



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



GUÍA DEL CORREDOR

70k





Participant Guide 70k Patagonia Run 2025

➔ General Description of Patagonia Run - 70k	3
Registration and Race Packet Pick-up	3
Reception of drop bags for the Colorado Full Aid Station 	4
Pre-Race Briefing.....	4
Start Line - Transportation  - Cloakroom.....	5
Finish Line	5
Awards Ceremony	5
Mandatory Equipment - Equipment Recommendations	5
➔ Course Information	7
Altimetry	7
Aid Stations	8
Full Aid Station	8
Course Cut-Off Stations	9
Services in the Aid Stations	9
Race Course Markers	9
➔ Drop Out Policy	10
➔ Clean Race - Litter	10
➔ Race Tips	10
➔ Contact Information	12



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

15
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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.



- 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.



Equipment Recommendations

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

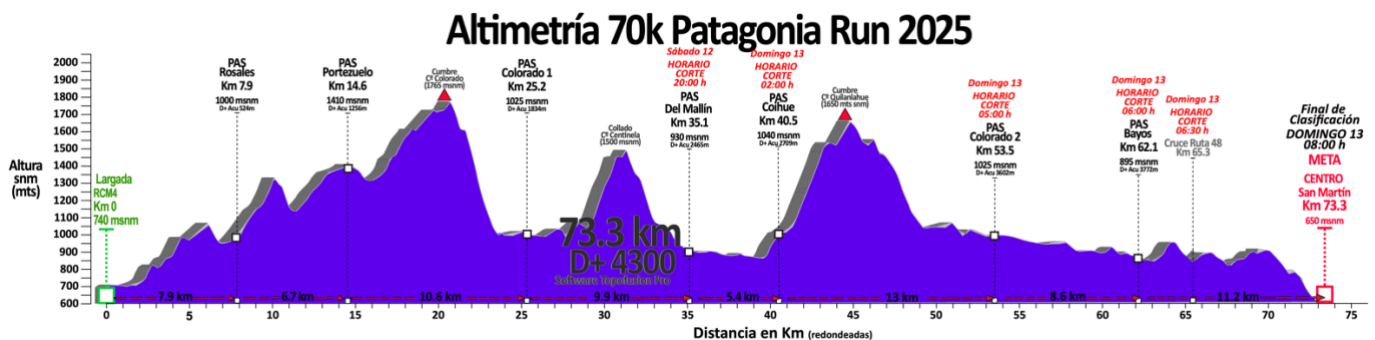
- Bottle waist pack, soft flask holder or backpack with hydration system. It is advisable to carry small backpacks or bottle waist packs as some course trails can be quite narrow (runners will go through areas with wire fences). Participants have to carry their waste to be disposed of at Aid Stations.
- 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 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



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



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


More information coming soon.

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 fully 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: *Details of the new route coming soon.*



- 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° Quililahue. 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° Quililahue, 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° Quililahue: <https://www.windguru.cz/589357>

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

- Necessary hydration: estimated 600 to 1000 ml weight depending, per race hour. Estimate necessary amount according to distance to Aid Stations and Finish Line. Remember there are 10.6 km between PAS Portezuelo and PAS Colorado. Carry your own water supply. **Do drink beverages with mineral salts.** Stream water is not polluted, but its drinking quality is not guaranteed. You will run across creeks all the time if you haven't ensured a proper supply of water at the Station. In any case, we suggest drinking the one supplied at the Aid Station, or your own.
- Energy expenditure: according to weight estimate between 5600 and 10000 kcal all in all (one energy bar or gel=200kcal), depending on race time. Food intake is very important after the first 45 minutes, and from then on, every 45 minutes. **Carbohydrate intake is useful (cereal bars, gels)**, amino acids or protein are not necessary during the race. Food is supplied abundantly at the Aid Station. However, energy intake in between Aid Stations is also recommended. Choose foods you have already tried and also train hydration and energy intake. Do not try new things at the race.
- Eating two hours before start time in order to avoid a full stomach, and drinking up to start time are a MUST.
- 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 Quililahue 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 Quililahue 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!



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- 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.**

➔ Contact Information

www.patagoniarun.com - info@patagoniarun.com

Race Office: Cell phone +54 11 64953446

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