeing the course with reflective tapes.

IT IS **MANDATORY FOR EACH RUNNER TO CARRY ONE FLASHLIGHT THROUGHOUT THE ENTIRE COURSE**, regardless of whether it is day or night, ensuring their safety and preparedness for any eventuality, so it is **important to have batteries with a 35-hour autonomy**.
During the course, participants may be asked to show their safety equipment, including the flashlight. Those who do not have them will be disqualified and will not be allowed to continue on the course.
We will be uncompromising with the lighting requirement as it is a critical safety element.

Participants in the 100Mi **must have one flashlight placed at the start** for pre-race check-in. The second flashlight can be left inside the Drop Bags sent to one of the Total Assistance Aid Stations.

After the start, they must **have the flashlight placed starting at 5:00 pm** (either on Friday or Saturday), **turned on from 6:45 pm, and keep it that way until 8:00 am**. Runners who have their flashlight turned off or in red mode, or without the correct intensity during the established hours of flashlight usage, will not be allowed to continue in the race after 6:45 pm and will be delayed on the course until daybreak.

- **Emergency blanket.**
- **Water bottles** or soft flasks with 1500 cm³ capacity all in all.
- **Personal cup or glass.** In order to contribute to environmental conservation and reduce waste generated during the event, disposable cups will NOT be provided at the Aid Stations during the race. Therefore, it will be necessary to have a personal cup or mug in order to consume hot or cold beverages at the stations.
- **Zip Lock bags** in order to store food supplied at aid stations.
- **Warm clothes:** If extremely low temperatures were forecasted in any part of the course and the Organization should consider it risky, they might require the following **MANDATORY** items in the runners' backpacks, for all distances: Long leggings or overpants. Windproof outer layer. Gloves. Fleece or like sweatshirt. Fleece or like shelter hat.

This requirement will be confirmed during the technical brief the day before the race.

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

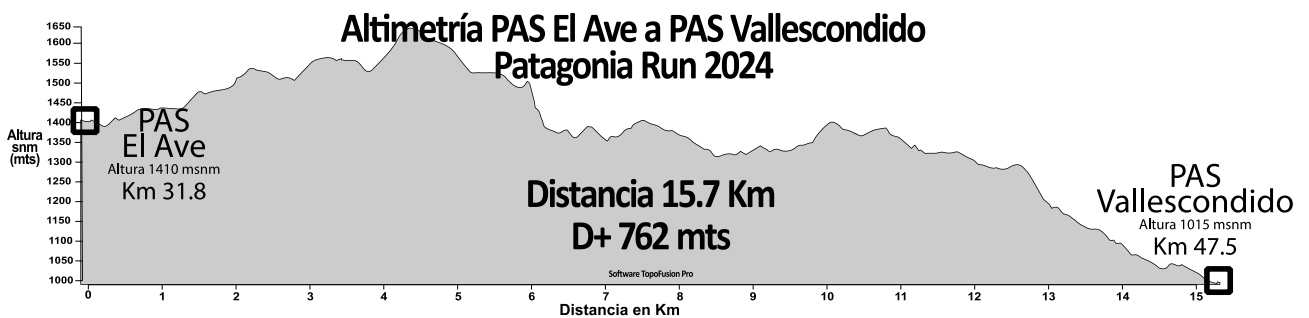
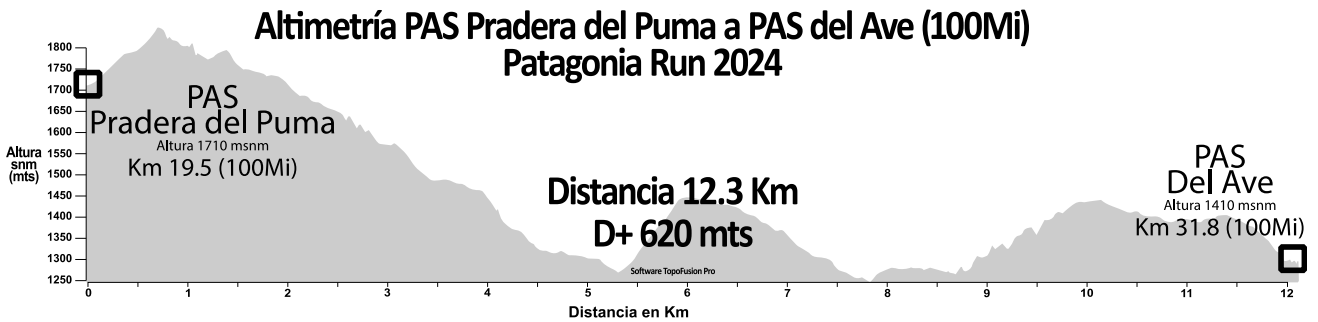
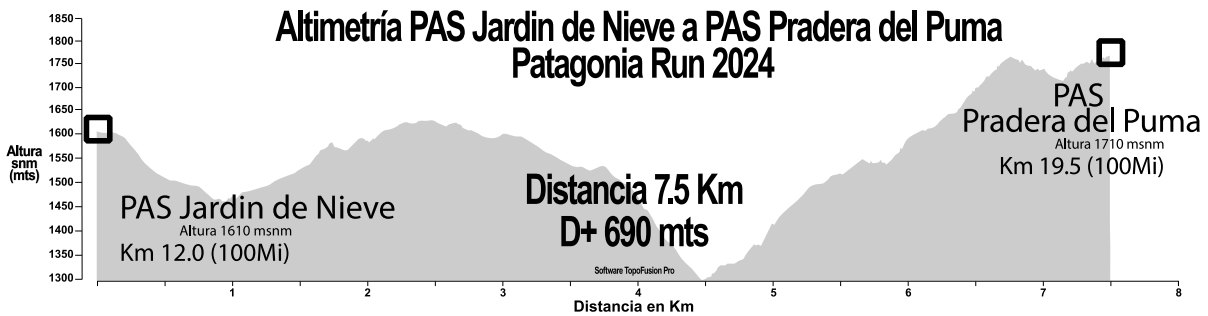
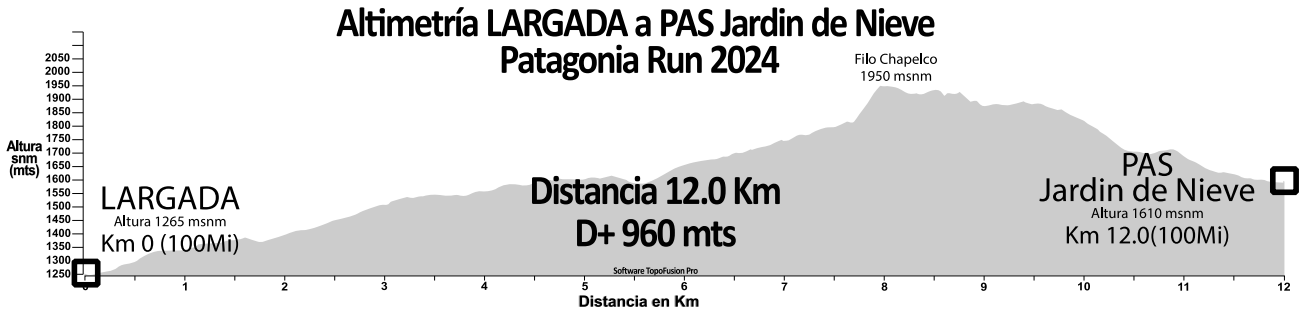
The trail course will remain closed until 72 hours prior to the race start time due to special easement agreements made with private land owners, institutions and local residents of grazing areas.

Altimetry

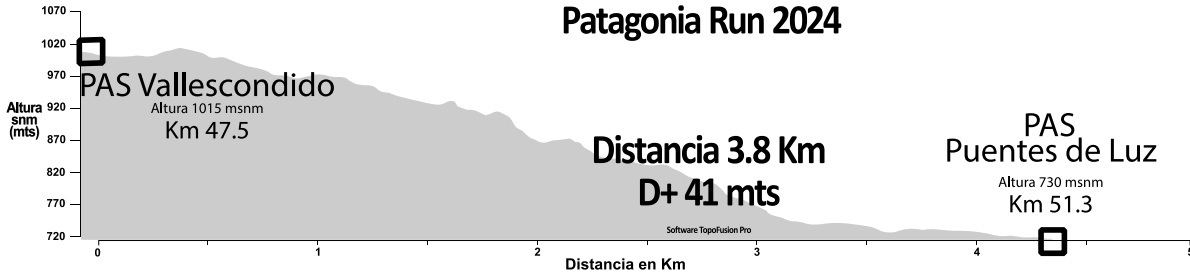


Note: GPS tracks of the race will not be shared.

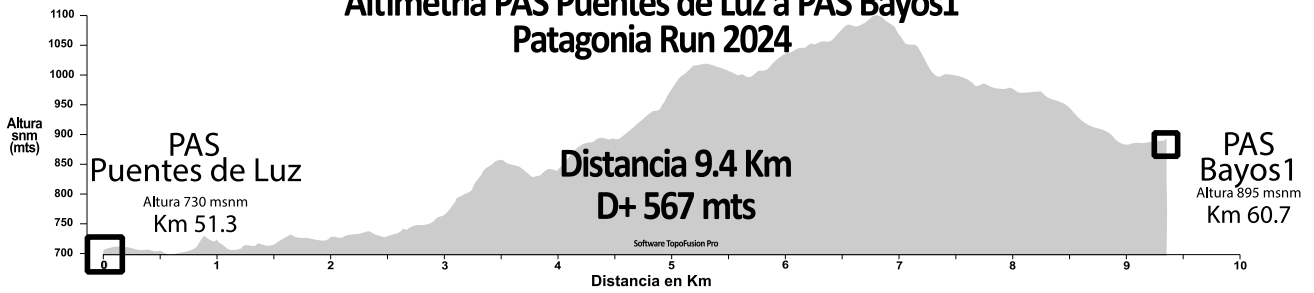
Partial Altimetry



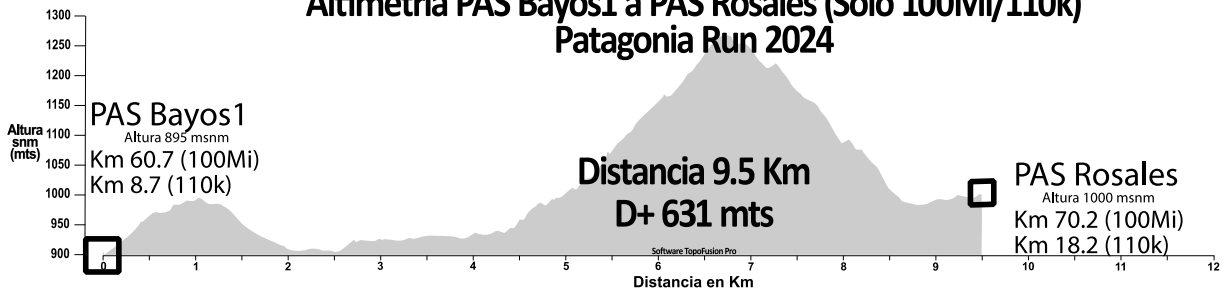
Altimetría PAS Vallescondido a PAS Puentes de Luz Patagonia Run 2024



Altimetría PAS Puentes de Luz a PAS Bayos1 Patagonia Run 2024



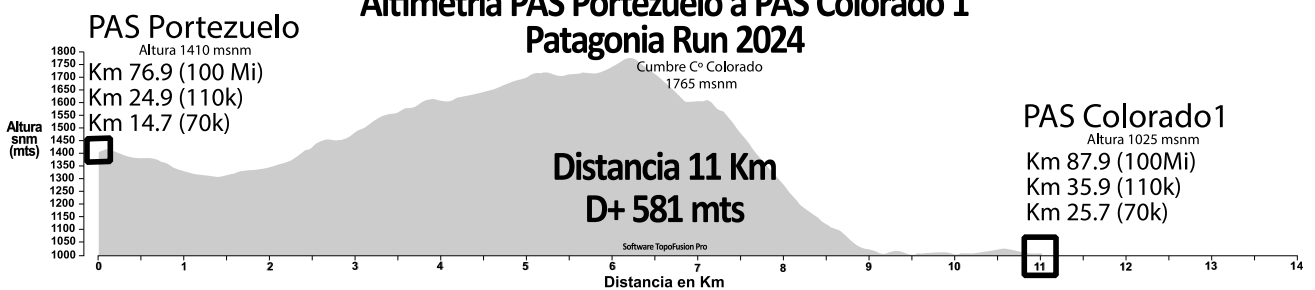
Altimetría PAS Bayos1 a PAS Rosales (Sólo 100Mi/110k) Patagonia Run 2024



Altimetría PAS Rosales a PAS Portezuelo Patagonia Run 2024



Altimetría PAS Portezuelo a PAS Colorado 1 Patagonia Run 2024



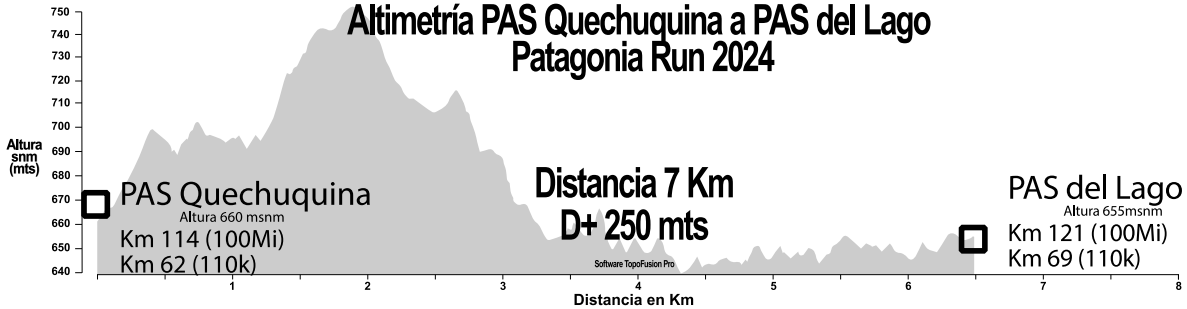
Altimetría PAS Colorado1 a PAS del Mallín Patagonia Run 2024



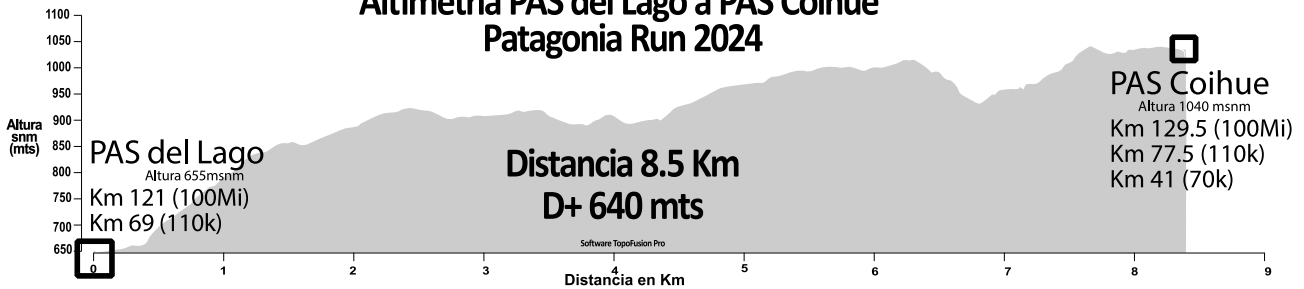
Altimetría Pas del Mallín a PAS Quechuquina Patagonia Run 2024



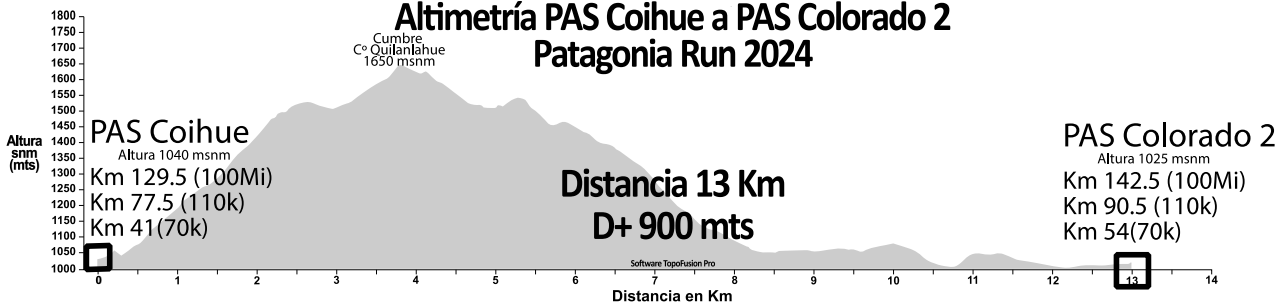
Altimetría PAS Quechuquina a PAS del Lago Patagonia Run 2024

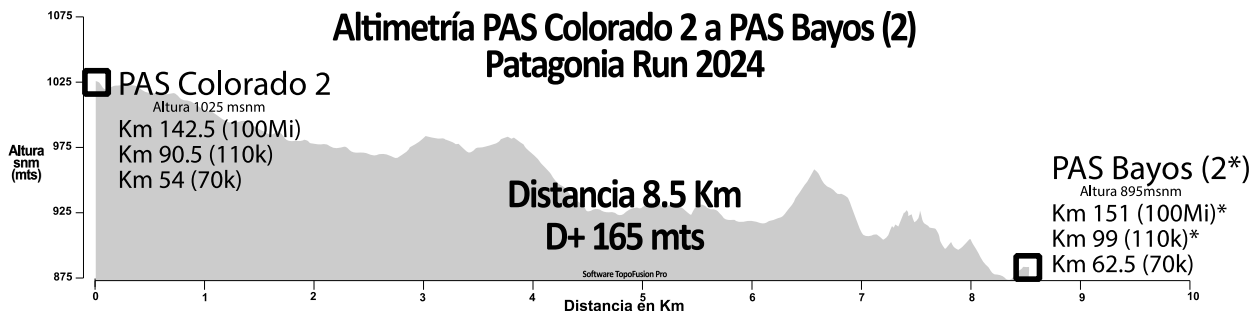


Altimetría PAS del Lago a PAS Coihue Patagonia Run 2024



Altimetría PAS Coihue a PAS Colorado 2 Patagonia Run 2024





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

Aid Stations	Distance (*) from Start Line (km)	Cut-off Time
PAS Jardín de Nieve	12	-
PAS Pradera del Puma	19.5	-
PAS El Ave	31.8	11:00 pm on Friday 5 th
PAS Vallescondido	47.5	-
PAS Puentes de Luz	51.3	02:30 am on Saturday 6 th
PAS Bayos 1 (go)	60.7	-
PAS Rosales	70.2	-
PAS Portezuelo	76.9	-
PAS Colorado 1 (go)	87.9	-
PAS del Mallín	97.9	08:00 pm on Saturday 6 th
PAS Quechuquina	114	11:00 pm on Saturday 6 th
PAS del Lago	121	00:00 am on Sunday 7 th
PAS Cohiue	129.5	02:00 am on Sunday 7 th
PAS Colorado 2 (back)	142.5	05:00 am on Sunday 7 th
PAS Bayos 2 (back)	151	06:00 am on Sunday 7 th
Meta	162.3	08:00 am on Sunday 7 th

(*) Rounded distances

EXTERNAL AID STATION - Exclusive 100Mi

Participants of the 100Mi race will be allowed to have **only one person** as exclusive and permitted external assistance at the **PAS Asistencia Externa PdL**.

The **PAS Asistencia Externa PdL** will be located before entering the PAS Puentes de Luz, Km 51.3.

The person assisting a 100Mi runner must accredit themselves with the runner during their designated accreditation appointment, sign this regulation, and will be provided with an identification allowing them **entry solely to the PAS Asistencia Externa PdL**.

Implementation of External Assistance during the race:

Attendees arriving with vehicles at this station must park on the sides of the adjacent field without obstructing the hospital street or the entrance area where the PAS is located.

At the entrance of the PAS Asistencia Externa PdL, an organization member will be responsible for announcing the runner numbers that have been informed to have left the previous station, PAS Vallescondido, and are in route.

It is estimated that the average arrival time at this station from the previous one is between 20 and 40 minutes, allowing the corresponding collaborator to prepare for **entry alongside the runner** when they arrive at the station, and must display their assistant identification. Additionally, the Organization staff will supervise the runners' time spent at the station.

If multiple runners arrive together and there is no space at the External Assistance Station, they will be allowed entry in order of arrival and not by order of departure from PAS Vallescondido. In this case, the runner may choose not to receive assistance from their Assistant and enter PAS Puente de Luz directly or wait outside until a space becomes available.

The maximum time to stay at this station with their assistant is 10 minutes.

The PAS Asistencia Externa PdL will have 1 structure with a roof, table, and chairs.

External assistance to a runner is independent and autonomous of the race organization. In this regard, the organization will not provide any products at this assistance station. There will be no beverages or meals. If the runner wants to stock up on products offered by the race, **they must enter PAS Puentes de Luz alone, not with their assistant**, and cannot return to the External Assistance Station; they must continue in the direction of the circuit. If they receive assistance upon leaving PAS Puentes de Luz, they will be warned and eventually disqualified.

The Assistant accredited for this station can provide the runner with whatever they want without restriction. They can bring all the items they believe necessary, including a folding chair, basin, water for washing, medication, healing items, food, etc., to assist their Runner. At PAS Puentes de Luz, runners receive all this assistance, including medical assistance, but once inside, they cannot go back.

After being assisted by their personal assistant, the runner must inevitably pass through PAS Puentes de Luz to be timed.

⚠ EXTERNAL ASSISTANCE IS NOT ALLOWED AT ANY OTHER POINT OF THE CIRCUIT.

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 kit:

BLUE bag = PAS **Puentes de Luz**

RED bag = PAS **Colorado**

YELLOW bag = PAS **Quechuquina**

Drop bags should not exceed 3 kg (6 lb), with the exception of bag 100Mi, which goes to PAS Colorado and can weigh up to 5 kilograms.

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.

This must be done on Thursday 4th or Friday 5th at **Casino de Suboficiales de Gendarmería Nacional** - Corner Tte. Gral. Roca St. and Rivadavia St., with an **appointment obtained in advance** in your [Runner's profile](#), **Runner bracelet with barcode will be a requirement.**

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 and weighed upon receipt to check that it does not exceed the maximum weight, are identified by color according to the PAS that will go and will have the runner's number.

Runners will receive a slip that will be mandatory to get their bags back on **Sunday 7^h from 11:00 am to 6:00 pm** at Lácar Club, 599 Rivadavia St.

All bags not collected will be transferred to the Spartan Race SAU Office in Buenos Aires on Monday, April 8th, and will be available starting one week later for a period of 7 days. After this date, no claims will be accepted. If you are unable to personally collect your bag at the Buenos Aires office and require it to be shipped by mail, you will need to pay for the shipping cost. This shipping option is only available within Argentina.

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, participants who do not leave these checkpoints before the time defined as the limit by the organization will not be able to continue participating 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 must hand in the CHIP to the Organization's staff.

Runners who drop out of the race or do not meet the cut-off times of the checkpoints will be required to board the support vehicles that will take them to the Race Office in the city centre in accordance with the times stipulated by the Race Organization.

Place	Cut-off Time (*) MANDATORY time after which a competitor can't go to the next PAS
PAS El Ave	11:00 pm on Friday 5 th
PAS Puentes de Luz	02:30 am on Saturday 6
PAS del Mallín	08:00 pm on Saturday 6
PAS Quechuquina	11:00 pm on Saturday 6
PAS del Lago	00:00 am on Sunday 7 th
PAS Coihue	02:00 am on Sunday 7 th
PAS Colorado 2 (back)	05:00 am on Sunday 7 th
PAS Bayos (back)	06:00 am on Sunday 7 th
Route 48 Crossing Cut	06:30 am on Sunday 7 th - Km 154.3
Finish Line	08:00 am on Sunday 7 th

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

Services at the Aid Stations

GLUTEN FREE  options will be available at all PAS.

STARTING LINE

- Hot and cold beverages
- Snacks | Candies | Banana
- Cloakroom
- WC Service

PAS Jardín de Nieve

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince
- WC Service

PAS Pradera del Puma

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Pastries
- WC Service

PAS El Ave

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth | Broth with tiny pasta | Hot food
- WC Service

PAS Vallescondido

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth
- WC Service

PAS Puentes de Luz - Full Aid Station

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth with tiny pasta | Hot food
- WC Service
- Runner Drop Bag

PAS Bayos 1&2

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth | Broth with tiny pasta | Hot food | Pastries
- WC Service
- Medical Support

PAS Rosales

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth | Broth with tiny pasta | Hot food
- WC Service
- Medical Support

PAS Portezuelo

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth | Broth with tiny pasta | Hot food | Pastries

PAS Colorado 1&2 - Full Aid Station

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth | Broth with tiny pasta | Hot food | Pastries
- WC Service
- Medical Support
- Runner Drop Bag

PAS del Mallín

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth | Broth with tiny pasta | Hot food
- WC Service
- Medical Support

PAS Quechuquina - Full Aid Station

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth | Broth with tiny pasta | Hot food | Pastries
- WC Service
- Medical Support
- Runner Drop Bag

PAS del Lago

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth

PAS Coihue

- Hot and cold beverages
- Snacks | Candies | Banana | Biscuits | Quince | Broth | Broth with tiny pasta | Hot food | Pastries
- Medical Support

FINISH LINE

- Hot and cold beverages
- Snacks | Candies | Banana
- 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 20 to the finishing Line. Between 6:45 pm and 8:00 am, reflective taping is the most important course marking.

- **Reflective arrows and signs**: either vertical, horizontal or diagonal will indicate the way:



- At 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.**

Drop-out notice to the organization is crucial, otherwise the runner may be considered lost, thus causing big trouble. If they decide to be transported by family or friends, THEY MUST NOTIFY.

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 duly identified. Marshals or any other staff member outside these stations are not authorized to put on record any drop out notice, they only indicate the way forward.

Shuttle services will be made to the race office, in the center of the city, when designated 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 at Base Cerro Chapelco. Wide initial paths with a steady and gradual ascent until reaching the Mallines de la Pala. From there, gradual descent along a path crossing ski trails until reaching Chapelco's Platform 1600. From here, ascend via Track 63 (DO NOT GO TO THE PAS Jardín de Nieve) until reaching a gravel road leading to the point (1740 meters above sea level) at the base of the North Track where there's a steady ascent until connecting to the Chapelco Ridge climb with a 33° diagonal slope in the last 400 meters. From this ridge, follow the path all the way to the summit of Cerro Teta. CAUTION: The descent from here is very slippery!! Then descend via mountain path until joining the descent through El Tubo Track. At the end of this descent, head towards Panamerican Track with a short initial ascent followed by a very steep descent almost to the end. From there, take the path to the Huskies Sector to access the first Aid Station (Jardín de Nieve, km 12.0). From there, head towards the Cable Car indicated by the Flagman and descend directly via the Track until Balcones where there's a turn towards K11 path. It's a gently ascending path until reaching the descent to Mallín Grande through a very steep and slippery path. Upon reaching Mallín Grande, begin a long and steep ascent towards Pradera del Puma. The last 500 meters will be through a tangled lenga path. Here you reach Pradera del Puma Aid Station (km 19.5). From this checkpoint, there's an initial ascent through the forest until reaching the Kite Ski cabin. Continue ascending until reaching the Dome, whose structure will be visible from afar (except in fog). From this point, start a 4 km descent first through a narrow mountain path and then a technical descent until reaching the low lenga forest through winding ñire paths outside the forest until reaching a vehicular road (you'll see a gate on your right, DO NOT ENTER). Descend along this irregular lumber road until reaching Mallín Grande de Val del Águila again. Pay attention to the right turn to take the access path to the El Ave Aid Station through a constantly ascending path passing the Mallín until climbing up the abandoned road (hairpin turns) to El Ave Aid Station (km 31.8). Cut-off time for this PAS is 11:00 pm on Friday, 5th. Attention because from this PAS you will go to PAS Vallescondido (km 47.5) through forest trails uphill for the first 7 km and then a very steep descent 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!! The distance between PAS is 15.7km!

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 51.3) 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 02:30 am on Saturday, 6th. The exit from this PAS by asphalt road that passes in front of the new hospital of San Martín de los Andes and from there, about 500 meters away, entrance to the Mountain Cavalry Regiment through an open wire fence.

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 5, followed by narrow steep trails going down to Laguna Rosales. They must be attentive on the stretch from PAS Puentes de Luz to PAS Bayos 1 because there is a sharp left turn 6 km ahead. *It will be clearly signalled.* You will then follow a very fast downwards track (Huella Andina) to Bayos 1 PAS (km 60.7). 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 70.2). 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 76.9) 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 87.9) 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 C^o Centinela, at 1500 mt above sea level. A very steep winding downwards trail follows leading to the access to the great Quilanhue Mallín (swampy area). After some fence crossings you will reach Del Mallín Aid Station along a level trail (km 97.9). Cut-off time for this aid Station is 08:00 pm on Saturday, 6th. Beware: the distance between Del Mallín and Quechuquina Aid Stations (16.1 km) is the longest without any assistance. **3,5 km away from Del Mallín Aid Station**, at de place called "Corral Redondo" (round pen corral), **there is a detour only for 70k runners. You must ignore it.** You must turn diagonally to the right. You will have to cross plenty of streams. You will go around the Quilanhue 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 114). Cut-off station for this Station is 11:00 pm on Saturday, 6th. 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 121). Cut-off time for this station 00:00 am on Sunday, 7th. A steadily upwards trail going by Las Corinas Lagoon will take you to Coihue Aid Station (km 129.5). Cut-off time for this Station is 02:00 am on Sunday, 7th. Pay attention to signaling: You will then climb the summit of Quilanhue 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). From this point, return to Colorado 2 Aid Station, 4 km away, along an initially level and then steep downwards trail. And finally flat along trails until reaching Colorado 2 Aid Station is at km 142.5. Cut-off time to leave this station is 05.00 am on Sunday, 7th. Return to Finish Line following 70k and 110k course until Bayos Station (Km 151) 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 06:00 am on Sunday, 7th. Trail back to the finish line on a straight uphill path until km 154.3. There, at the intersection with Route 48, there will be a new cut-off time at 06:30 am on Sunday, 7th. 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. Steep descent towards the Finish Line in the last kilometres and then crossing through the beach until connecting with Avenue San Martín, which leads you to the Finish Line.

- 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 Line: <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>

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

- Necessary hydration: estimated 600 to 1200 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 16.1 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 **with excellent illumination** (minimum 200 lumens) and spare batteries are **ESSENTIAL**. Remember that **you must carry a flashlight with you throughout the entire course**, ensuring batteries with a 35-hour autonomy, regardless of whether it is daytime. For those who take 41 hours, they will have 13 hours of daylight and 28 hours of darkness!!! Reflective tapes are present throughout the entire course (both outbound and return). **You may be asked at any point in the circuit to show the flashlight you are carrying. If you don't have a functioning flashlight, you will be removed from the race due to safety reasons!** Pay attention to these times: start with the flashlight in place; if you are on the course after **5:00 pm**, you **MUST use the headlamp**, and at **6:45 pm**, you **MUST turn it on** and keep it that way until 8:00 am. This is a regulation, even if it seems unnecessary.

- Irregular mobile signal from start line to Rosales Aid Station. Then it will be mostly unavailable and irregular again in Colorado Aid Station. Irregular signal at Quilanlahue. 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: at PAS del Mallín you MUST NOT follow the 70k course. CROSS THE CREEK and FOLLOW THE CIRCUIT. They must follow the same circuit of the 110k to PAS Quechuquina. **Signaling will be clear. READ IT**, please.
- It is essential to watch the technical briefing on Sunday 31 March, which will be available on the website, as on Monday April 1st you will have the opportunity to clarify doubts by asking questions during the video streaming of the technical briefings.
- Depending on weather conditions, a plan B circuit may be activated, which will be announced before the start.
- **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, otherwise the participant will be presumed lost and will generate avoidable inconveniences. 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, at Race Office or at the Finish Line.**

➔ Contact Information

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