







GUÍA DEL CORREDOR

42k

 **SPARTAN TRAIL**



Participant Guide 42k Patagonia Run 2025

➡ General Description of Patagonia Run - 42k	<u>3</u>
Registration and Race Packet Pick-up	<u>3</u>
Reception of drop bags for the El Ave Full Aid Station	<u>4</u>
Pre-Race Briefing	<u>4</u>
Start Line - Transportation – Cloakroom	<u>5</u>
Finish Line	<u>5</u>
Awards Ceremony 	<u>5</u>
Mandatory Equipment - Equipment Recommendations	<u>6</u>
➡ Course Information	<u>7</u>
Altimetry	<u>7</u>
Aid Stations	<u>7</u>
Full Aid Station	<u>8</u>
Course Cut-Off Stations	<u>8</u>
Services in the Aid Stations 	<u>9</u>
Race Course Markers	<u>9</u>
➡ Drop Out Policy	<u>10</u>
➡ Clean race - Litter	<u>10</u>
➡ Race Tips 	<u>10</u>
➡ Contact Information	<u>11</u>



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

15
AÑOS

42k

➡ General Description of Patagonia Run - 42k

Date of the Race: Thursday, April 10th, 2025

Start Time: 08:30 am*

Official Finish Time: 08:00 pm.

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 42k circuit will take place on Cerro Chapelco, Val del Águila and Miramás. Runners will find a fairly technical terrain with a combination of different types of trails with long slopes, some very steep and significant changes of inclination, including mountain trails with variable slopes and terrains of different soils including logging roads, with an estimated positive cumulative elevation gain (**D+**) of **2530** meters in its route of approximately 41.9 kilometers. They will have to make an effort to overcome the cut-off time at PAS El Ave, Km 24, which will be at 03:30 pm. The subsequent route will be extremely demanding until reaching the PAS Miramás (km 32.2) with a cut-off at 05:45 pm. The highest point will be at 1,959 meters above sea level at Filo de Chapelco 95% of the circuit is over mountain trails and is entirely during the day, **unless you continue on the circuit after 6:45 pm when you should use your headlamp to light your way**. Do not forget that the time limit to reach the finish line is 08:00 pm.

This off-road race represents a true test of 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 fall, which turns the event into a one-of-a-kind mountain marathon.

Categories

Junior male from 16 to 17 years of age - Junior female from 16 to 17 years of age

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 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

NOTE: The Junior category is participatory in nature and does not qualify for the General Awards of the 42k, whose cash prizes are only for those over 18 years of age.

ITRA Course Profile: 

Registration and Race Packet Pick-up

Time: Appointments will be available for: **Wednesday, April 9th**, from 09:00 am 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.
- Medical Certificate*, with an issuance date in 2025, signed and stamped by the issuing physician, stating the distance (42k) 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.**

- **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.
- **DROP BAG** for PAS (Aid Station) 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. Only minors will be allowed in with their mother, father or guardian.

Reception of drop bags for El Ave Full Aid Station

⚠ 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 **Wednesday, April 9th**.

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



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

15
AÑOS

42k

► Requirements:

- Statement of the appointment for Bag Reception, it might be on your cellphone and not necessarily printed.
- Drop-bag, **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 at the **Pavilion B of Lácar Club** - 599 Rivadavia St. (in the same place they were delivered) on Friday 11th from **10:00 am to 7:00 pm.**

Pre-Race Briefing 42k

The Pre-Race Briefing will be Online, available on Patagonia Run's YouTube channel and www.patagoniarun.com, on Sunday, April 6th.

Start Line | Transportation | Cloakroom

Start Line: Thursday, April 10th, 08:30 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 42k Start Line (runners only)

Schedule: 06:00 am to 07:30 am

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

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 runners:

- Reception begins one hour before race start time, at the Chapelco Ski Resort base.
- In order to get their personal belongings back, runners must show their **bracelet /Bib number** or **photo ID**, the same Thursday in the same place of reception, base of Chapelco Ski Resort, from 10:30 am to 8:30 pm.

Finish Line

Thursday, April 10th – Until 08:00 pm.

Location: Chapelco Ski Resort base.

Arriving runners will be allowed to get a 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.



42k Awards Ceremony

Thursday, April 10th – 01:00 pm: General Category 42k Awards Ceremony

Thursday, April 10th – 04:00 pm: Age Categories 42k Awards Ceremony

Location: Chapelco Ski Resort base.

Awards

- Prize Money:

1st Place General 42k Male and Female - AR\$ 2.000.000*.

2nd Place General 42k Male and Female - AR\$ 1.200.000*.

3rd Place General 42k Male and Female - AR\$ 800.000*.

*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 42k 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, in the chosen 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).
- **1 Headlamp** or handheld flashlight: 200 lumens or higher. Lights that are malfunctioning or have poor illumination will not be accepted.

IT IS MANDATORY FOR EACH RUNNER TO CARRY THE FLASHLIGHT THROUGHOUT THE ENTIRE COURSE, regardless of whether it is day or night, ensuring their safety and preparedness for any eventuality.

It could happen that, due to low visibility, the use of the flashlight will be required before the start and/or during the race, so it is **important to have batteries with a 6-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.**

If they continue on the course **after 5:00 pm**, they must have the **headlamp in place**, and **starting from 6:45 pm**, it must be turned on.



- **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.

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 be able 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.
- 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.
- Multifunctional neck gaiter (some sort of stretchy buff with tubular shape)
- 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 participants bring a spare change of clothing.

➡ 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.



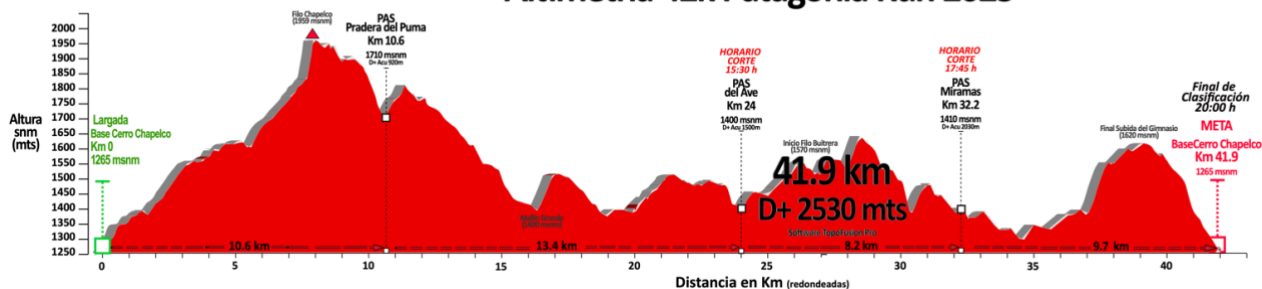
**PATAGONIA
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42k

Altimetry

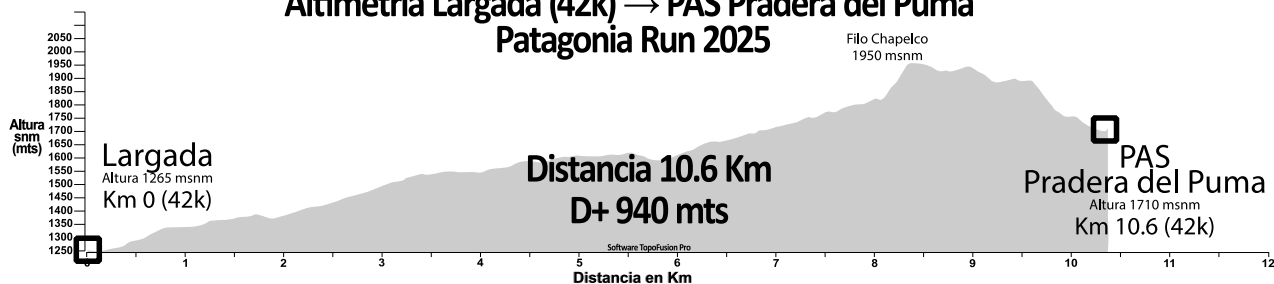
Altimetría 42k Patagonia Run 2025



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

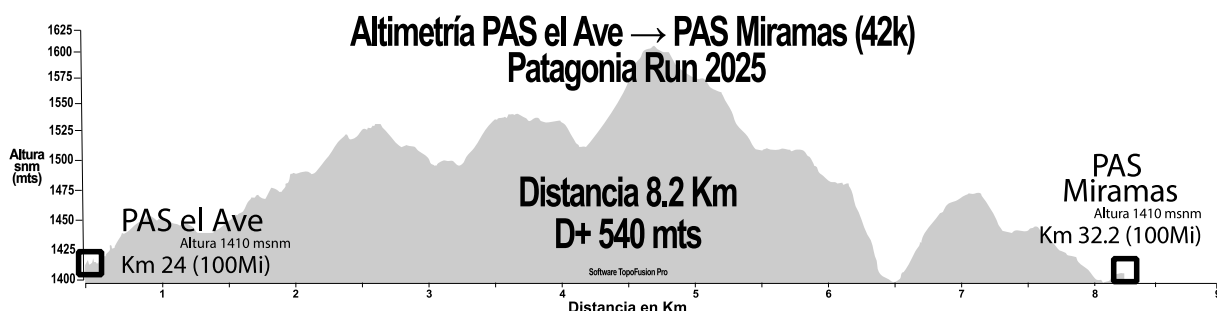
Partial Altimetry

Altimetría Largada (42k) → PAS Pradera del Puma Patagonia Run 2025



Altimetría PAS Pradera del Puma → PAS el Ave (42k) Patagonia Run 2025





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

42k			
Aid Stations	Distance (*) from Start Line (km)	D+ mts	Cut-off Time PAS
PAS Pradera del Puma	10.6	920	-
PAS El Ave	24	1500	03:30 pm
PAS Miramás	32.2	2030	05:45 pm
Finish Line	41.9	2530	08:00 pm

(*) Rounded distances

Full Aid Station – PAS El Ave

Participants will have the option of leaving their personal belongings in the Pink Drop Bag provided in the race kit, at **Pavilion B of Lácar Club** - 599 Rivadavia St.

This must be done on **Wednesday 9th**, with an **appointment** obtained in advance in your [Runner's profile](#).

Drop bags will be sealed in the runner's presence, and identified with the runner's bib number and the location where they will be taken to.

Drop bags should not exceed 3 kg (6 lb). Runners are allowed to check only one bag per El Ave Full Aid Station. Drop bags will not be refrigerated. Patagonia Run Organizers cannot be held responsible for any lost or damaged items or valuables.



On the race day, bags will be taken to El Ave Aid Station by the Organization.

Access to the **Drop Bag will be available at PAS El Ave exclusively**, access to the Drop bag is not allowed at PAS Miramás. This clarification is due to the fact that both PAS are in close proximity to each other.

Runners will receive a slip that will be mandatory to get their bags back on Friday 11th from **10:00 am to 7:00 pm at Pavilion B of 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 14th, 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 Aide Stations with course 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:

If you drop out of the race between the Start line and Km 12 (1 km after the PAS Pradera del Puma) or between Km 37 (1 km above Mallín Grande) and the Finish Line, you will be transferred **to the base of Chapelco Ski Resort**.

In the rest of the circuit the transfer will be up **to the Race Office in the city center, NOT** to the base of Chapelco Ski Resort, since the evacuation in this sector is in the direction of Miramás - Miralejos - Vallescondido - City Center

Aid Stations	Cut-off Time PAS (*)
	MANDATORY time after which a competitor can't go to the next PAS
PAS El Ave	03:30 pm
PAS Miramás	05:45 pm
Finish line	08:00 pm

(*) Refers to the time clock, not the number of race hours.




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RUN 2025**
SAN MARTIN DE LOS ANDES

15
AÑOS

42k

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 Pradera del Puma

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

PAS El Ave - Full Aid Station

- Hot and cold beverages
- Sweet Snacks* | Savory Snack*
- Broth | Broth with tiny pasta | Empanadas
- Medical Support
- WC Service
- Runner Drop Bag

PAS Miramás

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

FINISH LINE

- Hot and cold beverages
- Snacks | Banana
- Medical Support
- Cloakroom
- 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.

*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.

White tape with Patagonia Run logo



: This is the main tape that marks all the race routes. 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:** As the main marking for the nighttime section (starting from 6:00 pm), white reflective tapes (and some yellow ones) will be used. With the use of a headlamp, runners will be able to follow the course to the Finish 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 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.



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 provided as instructed by the Organization to:

- The **base of Chapelco Ski Resort**, if they abandon between the Start line and Km 12 (1 km after the PAS Pradera del Puma) or between Km 37 (1 km above Mallín Grande) and the Finish Line.
- The **Race Office in the city center**, **NOT** to the base of Chapelco Ski Resort, if they abandon elsewhere on the circuit, as evacuation in this area is towards Miramás - Miralejos – Vallescondido – City Center.

➡ 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.*

Wide initial trails with a steady and gradual climb until reaching the Mallines de la Pala. From there, a gradual descent along a trail crossing ski runs until arriving at the Chapelco 1600 Platform. From here, an ascent via Pista 63 continues up a gravel road to the point (1740 meters above sea level) at the base of Pista Norte, where a steep climb begins, leading to a diagonal ascent to the Filo de Chapelco, with a 33° slope in the last 400 meters.

From this ridge, the course follows a trail all the way to the summit of Cº Teta. **CAUTION ON THE DESCENT—IT IS VERY SLIPPERY!** Then, a descent via a mountain path connects with the drop down Pista El Tubo, reaching PAS Pradera del Puma (km 10.6).

From there, the route climbs about 600 meters through the forest until reaching the open trail. The ascent continues until reaching the structure of a dome, which will be clearly visible (at the end of the Travesía Alta). Then, the route descends along a mountain path that circles Cerro Mocho towards the south. Approximately 500 meters ahead, there is a left turn leading to a descent onto a logging road and the entrance gate to Laguna Verde.

Here, participants descend rapidly 3.5 km to reach Mallín de Val del Águila. From this point, the route crosses the mallín heading east via gradually ascending trails, passing three high-altitude mallines before joining the main ascent trail to PAS El Ave (km 24 - **Cutoff Time: 3:30 PM**).

From PAS El Ave, the climb continues along direct trails to the Filo de la Buitrera, following the entire ridge with a slight ascent until reaching La Buitrera. **Caution here - the initial 300 meter descent is very steep and slippery on the forest trail.**

Afterward, the trail climbs steeply for 200 meters to a plateau with a creek crossing, leading to PAS Miramás (km 32.2 - **Cutoff Time: 5:45 PM**). From this point, a descent follows along a logging road to another Mallín, where the route returns to Val del Águila via gradually ascending trails.

In this Mallín, a very steep ascent begins—known as the "gym trail"—through forested trails until reaching 1650 meters. After 1.5 km, the route reaches the start of the Panamericana trail. From here, a



steep descent follows through forested trails and ski runs until reaching the Cerro Base, where the race concludes. The **finish line will be at the same location as the starting point.**

- Running shoes with good traction. Running gaiters not a must, but might be useful in the woods or steppe, especially this year, when trails are particularly full of burrs. Footwear will inevitably get wet from crossing multiple streams.
- Dress according to weather: it might be very cold or rain. Consider wind exposure and very low temperature (-5°C), or even snow, in the traverse between the summit of Filo Chapelco and Mallín Grande. Also consider changing out of wet clothing at El Ave Aid Station. We recommend checking weather forecast (more reliable 48 hs. before race):

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

PAS El Ave: <https://www.windguru.cz/735249>

Filo Chapelco: <https://www.windguru.cz/735240>

- Front powerful headlamp or handheld flashlight with excellent illumination (minimum 200 lumens). Remember that you must carry a flashlight with you throughout the entire course, ensuring batteries with a 6-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 concerns!**
- Irregular mobile signal from start line to Pradera del Puma Aid Station. Then it will be mostly unavailable and irregular again in El Ave Aid Station. Good signal from Chapelco ascent to Finish Line.
- Follow White Tape with Patagonia Run logo marks, and marshals' directions. In the event of snow at Filo Chapelco and Filo Buitrera, white tapes will be placed together with orange tapes as additional marking and the signaling is reinforced with orange ribbons and red and white flashing lights. **Pay attention to detour signalling at all times.** 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, April 6th, which will be available on the website, as on Monday April 7th 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. **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, at Race Office or at the Finish Line.**

At PAS El Ave, PAS Miramás and Corte del Mallín, shuttle services will be provided for runners who drop out, taking them back **to the Race Office, in the city center**, at timetables instructed by the aid station Head.

- **NUTRITION DURING THE RACE** by NDA Nutrition in Action

Pre-Race: Nutritional Aspects to Consider

The 48 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.

► **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).

⚠ 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 there is no need for amino acids or protein during the race.

**Based on scientific evidence.*

➡ **Contact Information**

www.patagoniarun.com - info@patagoniarun.com

Race Office: cell phone +54 11 64953446

Office in San Martín de los Andes: Phone +54 2972 420 949