



**15**  
AÑOS

**PATAGONIA**  
**RUN 2025**  
SAN MARTIN DE LOS ANDES

**GUÍA DEL CORREDOR**





**100Mi**



**SPARTAN TRAIL**



## Participant Guide 100Mi Patagonia Run 2025

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## ➔ General Description of Patagonia Run – 100Mi

**Date of the Race:** Friday, April 11<sup>th</sup>, Saturday, April 12<sup>th</sup>, and Sunday, April 13<sup>th</sup>, 2025

**Start Time:** Friday 11<sup>th</sup>, 02:30 pm\* - Chapelco Ski Resort base.

**Official Finish Time:** Sunday 13<sup>th</sup>, 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 100Mirace 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 **9230 meters** along its approximate 162.6 km. Three summits are included: C° Teta (1950 mt above sea level, C° Colorado (1765 mt above sea level) and C° Quilánlahue (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 10<sup>th</sup>, from 09:00 am to 10:00 pm, and Friday, April 11<sup>th</sup>, from 09:00 am to 12:00 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 at the end of March, 2025.

### ► Requirements:

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



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- Medical Certificate\*, with an issuance date in 2025, signed and stamped by the issuing physician, stating the 100Mi (160k) distance of the race – see model certificate [here](#).

**\* Medical certificates dated in 2024 or those that only indicate that the person is in good health or fit for general sports or street racing will not be accepted. Certificates will also be rejected if they do not specify the race distance corresponding to Patagonia Run 2025. We recommend using the Sample Certificate available for download above.**

- ▶ 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 10<sup>th</sup> and Friday 11<sup>th</sup>.

**Location:** Pavilion B of Lácar Club - 599 Rivadavia St.

▶ **Requirements:**

- Statement of the appointment for Bag Reception, it might be on your cellphone and not necessarily printed.
- 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. (in the same place they were delivered) on **Sunday 13<sup>th</sup>**, from **09:30 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](http://www.patagoniarun.com), on Sunday, April 6<sup>th</sup>.



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## Start Line | Cloakroom

### Start Line

**Friday 5<sup>th</sup>, 02:30\* 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)

Schedule: 1:00 pm

Departure from PAS Transfers, located on Belgrano st. corner Perito Moreno, just around the corner from Le Village.

Reserve your place in the official transport when you request your accreditation through your runner profile.

### 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 06:00 pm on Friday 11<sup>th</sup> to 09:00 am on Sunday 13<sup>th</sup>.

**Lácar Club** on Sunday 13<sup>th</sup>, from **09:30 am to 6:00 pm**.

## Finish Line

**Finish Line closure: 08:00 am on Sunday, 13<sup>th</sup>.**

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 13<sup>th</sup> starting at 11:00 am.

Location: San Martín Square

### Awards

- Prize Money:
  - 1st Place General 100Mi Male and Female - AR\$ 3.000.000\*.
  - 2nd Place General 100Mi Male and Female - AR\$ 2.000.000\*.
  - 3rd Place General 100Mi Male and Female - AR\$ 1.000.000\*.

\*They will be paid in Argentine pesos within 90 days after the race, to the bank account designated by the winner.

- Trophies for the first three places in the 100Mi General Male and Female ranking.
- 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 at the end of March 2025.
- **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 2025 date, signature and stamp of issuing doctor.  
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.

Headlamps are for personal use. Each runner must carry their own headlamp. Sharing a headlamp between two or more runners is not allowed.

- **Emergency blanket.**
- **Water bottles** or soft flasks with 1500 cm<sup>3</sup> 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, Start Line and Finish Line.
- **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.



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## 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 24 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.



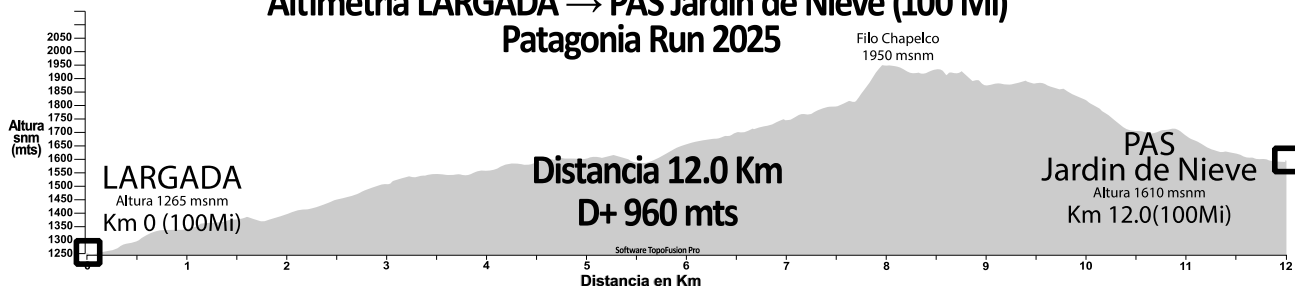
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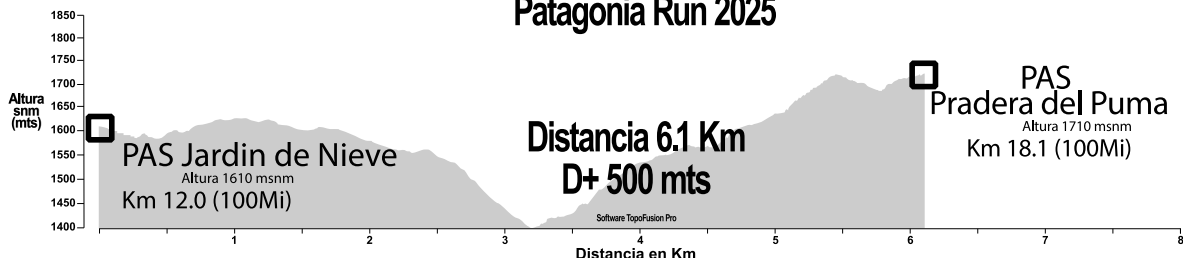
**100Mi**

## Partial Altimetry

### Altimetría LARGADA → PAS Jardin de Nieve (100 Mi) Patagonia Run 2025



### Altimetría PAS Jardin de Nieve → PAS Pradera del Puma Patagonia Run 2025



### Altimetría PAS Pradera del Puma → PAS del Maderero (100Mi) Patagonia Run 2025



### Altimetría PAS del Maderero → PAS el Ave 1 (100Mi) Patagonia Run 2025



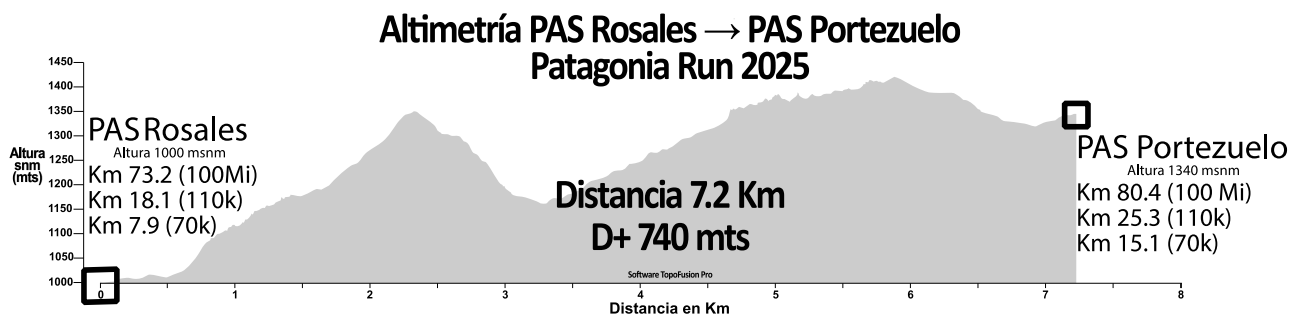
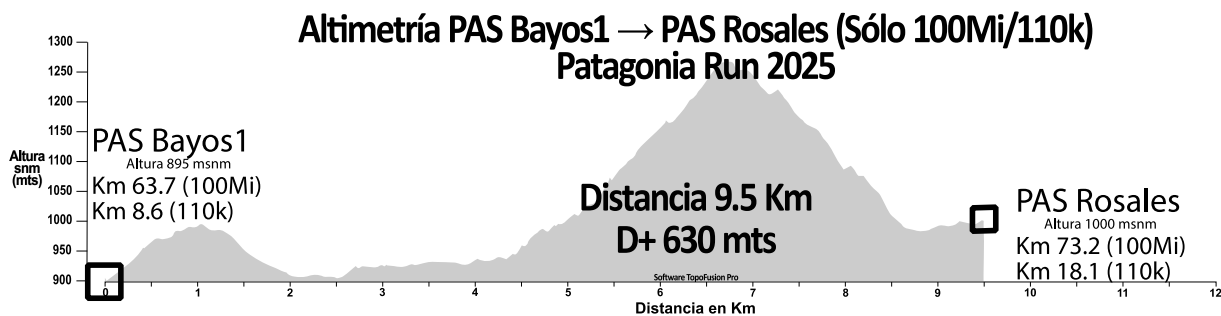
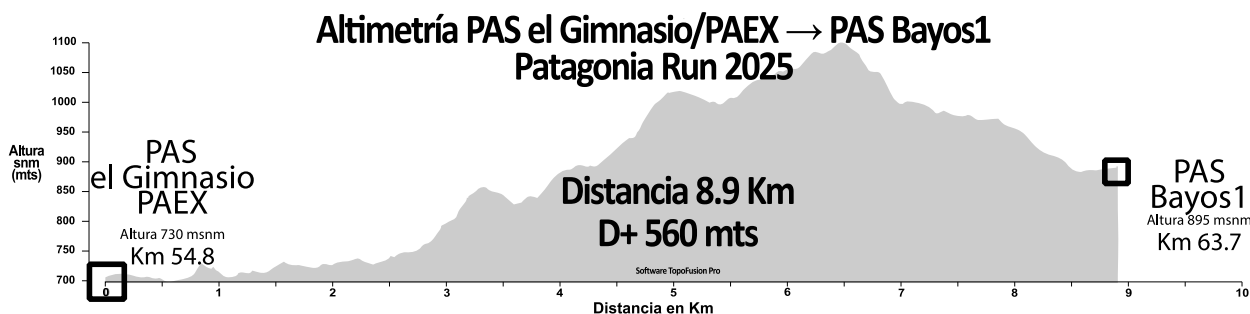
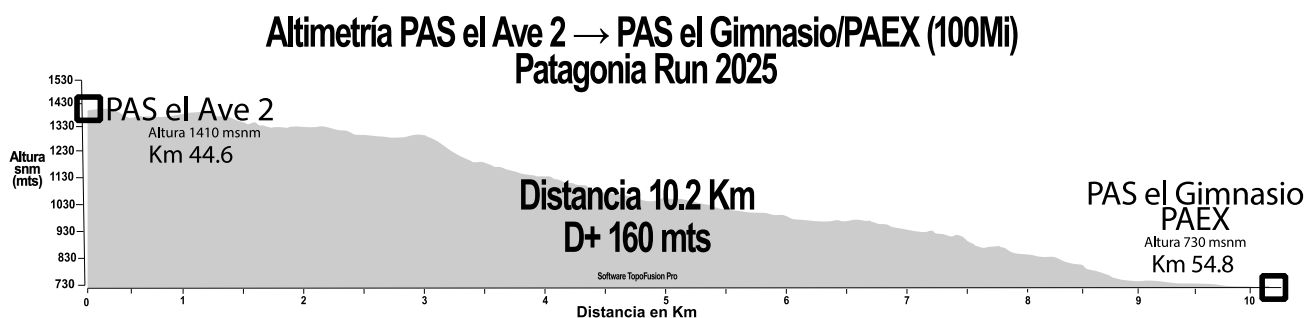
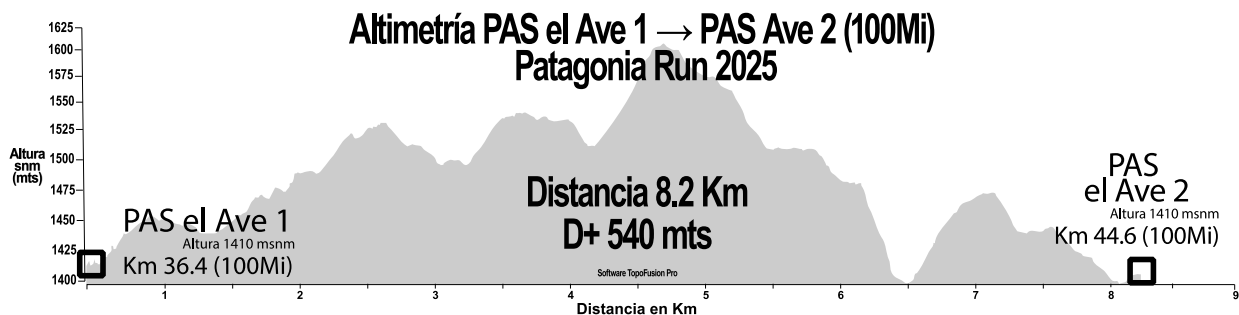




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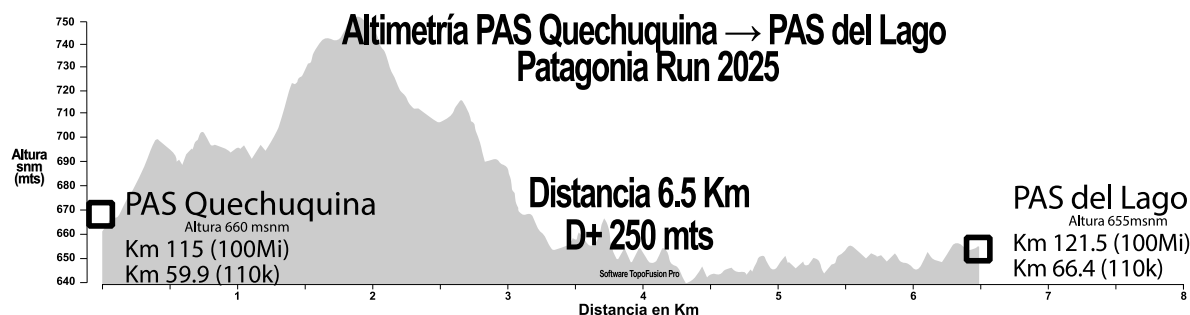
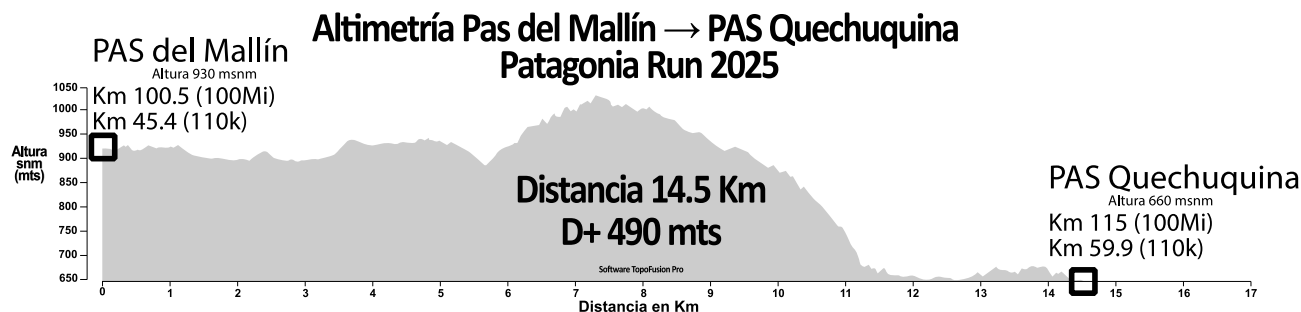
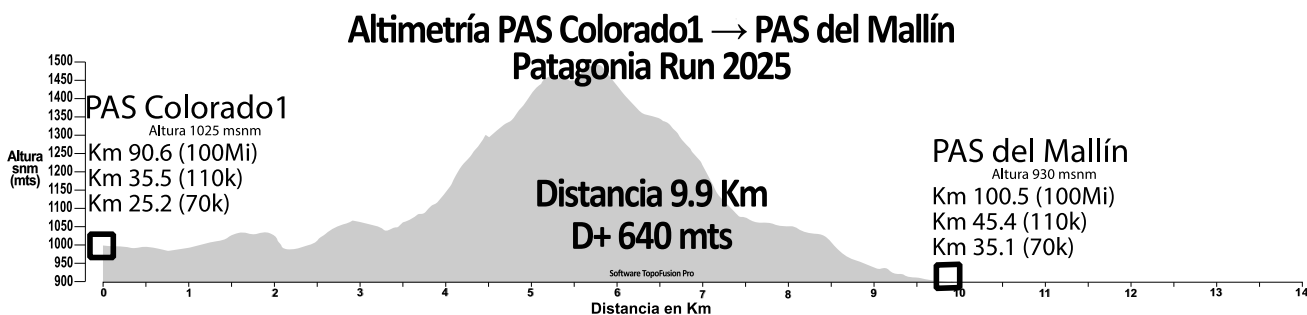


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 The location of PAS Portezuelo has been moved 400 meters forward from the original course as printed on the bibs numbers.





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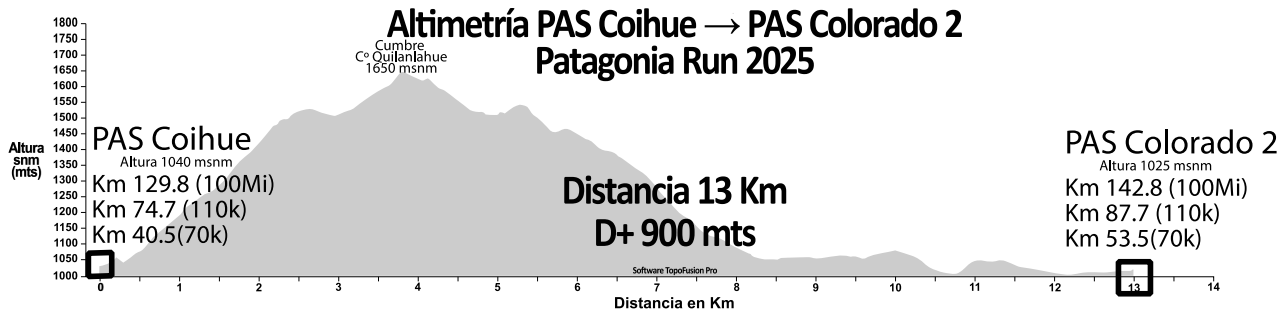
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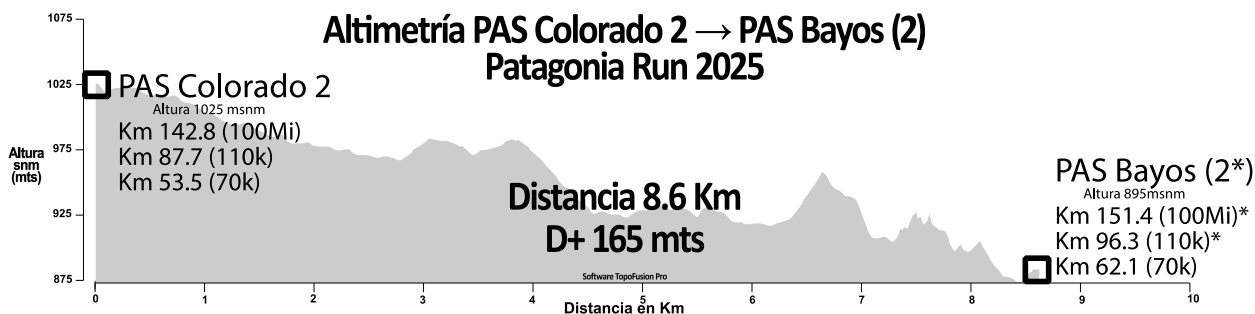
## Altimetría PAS del Lago → PAS Coihue Patagonia Run 2025



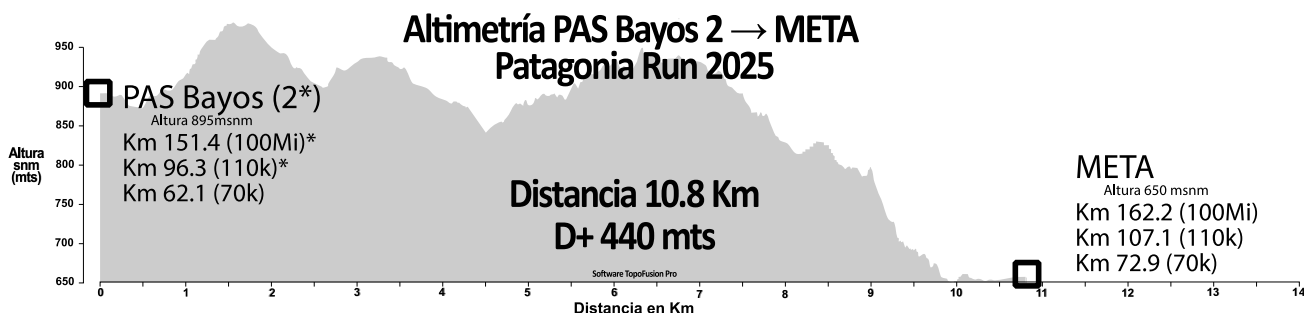
## Altimetría PAS Coihue → PAS Colorado 2 Patagonia Run 2025



## Altimetría PAS Colorado 2 → PAS Bayos (2) Patagonia Run 2025



## Altimetría PAS Bayos 2 → META Patagonia Run 2025



The distance between PAS Bayos and the Finish has been reduced by 400 meters due to an improvement in the course layout, compared to the original map already printed on the bib numbers.



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

Aid Stations	Distance (*) from Start Line (km)	D+ mts	Cut-off Time
PAS Jardín de Nieve	12	957	-
PAS Pradera del Puma	18.1	1461	-
PAS del Maderero	29	1997	
PAS El Ave 1	36.4	2453	11:00 pm on Friday 11 <sup>th</sup>
PAS El Ave 2	44.6	3013	-
PAS del Gimnasio	54.8	3163	02:30 am on Saturday 12 <sup>th</sup>
Punto AEX (External Assistance point )	54,8	3163	02:30 am on Saturday 12 <sup>th</sup>
PAS Bayos 1 (go)	63.7	3728	-
PAS Rosales	73.2	4360	-
PAS Portezuelo	80	5092	-
PAS Colorado 1 (go)	90.6	5670	-
PAS del Mallín	100.5	6301	08:00 pm on Saturday 12 <sup>th</sup>
PAS Quechuquina	115	6764	11:00 pm on Saturday 12 <sup>th</sup>
PAS del Lago	121.5	7011	00:00 am on Sunday 13 <sup>th</sup>
PAS Cohiue	129.8	7647	02:00 am on Sunday 13 <sup>th</sup>
PAS Colorado 2 (back)	142.8	8540	05:00 am on Sunday 13 <sup>th</sup>
PAS Bayos 2 (back)	151.4	8710	06:00 am on Sunday 13 <sup>th</sup>
Route 48 Crossing Cut - Is not a PAS	154,6		06:30 am on Sunday 13 <sup>th</sup>
Meta	162.6	9230	08:00 am on Sunday 13 <sup>th</sup>

(\*) Rounded distances

## EXTERNAL ASSISTANCE POINT - Exclusive 100Mi



### EXTERNAL ASSISTANCE PERMITTED

- Participants in the 100Mi race may receive external assistance at one designated point on the course.
- Each runner is allowed one (1) external assistant, who must be at least 16 years old.
- The person providing assistance must:
  - ✓ Register alongside the runner during the designated time.
  - ✍ Sign this regulation.
  - 📄 Receive an identification badge granting exclusive access to the External Assistance Point (AEx).







## LOCATION OF THE AEx POINT

- The External Assistance Point (AEx) will be located inside the Javier Carriqueo Municipal Gymnasium.
- It will share the physical space with the PAS del Gimnasio but will be clearly separated and marked.
- It is located at **Km 54.8 of the course**.
- Location on Google Maps: <https://maps.app.goo.gl/gP4NYtURB69qmgea6>

## AEx POINT LOGISTICS

**External assistance to a runner is independent and autonomous from the race organization.**

- **✗** The organization will not provide products or equipment. No drinks or food will be available. The space will be heated and equipped with bleachers, tables, chairs, and restrooms.
-  Assistants may bring anything they deem necessary to support the runner, including:
  - Folding chairs and tables
  - Medications, first aid supplies
  - Food, beverages
  - Etc.
-  There is no time limit for staying in the area, except for the cutoff time.

## IMPLEMENTATION OF EXTERNAL ASSISTANCE DURING THE RACE

### PROCEDURE FOR RUNNERS



1. Runners must first enter to the PAS del Gimnasio area.
2. Then, they can:
  - ☒ Proceed to the AEx Point if they wish and have an assistant.
  - ☒ Or exit the gymnasium through the rear door to continue the race if they do not have or do not need external assistance.
3. Timing will be recorded at the rear exit of the gymnasium.

### RULES FOR ASSISTANTS

#### Parking

- Assistants must park along the sides of the nearby field.
- **✗** They must not block the hospital street or the entry/exit areas of the PAS del Gimnasio PAS or AEx Point.

#### Access to the AEx Point

-  Only the registered assistant (no companions) will be allowed access and must present the badge provided during registration.
- **✗** Children and pets are not allowed.
- Assistants may enter the gymnasium starting at 7:00 pm and wait for their runner without interfering with other assistants or runners.
-  Entry to the PAS del Gimnasio area is **STRICTLY FOR RUNNERS**. Assistants may only remain in the clearly designated AEx Point area.

#### Exiting the AEx Point



- Once the runner has left to continue the race, the assistant must exit with all their belongings through the same door they entered.
- This process must not exceed 20 minutes to ensure smooth operation at the AEx Point.



#### Schedules and Additional Information

- During registration, a QR code will be provided, linking to a webpage with the following information:
  - ✓ Runner numbers
  - ✓ Estimated departure times from PAS El Ave 2 (the station prior to the AEx Point)
  - ✓ Estimated arrival time at the AEx Point (40 to 60 minutes after PAS El Ave 2)



#### Important:



External assistance is independent and autonomous from the organization.



AEx Point and PAS del Gimnasio cutoff time: **2:30 am on Saturday, April 12.**



**EXTERNAL ASSISTANCE IS NOT PERMITTED AT ANY OTHER POINT ON THE COURSE.**



This regulation must be strictly followed to ensure a smooth and organized experience during the race.

## Full Aid Station

- **PAS del Gimnasio**
- **PAS Colorado** (1 and 2 are the same)
- **PAS Quechuquina**

Participants will have the option of leaving their personal belongings in the Drop bags provided in the race kit:

**BLUE** bag = PAS **del Gimnasio**

**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 10<sup>th</sup> or Friday 11<sup>th</sup> at **Pavilion B of Lácar Club** - 599 Rivadavia St., with an **appointment obtained in advance** in your [Runner's profile](#).

On the race day, bags will be taken to del Gimnasio, 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 13<sup>h</sup> from 09:30 am to 6:00 pm** at Lácar Club, 599 Rivadavia St. (in the same place they were delivered).

All bags not collected will be transferred to the Spartan Race SAU Office in Buenos Aires on Monday, April 14<sup>th</sup>, 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 1	11:00 pm on Friday 11 <sup>th</sup>
PAS del Gimnasio	02:30 am on Saturday 12 <sup>th</sup>
Punto AEX	02:30 am on Saturday 12 <sup>th</sup>
PAS del Mallín	08:00 pm on Saturday 12 <sup>th</sup>
PAS Quechuquina	11:00 pm on Saturday 21 <sup>th</sup>
PAS del Lago	00:00 am on Sunday 13 <sup>th</sup>
PAS Coihue	02:00 am on Sunday 13 <sup>th</sup>
PAS Colorado 2 (back)	05:00 am on Sunday 13 <sup>th</sup>
PAS Bayos (back)	06:00 am on Sunday 13 <sup>th</sup>
Route 48 Crossing Cut	06:30 am on Sunday 13 <sup>th</sup> - Km 154.6
Finish Line	08:00 am on Sunday 13 <sup>th</sup>

(\*) 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 | Gluten Free Kit

### STARTING LINE

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\*
- Cloakroom
- Medical Support



- WC Service

#### **PAS Jardín de Nieve**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\*
- WC Service

#### **PAS Pradera del Puma**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snacks\* | Quince pastries
- WC Service

#### **PAS del Maderero**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\*
- Broth
- WC Service

#### **PAS El Ave 1**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\*
- Broth | Broth with tiny pasta | Empanadas | Baby potatoes
- WC Service

#### **PAS El Ave 2**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\*
- WC Service

#### **PAS del Gimnasio - Full Aid Station**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\*
- Broth | Broth with tiny pasta | Chicken and rice stew | Baby potatoes
- WC Service
- Runner Drop Bag

#### **PAS Bayos 1 & 2**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\* | Quince pastries
- Broth | Broth with tiny pasta | Empanadas | Mini pizza | Baby potatoes
- Medical Support
- WC Service

#### **PAS Rosales**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\*
- Broth | Broth with tiny pasta | Empanadas | Baby potatoes
- Medical Support
- WC Service

#### **PAS Portezuelo**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\* | Quince pastries





- Broth | Broth with tiny pasta | Mini pizza | Baby potatoes
- Medical Support
- WC Service

#### **PAS Colorado 1 & 2 - Full Aid Station**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\* | Quince pastries
- Broth | Broth with tiny pasta | Empanadas | Mini pizza | Baby potatoes
- Medical Support
- WC Service
- Runner Drop Bag

#### **PAS Mallín**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\*
- Broth | Broth with tiny pasta | Mini pizza | Baby potatoes
- Medical Support
- WC Service

#### **PAS Quechuquina - Full Aid Station**

- Hot and cold beverages
- Sweet Snacks | Savory Snacks | Quince pastries
- Broth | Broth with tiny pasta | Chicken and rice stew | Baby potatoes
- WC Service
- Medical Support
- Runner Drop Bag

#### **PAS del Lago**

- Hot and cold beverages
- Sweet Snacks | Savory Snacks | Quince pastries
- Broth | Broth with tiny pasta
- WC Service

#### **PAS Coihue**

- Hot and cold beverages
- Sweet Snacks\* | Savory Snack\* | Quince pastries
- Broth | Broth with tiny pasta | Empanadas | Baby potatoes
- Medical Support
- WC Service

#### **FINISH LINE**

- Hot and cold beverages
- Snacks | Fruit | Broth
- Medical Support
- WC Service

(!) Medical Support will be available for emergencies along the complete course.



Kit Gluten Free: quince paste, Mogul gummies, cereal bar, salted peanuts, broth.

Hot Meal: Gluten-free ham and cheese empanadas available at all aid stations where empanadas or mini pizza are listed. Chicken with rice at the Gym Aid Station and Quechuquina Aid Station.



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\*Sweet snacks may include: quince paste, Mogul gummies, cookies, cereal bites, mixed nuts, raisins, fruit, depending on the Aid Station (PAS).

\*\*Savory snacks may include: breadsticks, potato chips, salted peanuts, depending on the Aid Station (PAS).

## 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.**



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**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 fully 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.

If a runner decides to withdraw or fails to meet the time cutoff at the PAS, they must hand over the chip to the Organization's representative for technical and organizational reasons.

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: The course runs through private lands or public lands under private use. Therefore, we strongly request that you do not access these areas before the race, as this could jeopardize the organization's relationship with the landowners for future editions of the race.*

**Start at Base Cerro Chapelco.** Initial wide trails with a steady and gradual climb until reaching the **Mallines de la Pala**. From there, a gradual descent along the trail crosses ski slopes until reaching **Chapelco's Platform 1600**. From this point, ascend via **Pista 63 (DO NOT GO TO PAS JARDÍN DE NIEVE AT THIS POINT)** until reaching a gravel road up to **1740 meters above sea level**, at the base of **Pista Norte**. From there, a steep ascent continues until connecting to the climb along **Chapelco's ridge**, featuring a diagonal ramp with a **33º incline in the last 400 meters**.

From this ridge, follow the trail all the way to the **summit of Cerro Teta**. **BE CAREFUL ON THE DESCENT – IT IS VERY SLIPPERY!!** Continue descending via the **mountain road**, then merge onto the **Pista El Tubo downhill**. At the bottom of this descent, head towards **Pista Panamericana**, which has a short initial climb followed by a **very steep downhill** almost to the end. From there, take the trail to reach the **first PAS Jardín de Nieve (km 12.0)**.

From here, ascend via the **Huskies trail** and merge onto a gentle uphill path leading to a **steep and slippery descent into Mallín Grande**. Upon reaching **Mallín Grande**, begin a long and steep ascent towards **Pradera del Puma**. The last **500 meters** will be on a rough lenga forest trail. This leads to **PAS Pradera del Puma (km 18.1)**.

From this PAS, an initial climb through the **forest** leads to the **Kite Ski hut**. Continue ascending until reaching the **Dome**, whose structure will be visible from afar (**except in foggy conditions**). From this point, descend **4 km** first on a **narrow mountain path**, then follow a slightly and constantly ascending trail until **skirting the eastern side of Cerro Mocho**, reaching **1850 meters above sea level**.

From here, a **technical descent begins**, which must be followed along the **marked route** with **EXTREME CAUTION**. This descent is approximately **500 meters** until reaching a **flat mallín**, where runners will enter



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a **low-growing lenga forest**. The trail then winds through **ñire trees** before reaching **twisting forest trails** leading to **Laguna Verde**.

Descend via a **vehicular road** until reaching a **single building**. From there, ascend **along a dry creek bed** for **approximately 700 meters**. **USE CAUTION ON THIS ASCENT**. Upon exiting the creek bed, merge onto a **vehicular road**, which leads to the start of the descent to **Mallín de Val del Águila**. Descend via this **irregular logging road** until re-entering the **Mallín Grande de Val del Águila**. In **3.5 km**, reach **PAS del Maderero (km 29)**.

Exit the **logging road** and take the **trail leading to PAS El Ave**, which consists of a **steady ascent** past the **Mallín**, followed by a climb up an **abandoned road (Las Zetas)**, reaching **PAS El Ave 1 (km 36.4)**. **Last cutoff time to leave this PAS: 23:00 (Friday, April 11)**.

From this PAS, runners **return to the same PAS** via forest trails. The **first 7 km** consist of an ascent to the **Filo de la Buitrera**, then continue along **this ridge** with a gentle climb until reaching **La Buitrera**. **Be cautious!** The initial **300 meters of descent** are **extremely steep and slippery within the forest**. The trail then climbs **steeply for 200 meters** until reaching a **flat section with a stream crossing**, leading to the entrance of **PAS El Ave 2 (km 44.6)**.

From here, descend via a **road** to **trails in Vallescondido** and continue on **streets** to **PAS del Gimnasio and External Assistance Station (AEX Point) (km 54.8)**, with a continuous descent to **San Martín de los Andes** via **community roads and trails**. **CAUTION!** Upon entering the **populated area**, and especially **when reaching Route 40 (Bajada de los Andes)**, **PAY ATTENTION TO SIGNAGE AND CROSSING ROUTE 40**. After crossing **Route 40**, follow the **shoulder for 500 meters** until reaching the **synthetic grass field near Gimnasio Carriqueo**, where you will enter **PAS del Gimnasio and AEX Point**.

**Last cutoff time to leave this PAS: 02:30 (Saturday, April 12)**.

Exit this PAS via a **paved road** passing in front of the **new hospital of San Martín de los Andes**, then continue **500 meters** to the entrance of the **Mountain Cavalry Regiment through an open fence**.

**BE ALERT HERE!** Follow the trail and cross the **Barrio Oficiales road**. Continue on the trail until merging with the route to **PAS Rosales**, the same as for other distances.

Initial trails consist of **steady climbs for 5 km**, followed by **narrow trails descending** to **Laguna Rosales**.

**Be alert on the section between PAS del Gimnasio and PAS Bayos 1!** There is a sharp left turn **6 km** in that **WILL BE CLEARLY MARKED**.

Then, continue on a **very fast downhill trail (Huella Andina)** to **PAS Bayos 1 (km 63.7)**.

From here, a **steady and steep ascent** leads to the **Laguna Rosales polo field**. Cross a **fence** at the highest point and then make a **steep descent along a narrow trail** to **Pampa de Trompul**.

At **Pampa de Trompul**, follow a **very wide and flat trail** around the **Mallín**, then begin **ascending west of Derrumbe** to its highest point.

From here, descend **continuously, steeply, and on slippery terrain** until reaching the **CORFONE fence**, which you will follow, **crossing water-filled fords** until arriving at **PAS Rosales (km 73.2)**.

Next, the route follows a **logging road** ascending **with a moderate slope**.

Then, take a **narrow trail with steep ascents and descents** leading to **PAS Portezuelo (1400 meters above sea level - km 80)**.

From there, ascend to the summit of **Cerro Colorado** on narrow trails with steep climbs and descents until exiting the forest. From the summit (**1765 m.a.s.l.**) (**km 31.5**), descend steeply to the base of the Cerro (**700 m of elevation loss in 3 km**). Reach **PAS Colorado 1 (km 35.5)** via a flat and narrow trail.

From there, continue on the **Vázquez trail** toward **PAS del Mallín**. This trail is undulating, with a steep descent followed by a **VERY steep climb** leading up to **Portezuelo del Cº Centinela** at **1500 m.a.s.l.** (**Senda**





de la Hermana), then a steep and winding descent to the entrance of the large Mallín de Quilanlahue, crossing wire gates until reaching PAS del Mallín (km 45.4) via a flat trail. **The last departure time from this PAS towards PAS Quechuquina is 8:00 PM (Saturday, April 12).**

**Warning:** This section to PAS Quechuquina is the longest without aid (14.5 km). **Attention!** At 3.5 km in Corral Redondo, there is a left turn for 70k runners. Then, about 1 km later, at an electric wire gate, you must turn right and follow a vehicle road for 400 m until crossing the Quilanlahue stream, which is 20 m wide and 40 cm deep. From there, turn left to start the final trail, which is a steep ascent for 3 km. Then, descend very quickly on a wide and slippery trail until reaching **Route 48 (the road to Hua Hum)**. Cross the road, and after about 3 km on flat trails, you will reach **PAS Quechuquina (km 59.9)**. **The last departure time from this PAS is 11:00 PM (Saturday, April 12).**

This section follows trails through **Estancia Quechuquina** with little elevation gain but winding paths through a pine forest and along the shore of **Lago Lácar** until reaching **PAS del Lago (km 66.4)**. **The last departure time from this PAS is 12:00 AM (Sunday, April 13).**

From here, a steady ascent trail begins to the next PAS, following narrow trails past **Laguna Las Corinas** until reaching **PAS Coihue (km 74.7)**. **The last departure time from this PAS is 2:00 AM (Sunday, April 13). Be mindful of course markings.**

From here, a steep and winding trail leads up to the summit of **C° Quilanlahue (1650 m.a.s.l.)**, passing through a high-altitude forest (700+ m elevation gain in 3 km). From this point, an initial descent with little elevation change follows forest trails, then a rapid descent on very wide trails to **Cantera Blanca**. From there, return to **PAS Colorado 2** for 4 km via an initially flat trail, followed by a sharp descent. Finally, a flat section on trails leads to **PAS Colorado (km 87.7)**. **The last departure time from this PAS is 5:00 AM (Sunday, April 13).**

The return to the **finish line** continues on a flat trail across an open pampa exposed to the wind. **At 2 km from the PAS, winding trails with significant ascents and descents lead to PAS Bayos (km 96.3)**. **The last departure time from PAS Bayos is 6:00 AM (Sunday, April 13).**

From here, return to the finish line via a continuous ascent trail until km 99.5. **At the crossing with Route 48, there will be a time cutoff at 6:30 AM (Sunday, April 13).** From there, descend initially on a vehicle road, followed by the final 2 km on a steep trail down to the lake. The last section includes **6 city blocks on streets, multiple narrow stream crossings, and—depending on the weather—either very slippery mud or dust.** Several well-marked fence crossings are present. **You must only cross in designated areas.**

A steep descent leads to the final kilometers, followed by a crossing over the beach until merging with **San Martín Av.**, which leads 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 del Gimnasio, 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>



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

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

- **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. 3 km after PAS Mallin, you must turn right onto a vehicle track. Do not follow the 70k route that turns left and goes through a wire gate. After 500 meters, you will cross a significant stream with water up to your knees. **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, April 6<sup>th</sup>, which will be available on the website, as on Monday April 7<sup>th</sup> 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.**
- **NUTRITION DURING THE RACE** by NDA Nutrition in Action

#### **Pre-Race: Nutritional Aspects to Consider**

The 72 hours before the race are crucial for carbohydrate loading, meaning you should include foods that provide energy. Make sure your meals contain foods such as white pasta, white rice, white bread, rice cakes, polenta, potatoes, sweet potatoes, yams, and similar options.

Try to reduce foods high in fiber, protein, and fat, as these slow digestion and may cause discomfort during the race. Avoid whole grains, excessive amounts of fruits and vegetables, and meals with a lot of red meat, cream, or butter.

Make sure to drink potable or safe water and stay well-hydrated.



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► **Fluid and Salt Requirement:**

Water intake should be between 400 to 800 ml per hour, which is roughly one soft flask per hour. Consuming sports drinks that provide electrolytes and sugar helps with proper rehydration. These beverages become even more important in races lasting longer than an hour (e.g., Powerade).

Stream water, while not contaminated, is not potable. Consume the water provided at the PAS stations. If you choose to use stream water, be sure to bring water purification tablets. These should be added to one liter of water and take 30 minutes to be effective.

⚠ Remember to bring a cup or mug suitable for both hot and cold beverages, as it is required to consume the hydration provided at aid stations. This is a mandatory item.

► **Supplementation During the Race:**

For races lasting longer than 1.5 hours, it is essential to replenish energy reserves by consuming carbohydrate-rich foods. For this reason, supplementation and nutrition during the race should be performed every 40 to 60 minutes.

Examples of supplements that serve this purpose include energy gels, sports drinks, gummies, quince paste, potato chips, breadsticks, among others (everything typically available at Patagonia Run aid stations is meant to help restore your body's energy).

Including salty foods such as breadsticks, potato chips, empanadas, mini pizzas, or broths helps replenish electrolytes and improve rehydration.

It is crucial to test all foods and supplements during training before race day to ensure good gastrointestinal tolerance.

At this distance, considering salt or caffeine tablets may be an option for those who have already tested them and have a clear, individualized need. Amino acid or protein recovery can also be addressed during the race as a secondary aspect. This can be easily achieved by consuming foods such as cheese pizzetas or ham and cheese empanadas available at the aid stations.

*\*Based on scientific evidence.*

## ➡ **Contact Information**

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