



SAN MARTIN DE LOS ANDES

PATAGONIA
RUN

 **SPARTAN TRAIL**
WORLD
CHAMPIONSHIP



**GUÍA DEL
CORREDOR**

PR Vertical

2024

Participant Guide PRVertical Patagonia Run Mountain Hardwear 2024

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➔ General Description of Patagonia Run 2024 - PRVertical

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

Start Time: from 09:00 am

Course Description

PRVertical Patagonia Run in San Martín de los Andes, Argentina, is a unique challenge for trail runners of all levels. The **PRVertical** will take place fully in Cerro Chapelco.

Runners will make their way across varied and **very demanding** semi-technical and technical terrain, ranging from grass paths of moderate steepness to narrow mountain trails with 30° steepness and bare mountainsides.

Runners will come across different types of soil, with **total elevation gain (D+) of approximately 720 meters** along its approximate 3,4 km.

You will reach the summit El Filo de Chapelco, at 1950 mts. above sea level.

This race represents a true test of ANAEROBIC endurance, due to the challenge of steep trails.

It is a perfect race for those who choose steep climbs and short, but intense races.

The unique and beautiful scenery of Cerro Chapelco turns this event into a one-of-a-kind mountain experience.

Categories

Male - Female

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.

If you are registered in PRVertical and another distance, with the PRVertical appointment you will be credited in both distances.

► 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 Vertical mode of the race – see model certificate [here](#).
- **MINORS** (under 18) Minors turning 14 years of age before or on April 3rd, 2024 will be able to participate. They 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

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: Wednesday, April 3rd - 09:00 am*

Start line from: Chapelco Ski Resort base.

Transportation to the Start Line PRVertical

More information coming soon.

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.

Location: Summit of El Filo Chapelco where the Finisher medal will be received.

There the race ends, from there you will have to walk 300 meters on flat ground to take the chairlift of the Mallín, when you get off this chair, walk 400 meters downhill to take the Cable Car located in Antulauquen to descend to the base.

When arriving at the base of the Cerro, the runner will be able to have a hot and/or cold drink.

PRVertical Awards Ceremony

Wednesday, April 3rd – 11:00 am

Location: Chapelco Ski Resort base.

Prize for the best time in Male and Female category.

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 Vertical mode. It must include date, signature and stamp of issuing doctor. **Certificates older than 60 days before** the event will not be accepted.

Download model certificate [here](#).

- **Runner Bracelet.**
- **Dorsal race number** visible from the front during the whole race. Control staff along the race course **MUST** be able to read the number clearly.
- **Emergency or safety Whistle** (not a toy whistle).
- **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 beverages at the 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:

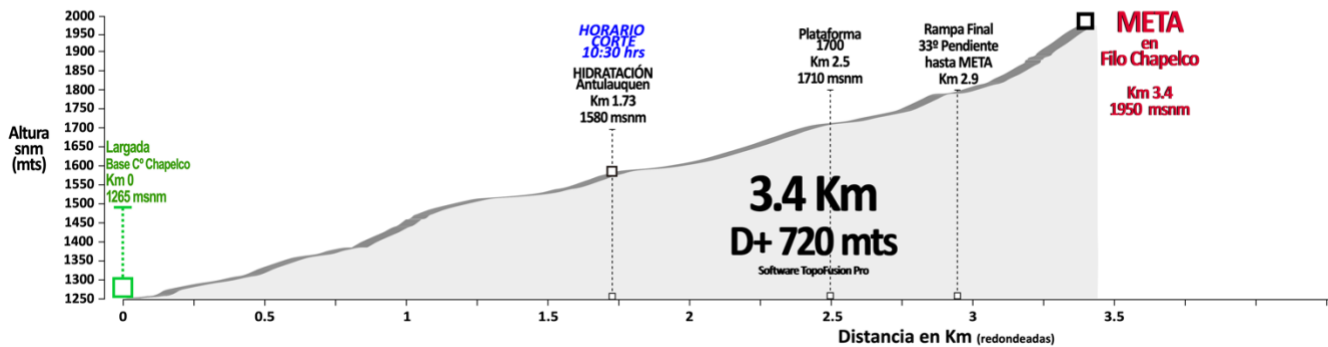
- Water bottle waist pack, soft flask holder or backpack with hydration system.
- Thin gloves.
- Breathable Thermal Clothing.
- Waterproof windbreaker jacket.
- Long Tights. Some areas of the course are covered with burrs, we recommend that participants wear tights with high Lycra fiber content (slippery material).
- Running shoes with good traction.
- Short running gaiters for burrs, pebbles and mud protection.
- Sunscreen.
- Sport hat and/or cap.
- Eyewear.
- Two trekking canes.

➡ Course Information

We will not provide specific information on the race course, as it will be clearly marked 72 hours before the event.

Altimetry

Altimetría Vertical Patagonia Run 2024



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

COURSE CUT-OFF STATION

There will be one cut-off Station. Generous cut-off time has been established to give runners enough time to complete the race. However, runners arriving at this station after specified cut-off time will be disqualified at the Race Director’s discretion and will not be able to resume the race for strict safety reasons. Runners in this condition will be classified as DNF. The Station will keep a detailed record of these DNF runners.

The Race Director’s decision on cut-off time is FINAL.

Place	Cut-off Time (*)
Hydration Station Antulauquen - 1600 mts Platform	10:30 am

(*) 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

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

ANTULAUQUEN HYDRATION STATION – Cota 1600 mts

- Hot and cold beverages
- Snacks | Fruit



CHAPELCO SKI RESORT BASE

- Hot and cold beverages
- Snacks | Fruit | Biscuits | Quince
- 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 bare mountainsides, they will be displayed on stakes. Runners should follow these marks at all times and in the event the white tape cannot be seen, they should return immediately to the last sighted mark. Markers will be placed so that runners can 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.
- **Arrows:** either vertical, horizontal or diagonal will indicate the way: 
- At crucial crossroads, **Marshals** will be standing directing runners to the correct path.

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 marks and signs. 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. The race head of each checkpoint either in the Station, 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 Organization.

➔ Clean Race - Litter

The race will take place in Cerro Chapelco. 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 from the Base of Chapelco Ski Resort (1265 meters above sea level) you will go up steeply and straight below the line of the cable car up to 1600 mt. Platform (km 1.7 at 1580 meters). Here is the only Aid station supplying drinks. Cut-off time to leave this station is 10:30 am. From this point you will go up straight to Filo (ridge), going by 1700mt. Platform (km 2.5), followed by a 33° slope (from km 2.9 on). Finish line is at el Filo (1.950 meters) at 3.4km from Start Line.
- Trekking Canes: we strongly recommend the use of two canes along the race, but is optional.
- Running shoes with good traction. Running gaiters not a must, but might be useful in the woods or steppe to avoid burrs. Your feet will get wet. Dress according to weather: it might be very cold or rain. We recommend checking weather forecast (more reliable 48 hs. before race).

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

- Necessary hydration: estimated 600 to 1000 ml weight depending, per race hour. It is more reliable to drink upon thirst demand. Estimate your needs according to your approximate race time. **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. 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.
- Cell phone signal available along most part of the circuit.
- Follow White Tape with Patagonia Run logo marks, arrows and marshals` directions. Pay attention to posters and signs. Do not follow the crowd. Do not cross areas closed with yellow tapes, which are paths not included in the race course.
- If you decide to drop out of the race, you **MUST** notify the Station 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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