

## Patagonia Run Mountain Hardwear 2017 | Participant Guide | 10K

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### 1. General Description of “Patagonia Run 2017 | 10K”

#### 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. In the 10K race, runners will make their way across different types of terrains, combining mountain trails of varying steepness and uneven ground with a total elevation gain of approximately 680 meters (2230 ft). Moreover, participants will run through flat trails and valleys enjoying scenic views and will continue along forest areas with various species of flora that are typical of the Patagonian region. This off-road race represents a true test of endurance, in the midst of the unique and beautiful scenery of San Martín de los Andes which turns the event into a one-of-a-kind experience.

**Course Profile**, this information is provided by ITRA

Mountain level: 

Finisher level: 

#### Date of the Race

Saturday, April 8, 2017

#### Start Time

11:15 a.m.



## 2 . Registration and Race Packet Pick-up | Pre-Race Briefing

**Race Office** – LeVillage Events Center (Gral. Roca 816 – San Martín de los Andes)

➔ **Registration** – *All runners must provide proof of identity (photo ID or passport) and a medical certificate*

### **Dates and Times:**

Wednesday, April 5      5:00 p.m. to 9:00 p.m.  
Thursday, April 6        9:00 a.m. to 9:00 p.m.  
Friday, April 7            9:00 a.m. to 10:00 p.m.

➔ **Pick-up of race packet, Chip and Tyvek® race number.**

*Please note:* race packets cannot be collected on race day.

**Neutral Station** –Patagonia Plaza Hotel (Av. San Martín 502 - San Martín de los Andes)

➔ **Race t-shirts** are to be collected upon presentation of the Tyvek® race number – during Registration time.

➔ **Free Photo Shoot.**

### **10K and 21K Pre-Race Briefing – Optional**

Friday, April 7

2:00 p.m. - Gym of School No. 134 – R. Roca St. intersection with Cap. Drury St.

## 3. Start Line | Transportation | Gear Check | Finish Line | Awards Ceremony

### **Start Line**

**Saturday , April 8 - 11.15 a.m.** - de la Alameda Street, 200 meters after the entrance hall of the 4<sup>th</sup> Cavalry Regiment "Coraceros General Lavalle" (General Lavalle's Cuirassiers) (Regimiento de Caballería de Montaña 4, "RCM4" for its Spanish acronym) – Regimiento de Caballería Ave., Route 62.

### **Transportation to the Start Area**

Free shuttle buses have been arranged and will operate one hour and a half prior to the race start time.

Departure from **Race Office** – Gral. Roca 816.

This service will be available for registered participants only.

### **Gear Check**

Free service for registered participants running:

- Reception begins one hour before race start time and will take place in the Squadron A, within the 4<sup>th</sup> Cavalry Regiment "Coraceros General Lavalle" (RCM4) – Regimiento de Caballería Ave., Route 62.
- In order to pick up their personal belongings back, runners must show their Tyvek® **race number** or **photo ID** at the **Race Office** – Gral. Roca 816. from 10:30 a.m. to 1:00 a.m. (Sunday)

### **Finish Line**

Location: San Martín Ave. intersection with Mariano Moreno St., across the street from Dublin South Pub.

All runners completing the race will receive a commemorative finisher medal after crossing the finish line upon presentation of the race chip.

### **Awards Ceremony 10K and 21K**

Saturday, April 8 – 6:00 p.m.

Gym of School No. 134 – R. Roca St. intersection with Cap. Drury St.



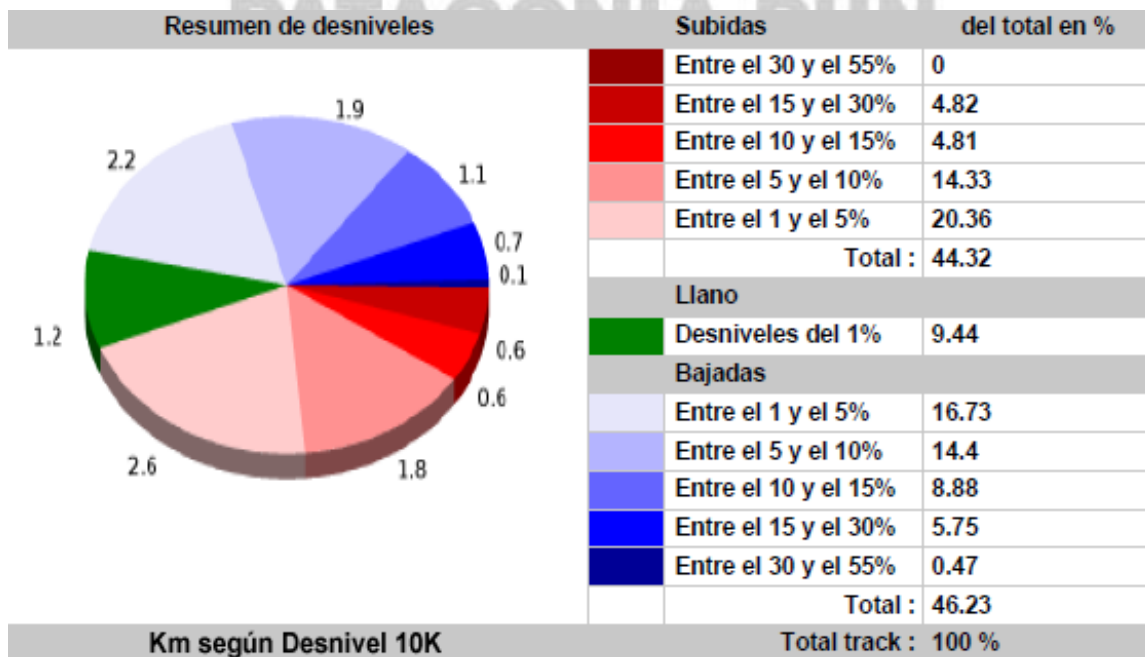
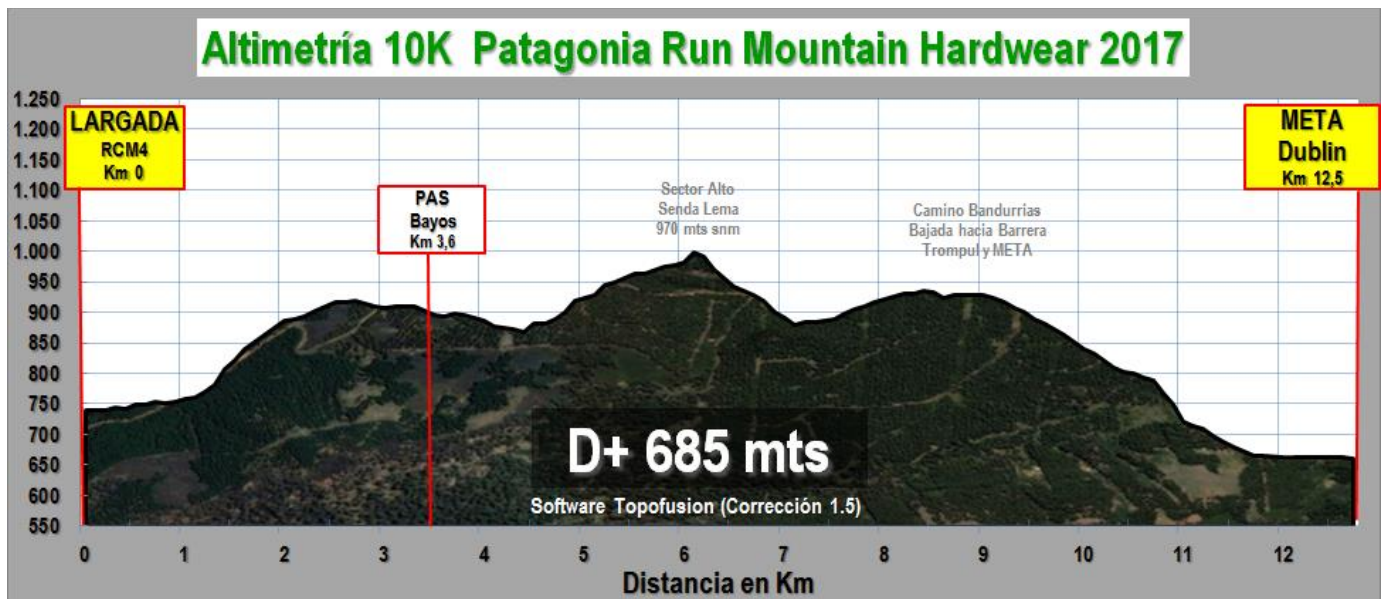
#### 4. Course Information

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

#### Course Map

Coming soon

#### Altimetry





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

10K		
Aid Stations	Distance (*) from Start Line (km)	Distance (*) to the next PAS (km)
PAS Bayos	3,6	8,9
Finish Line	12,5	

(\*) Distances rounded


**Services at the Aid Stations**

*Coming soon.*

**Race Course Markers**

The route will be clearly marked throughout the course to prevent participants from getting lost. Two different types of marks will be used: the white tape with Patagonia Run logo will mark the course and the yellow tape will be placed in those areas where caution is advised or there is low visibility.

Therefore, runners will find along the course two different markers with the following characteristics:

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

**At all 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 runners to 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 Race Director**. 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. Shuttle services will be provided as instructed by the Race Director.

**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, we ask participants to cooperate with proper disposal of litter. Garbage containers will be placed at Aid Stations and 100 m from where the trail starts.



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

## 5. Mandatory Equipment

- **Medical Certificate.** All runners must submit a medical certificate stamped and signed by a physician stating that there are no counter-indications for the runner to participate in running competitions. Suggested wording: *“I hereby certify that [Runner’s Full Name, ID Number and Date] is in good health and proper physical condition to participate in the Patagonia Run 10K race”. Text should include date, Doctor’s signature and stamp.*

### Equipment Recommendations

We recommend the use of the following equipment subject to weather conditions:

- Whistle
- Thin Gloves
- Breathable Thermal Clothing.
- Waterproof windbreaker jacket.
- Tights. Some areas of the course are covered with burrs, therefore we recommend participants to wear tights with high Lycra fibre content (slippery material).
- Running shoes with good traction.
- Short running gaiters for burrs, pebbles and mud protection.
- Sunscreen.
- Sport hat and/or cap.
- Eyewear: keep in mind that the race course goes through dark forest areas and sunny open lands so proper eyewear is recommended.

## 6. Race Tips

Coming soon

## 7. Contact Information

[www.patagoniarun.com](http://www.patagoniarun.com) - [info@patagoniarun.com](mailto:info@patagoniarun.com)

**TMX Team:** Congreso 1534 – 11<sup>th</sup> floor, apartment A - Buenos Aires (CABA) - Phone +54 11 4706 0656

[info@tmxteam.com](mailto:info@tmxteam.com)

**NQN Eventos:** Los Cipreses 1896 - San Martín de los Andes - Phone: +54 2972 420 949

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