











Patagonia Run Mountain Hardwear 2017 | Participant Guide | 145K


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1. General Description of Patagonia Run 2017 | 145K

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 145K race, runners will make their way across technical and semi-technical terrain, combining mountain trails of varying steepness and uneven ground with a total elevation gain of **approximately** 9,000meters (29,527.56 ft). The highest point of the race is located at 1,785 msnm (top of Cº Colorado). 95% of the course is on mountain trails. 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 framed by the lively colors of the fall season, which turns the event into a one-of-a-kind mountain ultra-marathon experience.

Course Profile, this information is provided by ITRA

Endurance points: 

Mountain level: 

Finisher level: 

Date of the Race: Friday, April 7 and Saturday, April 8, 2017

Start Time: Friday 7, 06:00 p.m. – Civic Center of San Martín de Los Andes.

Official Finish Time: Saturday 8, 11:00 p.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 5:00 p.m.

- ➔ **Pick-up of race packet, Tyvek® wristband** for the post-race Pasta Party at Dublin South Pub, **Chip, Tyvek® race number** and **bags** for the Full Aid Station.

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.
- ➔ **Reception** of drop bags for the Full Aid Stations (Colorado and Quechuquina Aid Stations – Thursday from 6:00 p.m. to 9:00 p.m., and on Friday, from 9:00 a.m. to 5:00 p.m.)
- ➔ **Free Photo Shoot.**

100k, 125k and 145k Pre-Race Briefing – Mandatory

Friday, April 7

10:30 p.m. – Gym of School No. 134 – R. Roca St. intersection with Cap. Drury St.

3. Start Line | Transportation | Gear Check | Finish Line | Pasta Party | Awards Ceremony

Start Line

Friday 7, 06:00 p.m. – Civic Center of San Martín de los Andes.

Gear Check

Free service for registered participants running:

- Reception begins 5.00 p.m. and will take place in Plaza San Martín.
- 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 Saturday 8, 10:30 a.m. to 1:00 a.m. (Sunday)

Finish Line

Saturday, April 8.

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.

Pasta Party

During registration, runners will receive a Tyvek® wristband which will grant them access to the post-race Pasta Party that will be held at Dublin South Pub.

Family members may join the celebration and choose between the Patagonian Menu (spaghetti with pink sauce, beverage and dessert) or they can choose from the *à la carte* menu and pay the listed meal price.

Awards Ceremony 100k - 125k – 145k

Sunday, April 9 – 9:30 a.m. - Gym of School No. 134 – R. Roca St. intersection with Cap. Drury St.



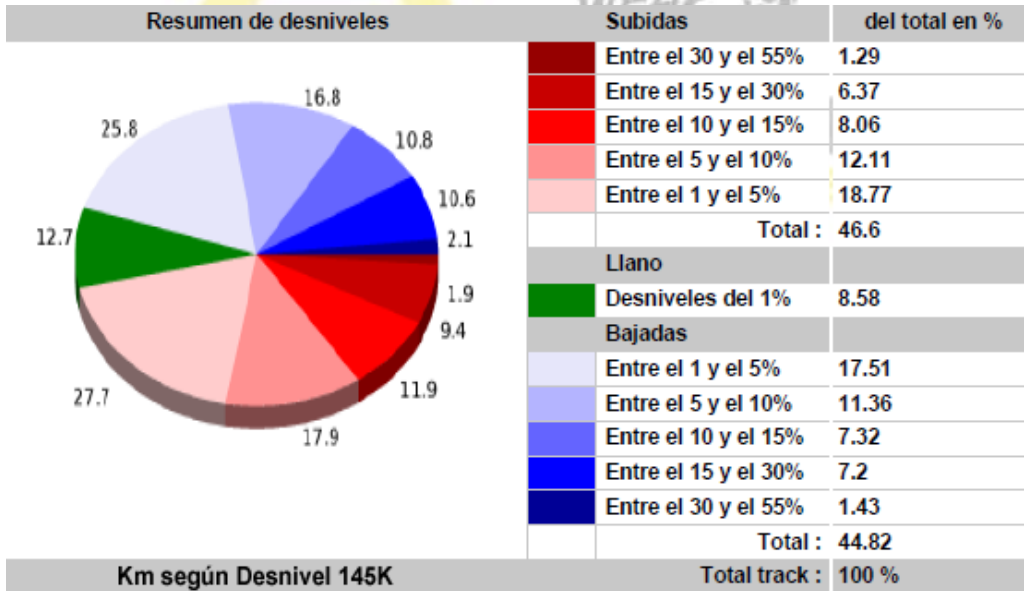
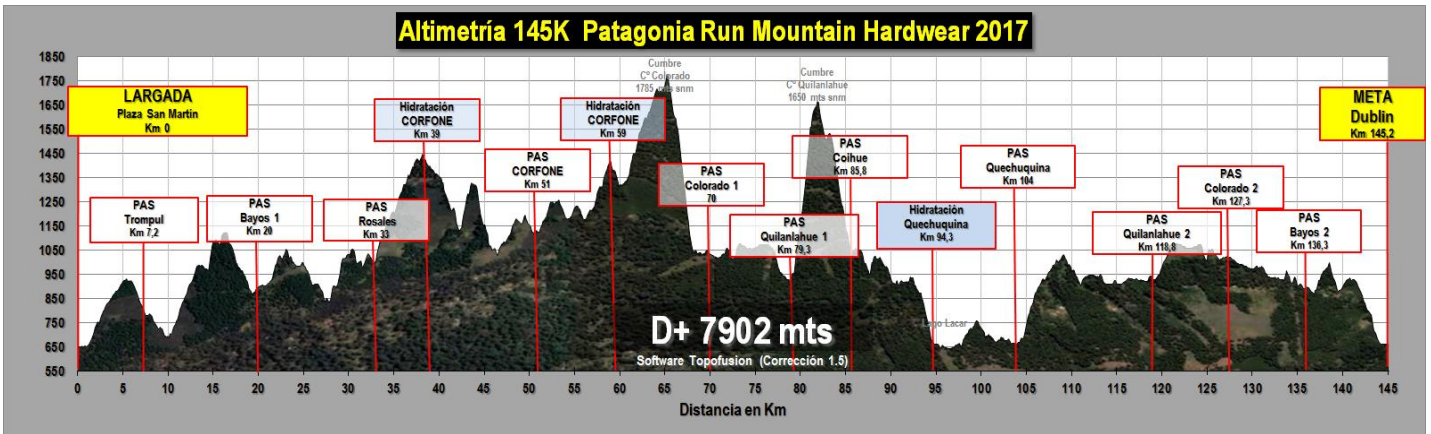
4. Course Information

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)

| 145K | | |
|---------------------------|-----------------------------------|-----------------------------------|
| Aid Stations | Distance (*) from Start Line (km) | Distance (*) to the next PAS (km) |
| PAS Trompul | 7,2 | 12,8 |
| PAS Bayos 1 (there) | 20 | 13 |
| PAS Rosales | 33 | 6 |
| Hydration CORFONE | 39 | 12 |
| PAS CORFONE | 51 | 8 |
| Hydration CORFONE | 59 | 11 |
| PAS Colorado 1 (there) | 70 | 9,3 |
| PAS Quilanlahue 1 (there) | 79,3 | 6,5 |
| PAS Coihue | 85,8 | 8,5 |
| Hydration Quechuquina | 94,3 | 9,7 |
| PAS Quechuquina | 104 | 14,8 |
| PAS Quilanlahue 2 (back) | 118,8 | 8,5 |
| PAS Colorado 2 (back) | 127,3 | 9 |
| PAS Bayos 2 (back) | 136,3 | 8,9 |
| Finish Line | 145,2 | |

(*) 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. Three different types of marks will be used: the white tape with Patagonia Run logo will mark the course; the yellow tape will be placed in those areas where caution is advised or there is low visibility; and, finally, the reflective tapes.

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

- 
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.
- **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.

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.**

Disqualification Stations and Course Cut-off Times

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, runners arriving to these stations after specified cut-off time will be disqualified at the Race Director's discretion and will not be able to resume the race for strict safety reasons. Runners 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 will be required to board the supported buses back to Race Office in downtown in accordance with the times stipulated by the Race Directors.

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

- Emergency or safety **Whistle** (not a toy whistle).
- **Headlamp.** All runners must start the course wearing a headlamp which should be turned on until 8:00 a.m. Headlamps in bad working conditions or with weak batteries will not be allowed. Runners will not be



allowed to leave Colorado 2 Aid Station without wearing their headlamps after 5:00 p.m. and they should turn them on by 6:45 p.m. or if instructed to do so before that time to ensure their safety along the last kilometers.

- **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 145k race".* Text should include date, Doctor's signature and stamp.

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 dispose of their waste at Aid Stations.
- Emergency blanket.
- Two 750 ml (25 oz) water bottles or soft flasks.
- 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 participants to wear tights with high Lycra fibre 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: offers good protection from long exposure to low-lying vegetation preventing leg injuries.

Please note: we suggest participants to bring 2 spare changes of clothing.

6. Full Aid Stations

- **Colorado Station** (1 and 2 are the same)
- **Quechuquina Station**

In Neutral Station on Thursday and Friday, participants will have the option of leaving their personal belongings. On the race day, bags will be taken to El Colorado (1 and 2) and Quechuquina Full Aid Stations.

Drop bags will be sealed with the runner's Tyvek® race number and the location where they will be taken to. Runners will receive a receipt that will we obligatory condition present it to pick up their bags at the Race office on Saturday from 10:00 p.m. to 1:00 a.m. (Sunday) and on Sunday from 6:30 a.m. to 6:00 p.m.

All unclaimed bags will be sent to the offices of NQN Eventos and will be stored for 7 days. After this period, no further claims will be considered.



Drop bags should not exceed 4.5 kg (9 lb). 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.

7. Race Tips

Coming soon.

8. Contact Information

www.patagoniarun.com - info@patagoniarun.com

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