



15
AÑOS

PATAGONIA
RUN 2025
SAN MARTIN DE LOS ANDES



GUÍA DEL CORREDOR

10k





Participant Guide 10k Patagonia Run 2025

➔ General Description of Patagonia Run - 10k	3
Registration and Race Packet Pick-up	3
Pre-Race Briefing	4
Start Line – Transportation – Cloakroom.....	4
Finish Line	4
Awards Ceremony.....	5
Mandatory Equipment - Equipment Recommendations	5
➔ Course Information	6
Altimetry 	6
Aid Stations	6
Services in the Aid Stations 	7
Race Course Markers	7
➔ Drop Out Policy	7
➔ Clean race - Litter	8
➔ Race Tips	8
➔ Contact Information	8



➔ GENERAL DESCRIPTION OF PATAGONIA RUN 10K

Date of the Race: Wednesday, April 9th, 2025

Start Time: 12:15 pm

Course Description

Patagonia Run in San Martín de los Andes, Argentina, 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 wide mountain trails of varying, though **accessible steepness**, lumber paths with gentle slopes and a long descent to the finish line. The whole race will take place in Cerro Chapelco. This distance is designed for those starting in the trail run world. It is challenging but allows to develop speed in short, gentle climbs and terrain without major technical difficulties. **Total elevation gain (D+)** is of **approximately 600 meters**. Along the course, participants will run through flat trails and valleys enjoying scenic views, unique viewpoints, and forest areas with various species of flora that are typical of the Patagonian region. This is an ideal race for those either starting to participate in trail run competitions, or who prefer shorter, faster distances.

Categories

Junior male from 12 to 19 years of age - Junior female from 12 to 19 years of age

Male from 20 to 29 years of age - Female from 20 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

Registration and Race Packet Pick-up

Time: Appointments will be available for: April, **Tuesday 8th** exclusively, from 09:00 am to 10:00 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.
- **Medical Certificate,** with an issuance date in 2025, signed and stamped by the issuing physician, stating the 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.**



- **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.
- **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.

Pre-Race Briefing 10k

The Pre-Race Briefing of 10k will be Online, available on Patagonia Run's YouTube channel and www.patagoniarun.com, on Sunday, April 6th.

Start Line | Transportation | Cloakroom

Start Line: Wednesday, April 9th - 12:15 pm*

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 10k Start Line (runners only)

Schedule: **10:15 am to 11:15 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 participants:



1. Reception begins one hour before race start time, at the Chapelco Ski Resort base.
2. 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 6:30 pm.

Finish Line

Wednesday, April 9th – Until 06:30 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.

Awards Ceremony 10k

Wednesday, April 9th

02:00 pm - General Category 21k and 10k Awards Ceremony.

03:00 pm - Age Categories 10k Awards Ceremony.

Location: Chapelco Ski Resort base.

Awards

- Trophies for the first three places in the 10k 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, in the chosen distance. It must include 2025 date, signature and stamp of issuing doctor.
Download model certificate [here](#).
- **Runner Bracelet.**
- **Dorsal race number** visible from the front during the whole race. Control staff along the race course MUST be able to read the number clearly.
- **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 and/or the day before the start of the race, in this case it will be announced through our official social networks.

Equipment Recommendations

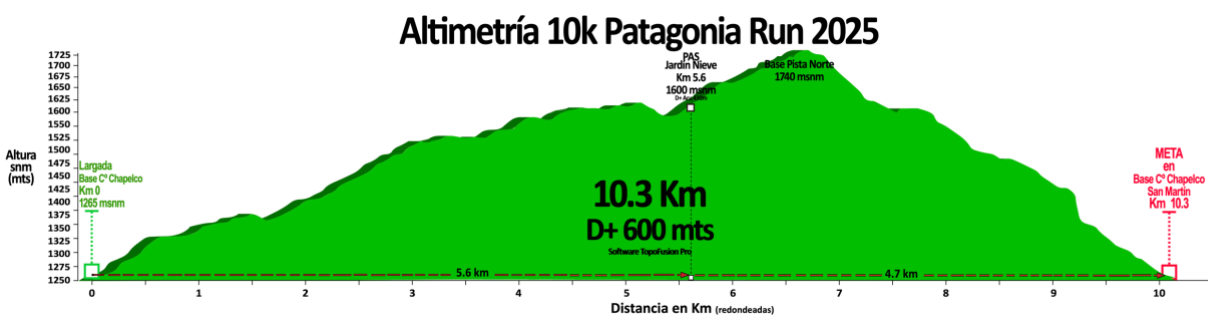
We recommend the use of the following equipment subject to forecasted weather conditions:

- Whistle
- Thin Gloves
- 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.
- 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.

➔ 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.

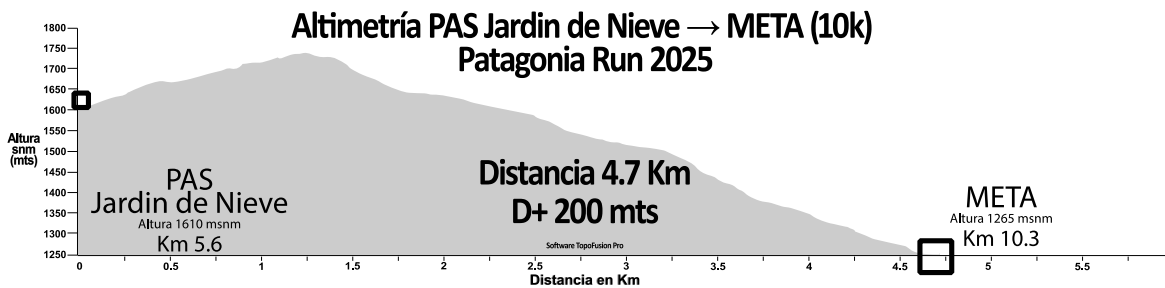
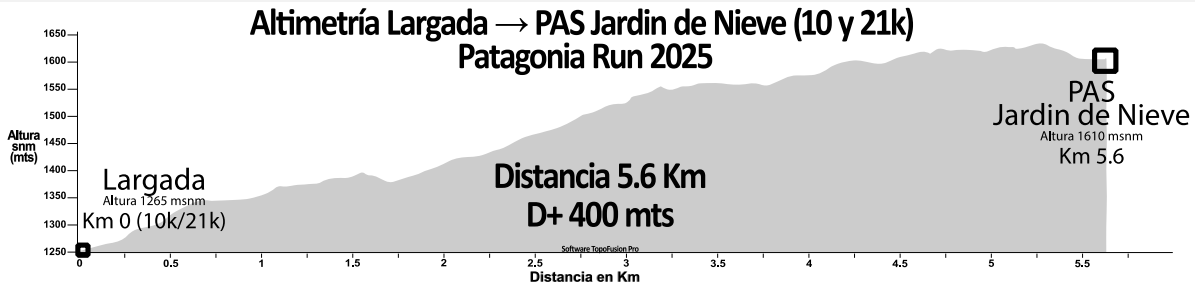
Altimetry



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



Partial Altimetry



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

10k		
PAS	Distance (*) from Start Line	D+ mts
PAS Jardín de Nieve	5,6 km	438
Meta	10,3 km	600

(*) Rounded distances

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 Jardín de Nieve

- Hot and cold beverages



- Sweet Snacks* | Savory Snack*
- 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.


⊗ Gluten-Free Kit: 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, 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.

▪ **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 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.**

Drop-out notice to the organization is crucial, otherwise the runner may be considered lost, thus causing big trouble.

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, they must hand over the chip to the Organization's representative for technical and organizational reasons.

Shuttle services to the Chapelco Ski Resort base will be provided as instructed by the Organization.

➔ CLEAN RACE - 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, **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 up to the Mallines de la Pala. From there, a gradual descent along a trail crossing ski slopes leads to Plataforma 1600 of Chapelco and PAS Jardín de Nieve (km 5.6). From this point, the route ascends via a ski run to a gravel road that leads to the highest point (1,740 masl) at the base of Pista Norte, where it splits from the 21K course. Pay close attention to the course markings. From here, a steep descent follows along Pista Panamericana, then through trails and forested slopes, leading to the Base of the Cerro where the race finishes. The finish line will be at the same location as the starting line.

- Running shoes with good traction. Dress according to weather: it might be very cold or rain. We recommend checking weather forecast:
Chapelco Ski Resort Base: <https://www.windguru.cz/735237>
- Variable cell phone signal, but present in much of the circuit.
- Follow white tape with Patagonia Run logo marks, and marshal directions. Do not follow the crowd. If you do not see white tape ahead 150 meters from the last one, go back to the previous white tape you saw. 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.
- **NUTRITION DURING THE RACE** by NDA Nutrition in Action

Pre-Race: Nutritional Aspects to Consider

The 24 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.*



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10k

➔ CONTACT INFORMATION

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