



**PATAGONIA
RUN 2024**

SAN MARTIN DE LOS ANDES

by



TotalEnergies






**MOUNTAIN
HARD
WEAR**

**GUÍA DEL
CORREDOR**

21k

2024

Participant Guide 21k Patagonia Run Mountain Hardwear 2024

➔ General Description of Patagonia Run 2024 - 21k	3
Registration and Race Packet Pick-up	4
Pre-Race Briefing	4
Start Line – Transportation  – Cloakroom	4
Finish Line	4
Awards Ceremony	5
Mandatory Equipment - Equipment Recommendations	5
➔ Course Information	6
Altimetry 	6
Aid Stations	6
Services in the Aid Stations	6
Race Course Markers	7
➔ Drop Out Policy	8
➔ Clean Race - Litter	8
➔ Race Tips 	8
➔ Contact Information	9

➡ General Description of Patagonia Run 2024 - 21k

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

Start Time: from 10:45 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, 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 1490 meters** along its approximate 22.1 km. You will reach the summit of Cerro Teta, 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.

Categories

Junior male from 14 to 19 years of age - Junior female from 14 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

ITRA Course Profile:



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 (21k) 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 ***

- **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 21k

The Pre-Race Briefing of 21k 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 - 10:45 am*

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 21k Start Line (runners only)

07:45 am to 09:45 am

PAS Transfers, 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.

⚠ Official race vehicles will have access and circulation priority over private vehicles on the access road to the base of Chapelco Ski Resort.

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 Wednesday 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 6:30 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 21k

Wednesday, April 3rd
01:30 pm - General Category 21k and 10k Awards Ceremony
04:00 pm - Age Categories 21k Awards Ceremony.
Location: Chapelco Ski Resort base.

Awards

- Trophies for the first three places in the 21k 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 (21k). 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.
- **Emergency or safety Whistle** (not a toy whistle).
- **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).
- 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

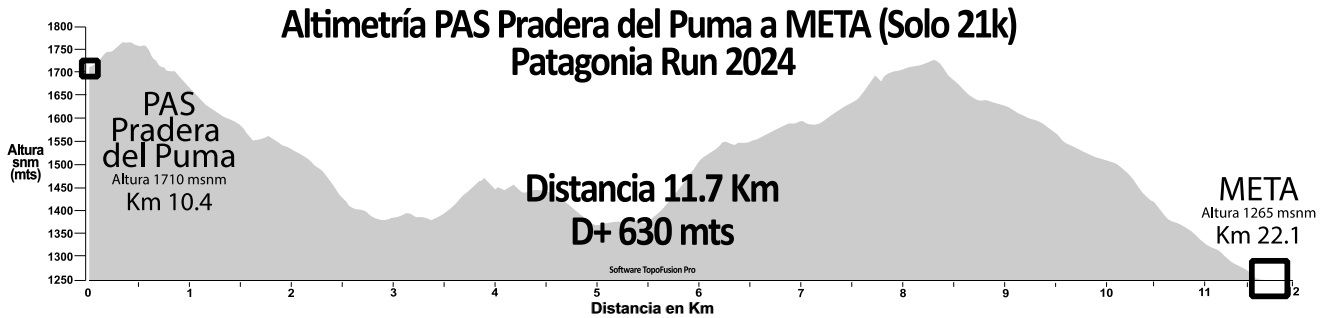
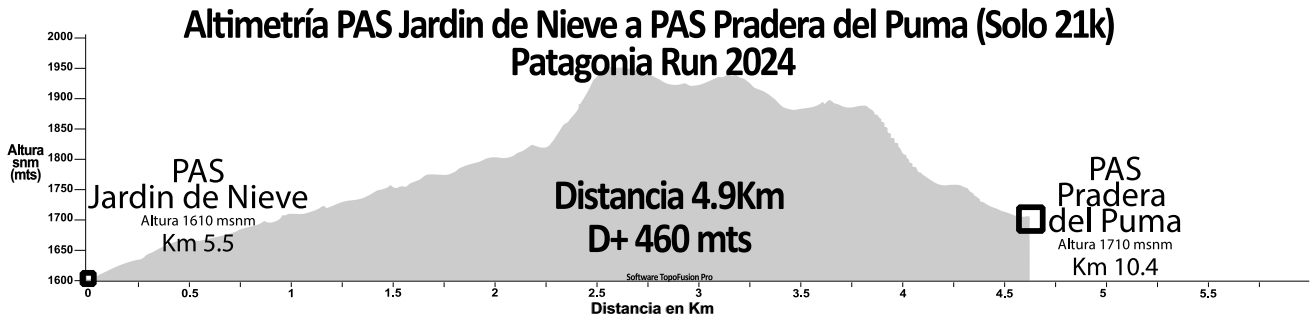
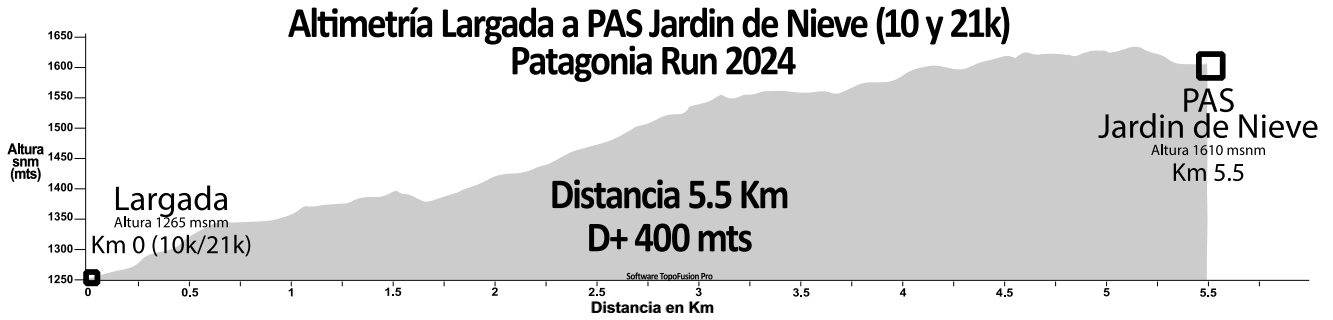
The trail course will remain closed until 72 hours prior to the race start time due to special easement agreements made with private land owners, institutions and local residents.

Altimetry



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

Partial Altimetry




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 _____	10.4 km
Meta _____	22.1 km

(*) Approximate and rounded distances

Services at the Aid Stations

GLUTEN FREE  options will be available at all PAS.

STARTING LINE

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

FINISH LINE


- Hot and cold beverages
- Snacks | Candies | Banana
- 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 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 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 you decide to be transported by your family or friends, you **MUST** warn the Aid Station head or at the Finish Line.

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 to the Chapelco Ski Resort base 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 point (1740 mt.) in Pista Norte base where you will separate from 10k distance runners (please pay attention to signaling). At this point they turn 90° upwards to the right in a frank ascent to connect with the ascent in diagonal to the Chapelco 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 downhill by mountain road until joining the descent by Pista el Tubo to PAS Pradera del Puma (km 10.4). From there first ascent of about 600 mts by trail inside the stunted forest until to the left entrance to the forest and a long and technical descent through lenga forest on a winding path of ñires until reaching the Mallín de Val del Águila. In this Mallín, continue along a path for 1 km, then ascend steadily along a continuous trail until reaching another mallín. From there, descend quickly along a wide trail until you reach a junction with a trail on the left that will lead you to cross a stream at 100 mts where a very steep ascent begins through forest trails until reaching

1650 mts and after 1.5 km start of the Pista Panamericana. 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 depending on the weather and the crossing of several streams. 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. (The average supply distance is 7 km). **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.
- 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. Do not notify marshals, as they only give road directions.

➡ Contact Information

www.patagoniarun.com - info@patagoniarun.com

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