



V.02 – September 2018

Patagonia Run Mountain Hardwear 2019 | Participant Guide | 10k

1. General Description of “Patagonia Run 2019 | 10k”

[Course Description](#) | [Course Profile](#) | [Date of the Race](#) | [Start Time](#)

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

3. Start Line | Transportation | Cloakroom | Finish Line | Awards Ceremony

4. Course Information

[Aid Stations](#) | [Services in the Aid Stations](#) | [Course Map](#) | [Altimetry](#) | [Race Course Markers](#) | [Drop Out Policy](#) | [Litter](#)

5. Mandatory Equipment

[Equipment Recommendations](#)

6. Race Tips

7. Contact Information

1. General Description of “Patagonia Run 2019 | 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 600 meters (1962 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

Changes in elevation/altitude:	
Technical terrain:	
Overall difficulty:	

Date of the Race

Saturday, April 13, 2019

Start Time

11:15 a.m.



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

Race Office – LeVillage Events Center (816, Gral. Roca St. – 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 10	5:00 p.m. to 9:00 p.m.
Thursday, April 11	9:00 a.m. to 9:00 p.m.
Friday, April 12	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 (502, San Martín Av. - San Martín de los Andes)

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

➔ **Free Photo Shot.**

Expo Ultra Trail Patagonia Run

Pre-Race Briefing 10k and 21k

The Pre-Race Briefing of 10k and 21k will be uploaded to the networks days before the race, they will not be face-to-face.

3. Start Line | Transportation | Cloakroom | Finish Line | Awards Ceremony

Start Line

Saturday, April 13 - 11.15 a.m. - de la Alameda Street, 200 meters after the entrance hall of the 4th 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 Line

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

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

This service will be available for registered participants only.

Cloakroom

Free service for registered participants:

1. Reception begins one hour before race start time, at the "Rancho de la Tropa" within the Regimiento de Caballería 4 (RCM4).
2. In order to get their personal belongings back, runners must show their Tyvek® **race number** or **photo ID** at the **Race Office** – 816, Gral. Roca St. from 10:30 a.m. (Saturday) to 1:00 a.m. (Sunday)

Finish Line

Location: Corner of San Martín Av. and 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 13 – 6:00 p.m.

Gym of School No. 134 – Corner of R. Roca St. and 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.

Altimetry



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

(*) Approximate and rounded distances

10k	
Aid Stations	Distance (*) from Start Line (km)
PAS Bayos	3
Finish Line	13

Services at the Aid Stations

START LINE

- Runners Reception (including drinks and snacks)
- Water | Powerade | Tea | Coffee | Cereal Bars
- Cloakroom
- WC Service

PAS BAYOS

- Water | Powerade | Soda | Tea | Coffee | Soup | Bananas | Cereal Bars | Croissants | Eucalyptus gummy candies | Raisins | Sour Candy
- Medical Support
- WC Service

FINISH LINE

- Water | Powerade | Soda | Bananas | Cereal Bars | Eucalyptus gummy candies | Sour Candy
- Medical Support
- WC Service
- Cloakroom



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:

- **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 of this race is clearly the magnificent scenery embracing it. 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.** Certificate model can be downloaded from <https://www.patagoniarun.com/edicion/reglamento/?id=12&lang=en>
- **Tyvek® race number** visible from the front during the whole race.



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 that participants 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

- Terrain: Coming soon
- Running shoes with good traction. Running gaiters not needed. Dress according to weather: it might be very cold or rain. We recommend checking weather forecast <https://www.windguru.cz/589868>.
- Necessary hydration: estimated 600 to 1000 ml weight depending, per race hour. It is more reliable to drink upon thirst demand. Drink beverages with mineral salts. Energy expenditure for this distance does not require food intake during the race.
- Eat two hours before start time, drink up to start time.
- Irregular mobile signal along most part of the race course.
- Follow White Tape with Patagonia Run logo marks, and marshal directions. Do not follow the crowd. Do not cross areas closed with yellow tapes, which are paths not included in the race course.
- 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.

7. Contact Information

www.patagoniarun.com - info@patagoniarun.com

TMX Team:

info@tmxteam.com - Av. Congreso 2157 Piso 10 Of. 4 – CABA Buenos Aires - +54 11 64958712

NQN Eventos:

nqneventos@smandes.com.ar – Los Cipreses 1896 - San Martín de los Andes - +54 2972 420 949