



SAN MARTIN DE LOS ANDES

**PATAGONIA
RUN**

**SPARTAN TRAIL
WORLD CHAMPIONSHIP**



**GUÍA DEL
CORREDOR**

10k

2024

Participant Guide 10k Patagonia Run Mountain Hardwear 2024

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➔ GENERAL DESCRIPTION OF PATAGONIA RUN 2024 10K

Date of the Race: Wednesday, April 3rd, 2024

Start Time: 12:00 pm

Course Description

Patagonia Run in San Martín de los Andes, Argentina, is a unique challenge for trail runners of all levels. In the 10k race, runners will make their way across different types of terrains, combining wide mountain trails of varying, though **accessible steepness**, lumber paths with gentle slopes and a long descent to the finish line. The whole race will take place in Cerro Chapelco. This distance is designed for those starting in the trail run world. It is challenging but allows to develop speed in short, gentle climbs and terrain without major technical difficulties. **Total elevation gain (D+)** is of **approximately 555 meters**. Along the course, participants will run through flat trails and valleys enjoying scenic views, unique viewpoints, and forest areas with various species of flora that are typical of the Patagonian region. This is an ideal race for those either starting to participate in trail run competitions, or who prefer shorter, faster distances.

Categories

Junior male from 12 to 19 years of age - Junior female from 12 to 19 years of age

Male from 20 to 29 years of age - Female from 20 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 to 69 years of age - Female from 60 to 69 years of age

Male from 70 years of age onwards - Female from 70 years of age onwards

Registration and Race Packet Pick-up

Time: Appointments will be available for: April, **Tuesday** 2nd exclusively, from 09:00 am to 10:00 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 distance 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).

- ▶ 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 10k

The Pre-Race Briefing of 10k will be Online, available on Patagonia Run's YouTube channel and www.patagoniarun.com, on Sunday March 31.

Start Line | Transportation | Cloakroom

Start Line: Wednesday, April 3rd - 12:00 pm*

Start line 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 10k Start Line

More information coming soon.

Cloakroom

Free service for registered participants:

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 in the same place of reception, base of Chapelco Ski Resort, from 10:30 am to 6:30 pm.

Finish Line

Wednesday, April 3rd – Until 06:30 pm.

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 10k

Wednesday, April 3rd

01:30 pm - General Category 21k and 10k Awards Ceremony.

02:30 pm - Age Categories 10k Awards Ceremony.

Location: Chapelco Ski Resort base.

Awards

- Trophies for the first three places in the 10k Male and Female ranking.
- Medal for the first three places in 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, in the chosen 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.**
- **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.
- **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 forecasted weather conditions:

- Whistle
- Thin Gloves
- Breathable Thermal Clothing.
- Waterproof windbreaker jacket.

- Long Tights. Some areas of the course are covered with burrs; we recommend that participants 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)

PAS	Approximate Distance from Start Line
PAS Jardín de Nieve	5.5 km
Meta	10.2 km

Services at the Aid Stations

 GLUTEN FREE options will be available at all PAS.

STARTING LINE

- Runners Reception
- Hot and cold beverages
- Snacks | Fruit | Biscuits | Quince
- Medical Support
- Cloakroom

- WC Service

PAS Jardín de Nieve

- Hot and cold beverages
- Snacks | Fruit | Biscuits | Quince
- WC Service

FINISH LINE

- Hot and cold beverages
- Snacks | Fruit | Biscuits
- Medical Support
- Cloakroom
- 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 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, 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 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 runners to 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 Race Director.**

Drop-out notice to the organization is crucial, otherwise the runner may be considered lost, thus causing big trouble.

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 to the Chapelco Ski Resort base will be provided as instructed by the Race Director.

➔ CLEAN RACE - LITTER

The race will take place in Lanín National Park. One of the key factors for success of this race is clearly the magnificent scenery embracing it. 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 Jardín 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 21k distance runners (please pay attention to signaling). Here you will start to go down steeply along forest tracks towards the Finish Line at the base of the ski resort. The Finish Line and start Line are at the same place.
- Running shoes with good traction. Dress according to weather: it might be very cold or rain. We recommend checking weather forecast:

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

- Necessary hydration: estimated 600 to 1000 ml depending on weight, per race hour. It is more reliable to drink upon thirst demand. *Drink beverages with mineral salts.* Energy expenditure for this distance does not require food intake during the race. There will be a wide supply of food at Jardín de Nieve Station (PAS) if you need it.
- 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 marshal directions. Do not follow the crowd. If you do not see white tape ahead 150 meters from the last one, go back to the previous white tape you saw. 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 - info@patagoniarun.com

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