



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

by  **TotalEnergies**






**MOUNTAIN
HARD
WEAR** 

**GUÍA DEL
CORREDOR**

110K

2024

Participant Guide 110k Patagonia Run Mountain Hardwear 2024

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➡ General Description of Patagonia Run 2024 - 110k

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

Start Time: Friday 5th - 09:00 pm*

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

Course Description

The Patagonia Run race takes place in San Martín de los Andes, Argentina, and is a unique challenge for trail runners of all levels. The 110k race is a major Ultra-Trail distance, where runners will make their way across technical and semi-technical terrain, combining varied mountain trails, with long demanding climbs and major steepness variation and varied terrain which may include snow at the highest **Total elevation gain (D+) is of approximately 6030 meters** along its 110.3 km. Two summits are included: C° Colorado (1765 meters above sea level, the highest point in the race) and C° Quilánlahue (1650 meters above sea level). Runners must be prepared to run along the night for many hours and in below 0° temperature, which makes this distance not only a technical challenge, but also one against exhaustion and weather. There are many stream crossings along the course, even including a part of the course in the Lacar Lake. 95% of the course is on mountain trails. This off-road race represents a true test of Ultra-Trail endurance, in the midst of the unique and beautiful scenery of the surroundings of San Martín de los Andes framed by the lively colors of the fall season, which turns the event into a one-of-a-kind mountain ultra-marathon.

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 06:00 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 110k 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 2 PAS (Aid Stations) with runner number.
 - **OFFICIAL RACE T-SHIRT**. The size Will be the one chosen by the runner at Registration. Runners Will not be allowed to try it on, and it can be changed only before leaving accreditation area, at the t-shirt change stand.
 - **CELIAC BRACELET**, if you have informed of this disease at registration, in order to access gluten free food at Aid Stations.

Important:

- Race packets might be picked up exclusively by the runner.
- Be punctual (reach the office 15 minutes beforehand, not more, so as not to wait outside)
- Attend alone.

Reception of drop bags for Full Aid Stations

⚠ 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 3 kilos per bag**.

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

110k 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 | Transportation | Cloakroom

Start Line: Friday 5th, 09:00 pm*

Start line from: "Plaza de Armas", 4th Cavalry Regiment "Coraceros General Lavalle" (RCM4) – Regimiento de Caballería Ave., Route 62.

* 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 110k Start Line EXCLUSIVELY runners

From **07:00 pm to 08:00 pm**.

Departure from **PAS Transfer**: San Martín Square on Gral. Roca St, and Tte. Coronel Pérez St.

When booking your accreditation appointment, through your runner profile, **reserve your seat** to the Start in the official race transportation.

IMPORTANT: Runners who transport themselves to the 4th Cavalry Regiment (RCM4) with their own vehicles and leave them parked there until the end of the race must pay AR\$ 8,000 for the corresponding stay.

Cloakroom

Free service for registered runners:

1. Reception begins one hour and half before race start time at RCM4 Troop Ranch.
2. In order to get their personal belongings back, runners must **show their Bracelet or Bib number or photo ID** at:

Race Office from 10:00 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: 08:00 am on Sunday, 7th.

Location: Corner of 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.

Awards Ceremony 110k

Sunday, April 7th at 10:30 am.

Location: San Martín Square

Awards

- Trophies for the first three places in the Male and Female 110k ranking.
- Medal for the first three places in each 110k 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.** Must indicate: Full name and ID number of the runner, and a text indicating that he/she is medically and physically fit to participate in Patagonia Run, indicating the chosen distance of 110k. It must include date, signature and seal of the issuing physician. Certificates issued more than 90 days prior to 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 flashlights** 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 110k race **must start with one flashlight placed and turned on**. The second flashlight can be left inside the Drop Bags sent to one of the Total Assistance Aid Stations.

After the start, they must keep the **flashlight placed and turned on until 8:00 am**. If they are still on the course **at 5:00 pm** on Saturday, they must **put on the flashlights and turn them on at 6:45 pm**. 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.**
- **One 750 ml (25 oz) water bottle** or soft flask.
- **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 carry their waste to be disposed of at Aid Stations.

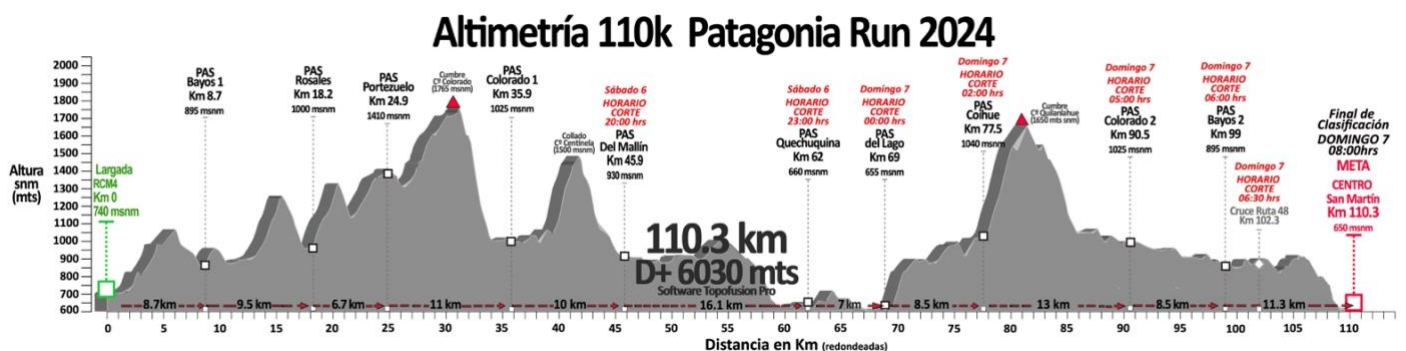
- Waterproof breathable warm gloves. Temperatures are expected to drop below zero in the early morning.
- Breathable Thermal Clothing.
- Breathable warm jacket to protect you from low temperatures.
- Waterproof windbreaker jacket.
- Tights. Some areas of the course are covered with burrs, we recommend participants to wear tights with high Lycra content (slippery material). Given the cold temperatures expected, long tights are recommended.
- Running shoes with good traction.
- Short running gaiters for burrs, pebbles and mud protection.
- Multifunctional neck gaiter (some sort of stretchy buff with tubular shape)
- Sunscreen.
- Sport hat and/or cap.
- Eyewear: keep in mind that the race course goes through dark forest areas and sunny open lands so proper eyewear is recommended.
- Light shin guards: offers good protection from long exposure to low-lying vegetation preventing leg injuries.

Please note: we suggest runners include 2 spare changes of clothing in the Full Aid Station Drop Bags.

➔ Course Information

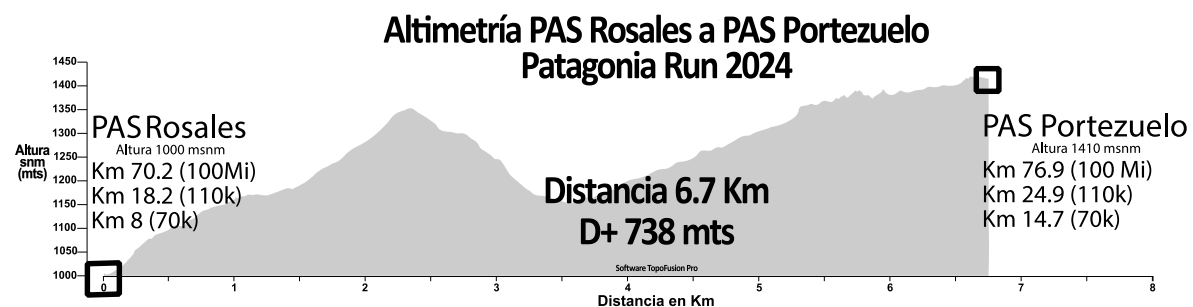
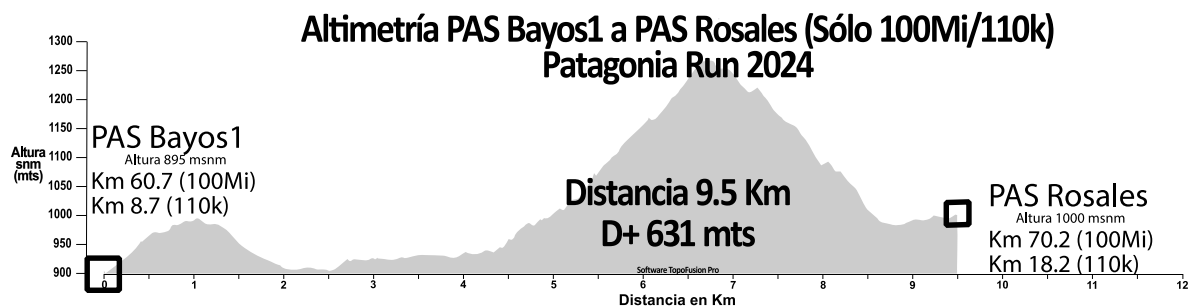
The trail course will remain closed until 72 hours prior to the race start time due to special easement agreements made with private land owners, institutions and local residents of grazing areas.

Altimetry



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

Partial Altimetry



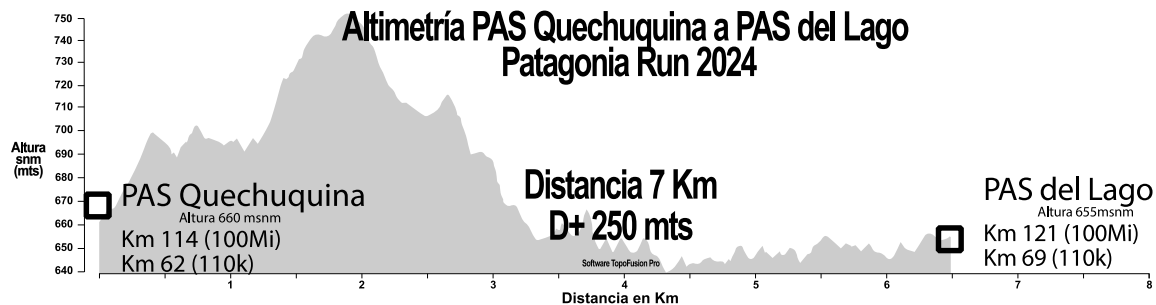
Altimetría PAS Colorado1 a PAS del Mallín Patagonia Run 2024



Altimetría Pas del Mallín a PAS Quechuquina Patagonia Run 2024

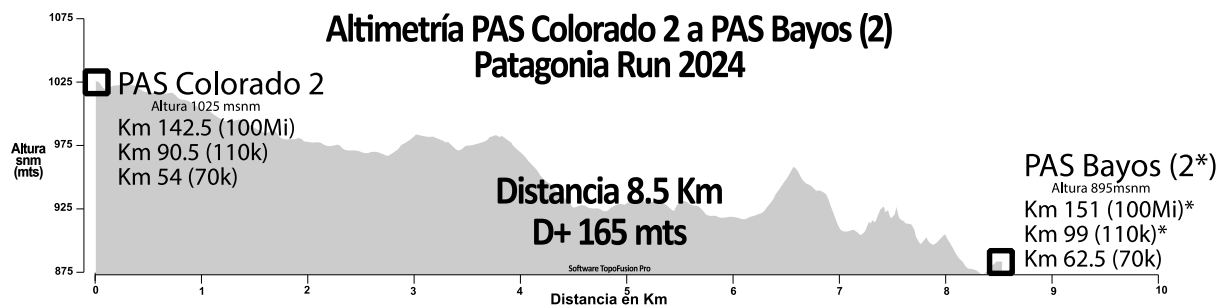
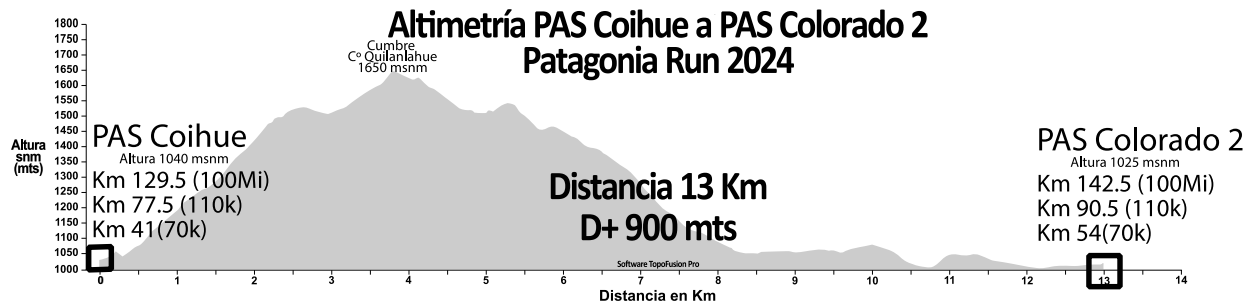


Altimetría PAS Quechuquina a PAS del Lago Patagonia Run 2024



Altimetría PAS del Lago a PAS Coihue Patagonia Run 2024





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

110k		
Aid Stations	Distance (*) from Start Line (km)	Cut-off Time
PAS Bayos (go)	8.7	-
PAS Rosales	18.2	-
PAS Portezuelo	24.9	-
PAS Colorado 1 (go)	35.9	-
PAS del Mallín	45.9	08:00 pm on Saturday 6
PAS Quechuquina	62	11:00 pm on Saturday 6

PAS del Lago	69	00:00 am on Sunday 7
PAS Coihue	77.5	02:00 am on Sunday 7
PAS Colorado 2 (back)	90.5	05:00 am on Sunday 7
PAS Bayos (back)	99	06:00 am on Sunday 7
Finish Line	110.3	08:00 am on Sunday 7

(*) Rounded distances

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

Participants will have the option of leaving their personal belongings in the Drop bags provided in the race kits at **Casino Suboficiales y Gendarmes** Escuadrón 33- Corner Tte. Gral. Roca St. and Rivadavia St.

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.

This must be done on Thursday 4th or Friday 5th at **Casino Suboficiales y Gendarmes** Escuadrón 33- 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.**

RED bag= PAS Colorado

YELLOW bag= PAS Quechuquina.

On the race day, bags will be taken to Colorado (1 and 2, you can get your bag both ways) and Quechuquina Full Aid Stations.

Drop bags will be sealed in front of the runner, identified with their Bib number and the location where they will be taken to.

Runners will receive a slip that will be mandatory to get their bags back on **Sunday 7th 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 del Mallín	08:00 pm on Saturday 6 th
PAS Quechuquina	11:00 pm on Saturday 6 th
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
Cut Route 48	06:30 am on Sunday 7 th - km 102.3
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 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 | Broth with tiny pasta

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 types of marks will be used:

• **White tape with Patagonia Run logo** : This is the main tape that marks all the race course. By following these marks runners will stay on the right trail or course of the race. In the woods, tapes will be placed on trees, bushes and canes. In the open land (*pampas*), they will be displayed on stakes. Runners should follow these marks at all times and in the event the white tape cannot be seen, whether in the woods or in open land along a full kilometer, they should return immediately to the last sighted mark. Markers will be placed in close intervals in complex forest trails or mountain areas, while in those areas where there is only one trail or in open land, tapes will be placed further apart so that runners will be able to follow the route without any risk of getting lost by simply looking up.

• **Yellow tape:** Those trails or paths NOT included in the course will be closed using yellow tapes. Runners should not cross any area marked with yellow tapes.

• **Orange Tape:** In the event of snow or lack of contrast, white tapes with Patagonia Run logo together with orange tapes will be placed as additional marking.

- **White reflective tape:** In order to improve marking visibility on the course, reflective white tapes will be placed at variable distance from the Start Line to the Finish Line to help runners follow the course during the night and by the time it gets dark (around 6:00 p.m.). Provided runners are wearing headlamps, they will be able to follow the course.

- **White reflective tape:** The night course (from 6:45 pm to 8:00 am) will be mainly marked with reflective white taping, and some yellow reflective taping. Provided runners are wearing headlamps, they will be able to follow the course. For this distance tapes will be placed from km 40 to the finishing Line.

- **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 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 dully 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 provided to the race office, in the city center, 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 RCM4. From there, Initial wide steep trails up to km 5, followed by narrow steep trails going down to Laguna Rosales. You must pay lots of attention at the Start Line, as 6 km away from it. It will be clearly signaled.

Then you will go down a very fast trail (Huella Andina) to Bayos Aid Station (km 8.7), and climb steadily and steeply towards Laguna Rosales Polo field. At the highest point, you will cross a wire fence and go down along a steep narrow trail to Trompul Pampa. You will follow a wide level trail around the Mallín (swampy prairie), and go up on the west side of the Derrumbe (landslide) to its highest point. From this point, you will go on to the CORFONE wire fence along a downwards, slippery trail crossing streams, until Rosales Aid Station (km 18.2). Then follow up lumber path of medium steepness and steep, narrow up and down trail to Portezuelo Aid Station (1400 mts above sea level) (Km 24.9). 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.) (Km 31.5) steep downhill run towards the base (700 meter altitude variation in 3 km). You will reach Colorado Aid Station (km 35.9) along a narrow level trail.

From Colorado you will go along Vázquez Trail (winding, going down steeply and up) towards Del Mallín 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 45.9). 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, 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 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 62). 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 69). 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 77.5). Cut-off time for this Station is 02:00 am on Sunday, 7th.

Pay attention to signaling: You will then climb the summit of 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). 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 90.5. Cut-off time to leave this station is 05.00 am on Sunday, 7th.

Return to Finish Line until Bayos Station (Km 99) 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 102.3. 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 kilometers and then crossing through the beach until connecting with Avenue San Martín, which leads you to the Finish Lane.

- Running shoes with good traction. Running gaiters are a must in the woods or steppe, especially on ridges, going up and down Colorado, Quilanlahue and to avoid burrs. Your feet will get wet all the time (even son after leaving Aid Stations). Dress according to weather: it might rain or snow. Consider very

strong wind exposure and very low temperature (-5°C, -10°C) at dawn in Cº Colorado, Cº Centinela, and Cº Quilanlahue and Lacar Lake coast. Also consider changing out of wet clothing at Colorado and Quechuquina Aid Stations. Check weather forecast; we recommend these links where you can see the forecast for each Aid Station (more accurate as from 48 hours before the race)

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

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

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

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

Summit Cº Quilanlahue: <https://www.windguru.cz/589357>

PAS Bayos: <https://www.windguru.cz/589868>

- Necessary hydration: estimated 600 to 1000 ml weight depending, per race hour. Estimate necessary amount according to distance to Aid Stations and Finish Line. Remember there are 11 km between PAS Portezuelo and PAS Colorado, and 16.1 km between PAS del Mallín and PAS Quechuquina. Carry your own water supply. **Do drink beverages with mineral salts.** Stream water is not polluted, but its drinking quality is not guaranteed. You will run across creeks all the time if you haven't ensured a proper supply of water at the Station. In any case, we suggest drinking the one supplied at the Aid Station, or your own.
- Energy expenditure: according to weight estimate **between 6000 and 13.000 kcal** all in all (one energy bar or gel=200kcal) Food intake a MUST after the first 45 minutes, and from then on, every 45 minutes. **Carbohydrate intake is useful (cereal bars, gels or the like),** supplied abundantly at the Aid Station. However, energy intake in between Aid Stations is a key factor. Choose foods you have already tried and also train hydration and energy intake. Do not try new things at the race. **Along the course you will not be allowed to renew your food supply, so planning ahead is essential.**
- Eating two hours before start time in order to avoid a full stomach, and drinking up to start time are a MUST.
- **Front powerful headlamp** or handheld flashlight **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. **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 turned on** and keep it that way **until 8:00 am;** 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 Hill. Good signal from Bayos to Finish Line.
- Follow white tape with Patagonia Run logo marks, and marshals' directions. In the event of snow at Colorado or 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 follow the crowd. Do not cross areas closed with yellow tapes, which are paths not included in the race course. Pay attention to detour signaling according to distances. Remember 6 km from Start Line you MUST turn LEFT towards Bayos 1. And in del Mallín Station you MUST NOT follow the 70k circuit, **CROSS THE CREEK AND FOLLOW THE CIRCUIT.** Your course is the same as that of 100Mi towards 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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