



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




GUÍA DEL CORREDOR

70k





Participant Guide 70k Patagonia Run 2025

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➔ General Description of Patagonia Run - 70k

Date: Saturday, April 12th, 2025

Start Time: from 08:30* am.

Official Finish Time: Sunday 13th, 08:00 am.

Course Description

Patagonia Run takes place in San Martín de los Andes, Argentina, and is a unique challenge of trail runners of all levels. The 70k race is already an ultra-trade 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 points. Total **elevation gain is of approximately (D+) 4300 meters** along its 73.3 km. Two summits are included: C° Colorado (1765 meters above sea level, the highest point in the race) and C° Quilanhue (1650 meters above sea level) Runners must be prepared to run in below 0° temperature, which makes this distance not only a technical challenge, but also one against exhaustion and weather. There are many stream crossings along the course. 95% of the course is on mountain trails. This off-road race represents a true test of Ultra-Trail endurance, in the midst of the unique and beautiful scenery of the surroundings of San Martín de los Andes framed by the lively colors of the fall season, which turns the event into a one-of-a-kind mountain ultra-marathon.

Categories

Male from 18 to 29 years of age - Female from 18 to 29 years of age

Male from 30 to 39 years of age - Female from 30 to 39 years of age

Male from 40 to 49 years of age - Female from 40 to 49 years of age

Male from 50 to 59 years of age - Female from 50 to 59 years of age

Male from 60 years of age onwards - Female from 60 years of age onwards

ITRA Course Profile:



Registration and Race Packet Pick-up

Time: Appointments will be available for Thursday, April 10th and Friday, April 11th, from 09:00 am to 09:00 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 70k 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 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.

Reception of drop bags for the Colorado 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 Thursday 10th and Friday 11th.

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-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 **Lacár Club**, 599 Rivadavia, (in the same place they were delivered) on **Sunday 13th**, from **09:30 am to 6:00 pm**.

70k Pre-Race Briefing

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: Saturday 12th - 08:30 am*.

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

*Starts will be organized according to a "pen" pre-start system: each runner will be informed at accreditation of their "pen" time, according to the estimated race time they have informed at registration.

Transportation to the 70k Start Line EXCLUSIVELY runners

Schedule: 06:30 am to 07:30 am

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.

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

Cloakroom

Free service for registered runners:

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

Race Office from 11:00 am on Saturday 12th to 09:00 am on Sunday 13th.

Lácar Club on Sunday 13th, from 09:30 am to 6:00 pm.

Finish Line

Finish Line: 08:00 am on Sunday, 13th.

Location: Corner of San Martín Ave. and Tte Coronel Pérez St., San Martín Square, city center.

Arriving runners will be allowed to get a hot/cool beverage and their finisher medal, and will then be required to leave the Finishing Line area. San Martín Square, just across the Street, will be available for stretching and relaxing, in order to ensure necessary distancing.

70k Awards Ceremony

Sunday, April 13th at 10:00 am.

Location: San Martín Square

Awards

- Trophies for the first three places in the Male and Female ranking.
- Medal for the first three places in each age Category, Male and Female.

Important: For the award ceremony, runners already awarded prizes in General will not be considered in the age category Awards, so the more runners can access podiums.



Mandatory Equipment

- **Statement of appointment for Accreditation.** Appointments will be available online in the Patagonia Run website 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 70k 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).
- **2 Headlamp or handheld flashlight:** 2 flashlights of 200 lumens or higher. 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. 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 12-hour autonomy**.

The second headlamp may be in the drop bag sent to the Full Aid Station.

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 are still on the course, starting **at 5:00 pm, they must put on the flashlight and turn it on from 6:45 pm** until the end of the race. 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.

- **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:

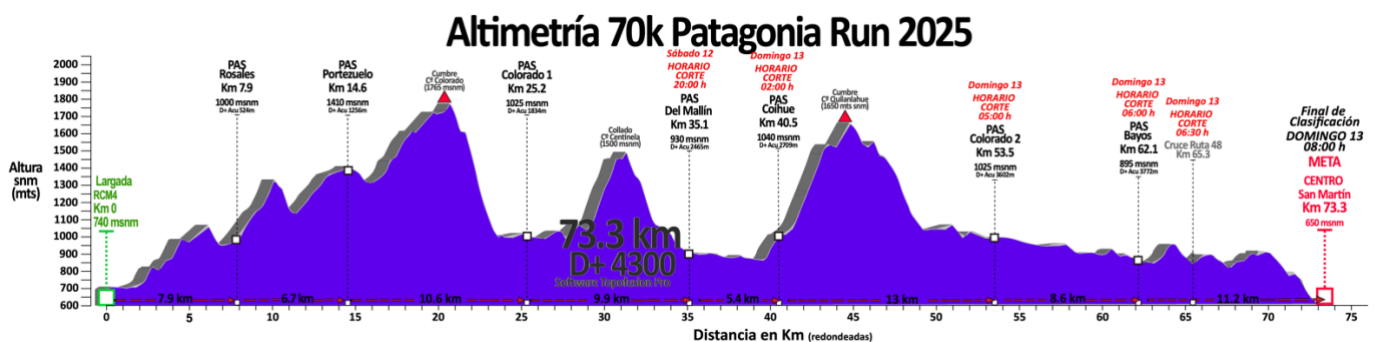
- Bottle waist pack, soft flask holder or backpack with hydration system. It is advisable to carry small backpacks or bottle waist packs as some course trails can be quite narrow (runners will go through areas with wire fences). Participants have to carry their waste to be disposed of at Aid Stations.
- Two 750 cc (25 oz) water bottles or soft flasks.
- Emergency blanket.
- 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.
- Long Tights. Some areas of the course are covered with burrs, 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 that participants bring 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.

Altimetry



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



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Partial Altimetry

Altimetría Largada RCM4 → PAS Rosales (70k) Patagonia Run 2025

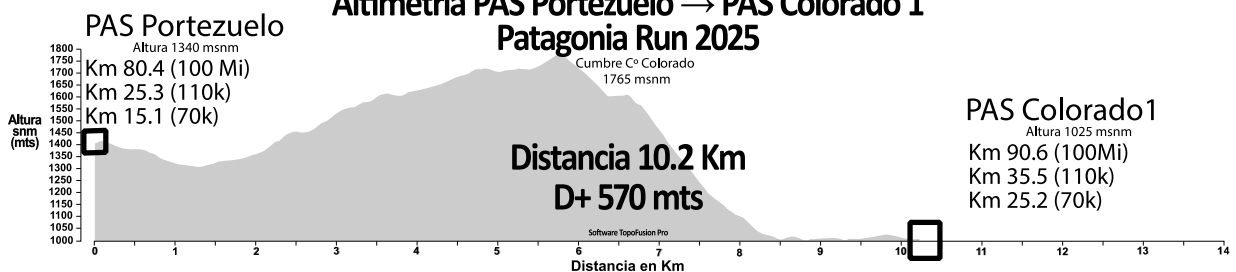


Altimetría PAS Rosales → PAS Portezuelo Patagonia Run 2025



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

Altimetría PAS Portezuelo → PAS Colorado 1 Patagonia Run 2025



Altimetría PAS Colorado1 → PAS del Mallín Patagonia Run 2025

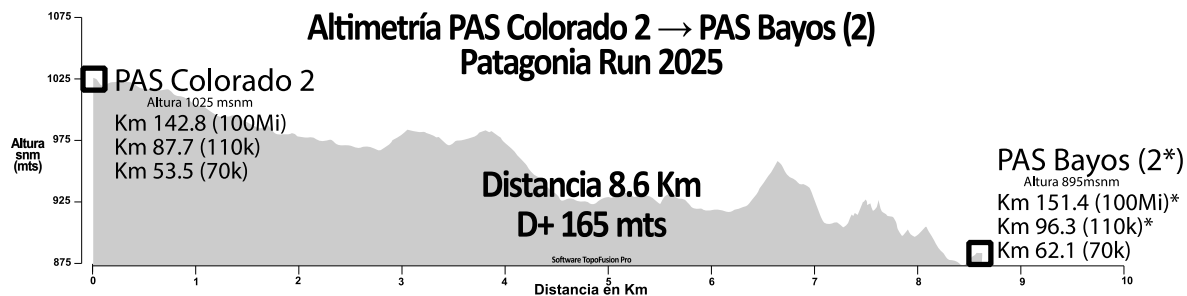
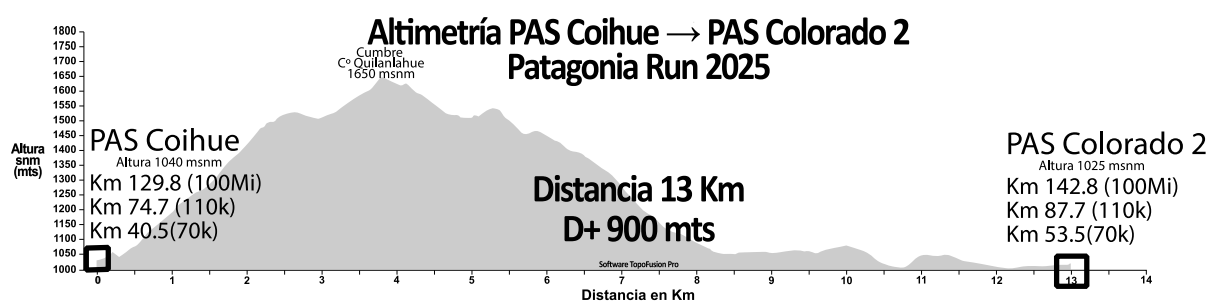





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 The distance between PAS Bayos and the Finish has been reduced by 400 meters due to an improvement in the course layout, compared to the original map already printed on the bib numbers



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

| 70k | | | |
|--------------------------------------|---|-----------|-------------------------|
| Aid Stations | Distance (*) from Start Line (km) | D+ mts | Cut-off Time |
| PAS Rosales | 7.9 | 524 | - |
| PAS Portezuelo | 14.6 | 1256 | - |
| PAS Colorado 1 (go) | 25.2 | 1834 | - |
| PAS del Mallín | 35.1 | 2465 | 08:00 pm on Saturday 12 |
| PAS Coihue | 40.5 | 2709 | 02:00 am on Sunday 13 |
| PAS Colorado 2 (come back) | 53.5 | 3602 | 05:00 am on Sunday 13 |
| PAS Bayos | 62.1 | 3772 | 06:00 am on Sunday 13 |
| Route 48 Crossing Cut - Is not a PAS | 65.3 | | 06:30 am on Sunday 13 |
| Finish Line | 73.3 | 4300 | 08:00 am on Sunday 13 |

(*) Rounded distances

Full Aid Station – PAS Colorado (1 and 2 is the same)

Participants will have the option of leaving their personal belongings in the Red Drop Bags supplied in the race kit.

Drop bags should not exceed 3 kg (6lb) 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.

Bag reception will be on Friday 5th 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 El Colorado Aid Station by the Organization.

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.

Runners will receive a slip that will be mandatory to get their bags back on **Sunday 13th 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 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 Aid 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 the Race Office in the city center in accordance with the times stipulated by the Race Organization.

| Place | Cut-off Time (*) MANDATORY time after which a competitor can't go to the next PAS |
|---------------------------------|--|
| PAS del Mallín | 08:00 pm on Saturday 12 th |
| PAS Coihue | 02:00 am on Sunday 13 th |
| PAS Colorado 2 (back) | 05:00 am on Sunday 13 th |
| PAS Bayos | 06:00 am on Sunday 13 th |
| Route 48 Crossing Cut – km 65.3 | 06:30 am on Sunday 13 th |
| Finish Line | 08:00 am on Sunday 13 th |

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

Services at the Aid Stations

GLUTEN FREE  options will be available at all PAS | Gluten Free Kit

STARTING LINE

- Hot and cold beverages
- Sweet Snacks* | Savory Snack*
- Cloakroom
- 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 Coihue

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

PAS Bayos

- Hot and cold beverages
- Sweet Snacks* | Savory Snack* | Quince pastries
- Broth | Broth with tiny pasta | Empanadas | Mini pizza | 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.

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

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

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

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

▪ **Reflective arrows:** either vertical, horizontal or diagonal will indicate the way.



▪ At crucial crossroads, **Marshals** will be standing directing runners to the correct path.

Taking into account this is a long distance race with multiple crossroads and variable terrain, we recommend that runners constantly look straight ahead and spot the race course markers. Although the course will be clearly marked, it is essential to avoid taking any unmarked trail or shortcut and to follow the marshal's instructions to avoid getting lost. **It is also important to pay attention to the marks and signs located at the Aid Stations (PAS). Do not take other participants running ahead of you as a reference.**

➡ Drop Out Policy

If a participant is unable to complete the race, **the runner has the obligation to notify this situation to the Organization.**

Drop-out notice to the organization is crucial, otherwise the runner may be considered lost, thus causing big trouble. If they decide to be transported by family or friends, THEY MUST NOTIFY.

The race head of each checkpoint, either in the Aid Stations (PAS) at the Start Line or the Finish Line, will ensure proper recording that the participant has decided to drop out of the race. Race head of each checkpoint will be dully identified. Marshals or any other staff member outside these stations are not authorized to put on record any drop out notice, they only indicate the way forward.

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 to the race office, in the city center, when designated by the Organization.



➡ Clean Race - Litter

The race will take place in Lanín National Park. One of the key factors for success is clearly the magnificent scenery embracing the race. Therefore, local people and tourists are responsible for preserving this place. For this reason, **littering along the race course is banned**. Garbage containers will be placed at Aid Stations and 100 and 300m from where the trail starts.

Any runner caught littering on the trail is subject to immediate disqualification. It is our responsibility to have a clean race.

➡ Race Tips

- *Terrain: 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 RCM4. From there, the route follows initial trails with steady climbs until km 5, then transitions to narrow descending trails leading to Laguna Rosales. From there, runners cross an open plain until reaching **PAS Rosales (km 7.9)**.

The course then continues along a logging road with a moderate uphill gradient before diverting onto a narrow trail featuring steep ascents and descents until **PAS Portezuelo (1400m ASL) (km 14.6)**. From there, the ascent to the summit of **Cerro Colorado** begins via narrow trails with steep inclines and declines until exiting the forest.

From the summit (1765m ASL, km 20.5), runners will face a steep descent of 700m elevation loss over 3 km to reach the base of the mountain, followed by a flat and narrow trail leading to **PAS Colorado (km 25.2)**.

The course then continues along the Vázquez Trail towards **PAS del Mallín**, an undulating path with a steep descent followed by a **VERY steep climb** up to Portezuelo del Cº Centinela (1500m ASL). After this, a steep and winding descent leads to the entry sector of the vast Mallín de Quilanlahue, crossing wire gates until reaching **PAS del Mallín (km 35.1)** via a flat trail.

The latest cutoff time to leave this PAS towards the next one is 8:00 PM on Saturday, April 12.

At **km 39.6**, there is a **left turn at an electric fence gate**, where participants will separate from the **100Mi and 110k runners**. This section will be clearly marked.

From this point, the course crosses several river fords before ascending steeply to reach **PAS Coihue (km 40.5)**. **The cutoff time at this PAS is 2:00 AM on Sunday, April 13.**

From here, the course climbs to the summit of Cº Quilanlahue (1650m ASL) via a steep and winding trail leading through a high-altitude forest, gaining 700+ meters of elevation over 3 km.

The descent begins gradually on forest trails before transitioning into a fast descent along very wide trails leading to Cantera Blanca.

From there, runners return to PAS Colorado 2 via a 4 km section that starts with a flat trail before a sharp descent. Finally, the route follows trails leading to **PAS Colorado 2 (km 53.5)**.

The latest cutoff time to leave PAS Colorado 2 is 5:00 AM on Sunday, April 13.

The return to the **Finish Line** continues along a flat trail through an open plain exposed to strong winds. At **km 62.1**, the course features winding trails with notable climbs and descents before reaching **PAS Bayos**.

The latest cutoff time to leave PAS Bayos is 6:00 AM on Sunday, April 13.

The final stretch heads towards the **Finish Line** with a steady climb until **km 65.3**. At the junction with **Route 48**, there will be a **cutoff time at 6:30 AM on Sunday, April 13.**

From there, the course initially descends via a vehicle-accessible road, followed by the final 2 km on a steep trail leading to the lake.



The last section includes six city blocks on the street, multiple crossings of narrow streams, and terrain that may be either muddy and very slippery or dry and dusty, depending on the weather. There are several well-marked fence crossings, and runners must only cross at the designated areas. A steep downhill marks the final kilometers before crossing the beach and connecting with San Martín Av., which leads directly to the **FINISH LINE**.

- Running shoes with good traction. Running gaiters are a must in the woods or steppe to avoid burrs, and in ridges, C° Colorado and C° Quilanlahue. Your feet will get wet all the time (even soon after leaving Aid Stations). Consider very strong wind exposure at C° Colorado, Portezuelo of C° Centinela, and C° Quilanlahue, and very low temperature (-5°C, -10°C) at dawn in the mentioned places. Also consider changing out of wet clothing at Colorado Aid Station (1 and 2). Check weather forecast; we recommend these links where you can see the forecast for each Aid Station (more accurate as from 48 hours before the race)

Start and finish line: <https://www.windguru.cz/735262>

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

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

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

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

- Front powerful headlamp or handheld flashlight with excellent illumination (minimum 200 lumens) and spare batteries are crucial. Remember that **you must carry a flashlight with you throughout the entire course**, ensuring batteries with a 12-hour autonomy, regardless of whether it is daytime. You may be asked at any point in the circuit to show the flashlight you are carrying. If you don't have a functioning flashlight, you will be removed from the race due to safety reasons! Pay attention to these times: 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.**
- 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 summit and White Quarry up to Colorado Aid Station. Good signal from Bayos to Finish Line.
- Follow white tape with Patagonia Run logo marks, and marshals' directions. In the event of snow at Colorado or Quilanlahue Hills, white tapes will be placed together with orange tapes as additional marking. Remember: that 3 km after the PAS at Mallín, you must turn left to reach PAS Coihue by passing through an uphill wire gate. Do not follow the 100Mi/110k course, which continues to the right along a vehicle track. Full circuit will be marked with reflective taping to the Finishing Line. Do not follow the crowd. Do not cross areas closed with yellow tapes, which are paths not included in the race course. **PLEASE READ SIGNAGE!**
- 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, 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.

► **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, 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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