



**PATAGONIA
RUN 2026**
SAN MARTIN DE LOS ANDES



RUNNER'S GUIDE
100Mi

100Mi Participant Guide Patagonia Run 2026

➔ General Description of Patagonia Run – 100Mi	<u>2</u>
Registration and Kit Pickup	<u>3</u>
Drop-Bag for Total Aid Station	<u>3</u>
Technical Briefing	<u>4</u>
Start - Transportation to Start - Cloakroom	<u>4</u>
Finish Line	<u>4</u>
Awards Ceremony	<u>5</u>
Mandatory Items - Equipment Recommendations	<u>5</u>
➔ Course Information	<u>6</u>
Elevation Profile	<u>8</u>
Aid Stations (PAS) and Cut-off Times	<u>11</u>
Total Aid Station	<u>12</u>
External Assistance Points	<u>13</u>
Services at the AID Stations PAS	<u>15</u>
Course Marking	<u>17</u>
➔ Withdrawal Protocol	<u>18</u>
➔ Clean Race – Waste	<u>19</u>
➔ Race Tips	<u>19</u>
➔ Contact	<u>23</u>

➔ GENERAL DESCRIPTION OF PATAGONIA RUN 2026 – 100Mi

The Great Challenge: 160.3 km, 3 summits.

The maximum distance event of Patagonia Run. Two days, for many, of mountain, sleep, cold, and emotion. An epic route that combines ridges, summits, and long stretches of Patagonian trails, finishing in the heart of the city.

Date: Friday 10, Saturday 11, and Sunday 12 of April, 2026.

Start Time: Friday 10 - 14:00h - Mountain Regiment 4..

Maximum race time: 42 hours. Classification closing: 08:00h on Sunday 12.

Distance: 160.3 km | Cumulative Elevation Gain (D+): 9,221 m

Approximate Maximum Altitude: 1,959 m.a.s.l.

Cut-off times: 8. Plan your passage through each cut-off with ample margin to reach the finish line calmly.

Terrain: semi-technical and technical ultra trail, with many trail sections and an elevation gain exceeding 9,000 meters.

Environment: ridges and summits, endless forests, and sectors of Lago Lácar up to Nonthué; movie sunrises and sunsets, mountain trails and roads in San Martín de los Andes and authorized areas for the event (Lanín National Park and surrounding areas).

Climate: Patagonian autumn. There may be sun, wind, rain, and cold; at altitude there may be frost and even snow. Prepare your layers of clothing.

Headlamp: it will be checked at the start line and must be worn and turned on, even if there is daylight. This ensures everyone has functioning lighting for night or low visibility sections. You can turn it off 500 meters after the start.

Challenges and Obstacles: many hours of night, cold and variable weather, multiple stream crossings and wading sections; sleep and nutrition management are key.

In this edition there will be two External Assistance Points (PAEx): km 52.5 in San Martín de los Andes and km 111.1 at the Nonthué Educational Plant. External assistance is not mandatory, it is optional for the runner who wishes it.

Important note about access: a large part of the route crosses private and/or restricted access sectors (Argentine Army, Gendarmerie, ranches, and other institutions) **enabled only for and during the event**. Please, do not enter these places to train, let us together respect the permits obtained by the organization for the continuity of Patagonia Run.

See you in Patagonia! Live the experience, respect the environment, and enjoy every kilometer.

Categories

Male from 18 to 29 years - Female from 18 to 29 years

Male from 30 to 39 years - Female from 30 to 39 years

Male from 40 to 49 years - Female from 40 to 49 years

Male from 50 to 59 years - Female from 50 to 59 years

Male from 60 years and over - Female from 60 years and over

ITRA Classification: *Coming soon*

Registration and Kit Pickup

Time: The available shifts will be for the days: Thursday, April 9, between 09:00h and 21:00h, and Friday 10 between 09:00 and 11:30h in the assigned shift.

Location: Race Office - Le Village Hotel Event Center - Gral. Roca 816, SMA.

Accreditation will be organized by individual shifts, each participant must **take a slot** to enter **accreditation** and **a slot to drop off the runner's bag** if they wish. These slots will be available online on the [runner profile](#) and will be announced when they are available via email and official Patagonia Run social media at the end of March 2026.

- Present yourself with:
 - **Proof of the assigned time slot**, which can be shown on your cell phone.
 - **D.N.I. or passport**, the one stated in your registration.
 - **Medical Certificate of Fitness:** with an **issue date in 2026**, **signature** and **seal** of the doctor who issued it, and stating that you will participate in the 100Mi (160km) distance – see model certificate [here](#).

You can upload the Medical Certificate of Fitness to your runner profile **until March 25, 2026**. If you have not done so, or if it has been rejected, you must present it in paper format at the time of registration.

***Medical certificates dated 2025 will not be accepted, nor those that only indicate that the person is in good health or is fit for sports in general or road races; neither will they be accepted if the race distance is not specified. We suggest using the Model Certificate available for download [here](#).**
.*

- The **complete race Kit** will be delivered, containing:
 - **RACE BIB** with the runner's **number** and Chip, mandatory throughout the race.
 - **BAGS** for the 3 FULL AID STATIONS, with the runner's number.
 - **OFFICIAL T-SHIRT** of the race, will be the size chosen during registration, can only be changed before leaving the registration hall at the designated stand.
 - **CELIAC BRACELET**, if you informed this in your registration form, to be presented at the **AID Stations** and thus access Gluten-Free (Sin TACC) food.

IMPORTANT:

Kit collection is exclusively personal.

Be punctual, arrive at the location 15 minutes in advance, NOT before, to avoid waiting outside the hall. Companions are not allowed to enter.

Drop Bag for Total Aid Stations

⚠ It is important to arrive at Accreditation with the items to be left in each of the **runner bags** separated and ready to hand over, as the drop-off must be done on the same day as accreditation, in the assigned slot, which will be **30 minutes after the accreditation slot**.

Time: Thursday 9 and Friday 10, in the assigned slot.

Location: Pavilion B of Club Lácar – Rivadavia 599.

Present with:

- Assigned slot for Runner's Bag drop-off. Show the proof on your cell phone.
- Bags to drop off, maximum **weight 3 kilos per bag**, with the exception of the 100Mi bag that goes to PAS Colorado which may weigh up to 5 kgs.

IMPORTANT: Upon handing over the bags, a **receipt** will be sent to the participant's email, **which will be mandatory to present** to later pick them up at **Club Lácar** on **Sunday 12**, from **10:00 to 18:00h**.

100Mi Technical Briefing

The 100Mi technical briefing will be online and available on the Patagonia Run YouTube channel and at www.patagoniarun.com on Sunday, April 5.

Start - Transportation - Cloakroom

Start Time: Friday 10 – 14:00h*.

Start Location: Plaza de Armas of the Mountain Cavalry Regiment 4 “Coraceros Gral. Lavalle” (RCM4) – Av. Regimiento de Caballería (Route 62)..

* Starts will be by corrals; during accreditation, each participant will be informed of the assigned starting corral according to the “estimated race time” reported in the registration

EXCLUSIVE Transportation to Start for 100Mi runners

From **12:30h to 13:30h**

Departure from the Transfers AS located on Belgrano street corner Perito Moreno, behind Le Village.

Reserve **your spot on the official transport** when you request your accreditation shift through your runner profile.

IMPORTANT: runners who travel to Regimiento de Montaña 4 with their own vehicles and leave them parked there until the end of the race must pay for the corresponding stay. **Vehicle entry to the RCM4 for private vehicles will be enabled from 12:30h.**

CLOAKROOM

Free cloakroom service for runners:

1. Reception from 1 hour and a half before the Start, at the Rancho de la Tropa- RCM4.
2. Return of cloakroom items, upon presentation of the **runner's bib** or the **runner's ID** at:
Race Office, Le Village Hotel, from 18:00h on Friday 10 until 09:00h on Sunday 12.
Club Lacar, on Sunday 12 between 10:00 and 18:00hs.

Finish Line

Location: Av. San Martín and Teniente Coronel Pérez- Plaza San Martín, city center.

Finish Line Closure: 08:00h on Sunday, 12.

Upon arrival, the runner can have a hot and/or cold drink, collect their finisher medal, and will be asked to evacuate the finish corral area; they may go to Plaza San Martín to stretch and relax, and to allow for the necessary space.

Awards Ceremony 100Mi

Sunday, April 12, 11:00h.

Plaza San Martín

Awards

- Trophies for the top 3 in the 100Mi General Men's and Women's classifications.
- Medallions for the top 3 in each Age Category Men's and Women's.

Note: For the purpose of awards, runners awarded in the General Category will not be awarded in their respective age categories, thus allowing more runners to access the age category podiums.

Mandatory Items

- **Proof of the Assigned Slot for Accreditation**, the system to request this slot will be available on the website at the end of March 2026.
- **Medical Certificate.** Must include: Runner's name, surname, and ID and a text stating that the runner is medically and physically fit to participate in the 100Mi of Patagonia Run, expressly clarifying the 100Mi distance. Must be dated in 2026, with the signature and stamp of the doctor who issued it. Download the model certificate [here](#).
- **Waiver of responsibility** completed and signed
 - **Runner Bib**, always visible from the front throughout the race. There are Control Posts in distant places that collect runner information and **MUST** see the number perfectly.
 - **Emergency or nautical whistle** (not a party favor).
- **Headlamp or handheld light: 2 mandatory lights** of 200 lumens or higher. The more lumens, the better the efficiency for seeing the route with reflective tapes.
100Mi participants **must have 1 headlamp on and lit at the start** for pre-race checking. They are recommended to carry both mandatory headlamps with them to prevent them from having to be removed from the course if one fails mid-circuit.
After the start, the **headlamp** must be **worn from 17:00h** (either Friday or Saturday), **turned on from 18:45h and kept on until 08:00h**.
Runners who carry the lamp off or in red mode, or without the correct intensity during the established hours of use, will be delayed on the circuit until dawn or will not be allowed to continue racing after 18:45h.
⚠ **Headlamps are for Personal use. Each runner must carry their own headlamp. Sharing a headlamp between two or more runners is not allowed.**

IT WILL BE MANDATORY FOR EACH RUNNER TO CARRY A PERFECTLY FUNCTIONING HEADLAMP THROUGHOUT THE ENTIRE COURSE, regardless of whether it is daytime, thus guaranteeing their safety and preparation for any eventuality, so it is important to provide **batteries with autonomy for 30 hours**.

During the course, participants may be asked to show their safety gear, including the headlamp. Anyone who does not have them will be disqualified and will not be able to continue on the circuit. **We will be inflexible with illumination as it is a critical safety element.**

- **Water bottles**, flasks, or hydration pack of 1500 cm³.
- **Personal mug or cup.** In order to contribute to environmental conservation and reduce waste generated during the event, disposable cups will NOT be provided at the PAS during the race, nor at the start or finish line. Therefore, it will be necessary to have a personal cup or mug to consume hot or cold drinks at the aid stations.
- **Sealable bags** (Ziploc) to store the trash generated on the course (gel wrappers, tissues, etc.) as well as to store food provided at the PAS.
- **Survival blanket.**
- **Warm clothing.** When the minimum temperature foreseen in any part of the course is extreme and the organizers consider it to be a higher risk, the Organization may request the following items to be carried in the runner's backpack as MANDATORY for all distances: Long leggings or warm pants. Windbreaker jacket. Microfleece Gloves. Warm hat.

Recommended Equipment

It will depend on the weather conditions; our recommendation is as follows:

- Waist pack with water bottle pocket or flask holder or hydration pack backpack. It is advisable that neither the backpack nor the waist pack be too bulky, as they will have to go through some narrow places (e.g., wire fences). Additionally, you must carry all trash generated until the next Aid Station.
- 2 water bottles or flasks of 750cc.
- Waterproof and breathable first-layer gloves. Temperatures below freezing are likely in the early morning.
- Breathable thermal clothing.
- 1st layer Breathable Jacket due to very low probable temperatures.
- Water-resistant windbreaker.
- Long leggings. There are sections of the circuit with burrs (abrojos), so leggings should preferably be high in lycra content (slippery). Long leggings are recommended because the weather is generally cold.
- Shoes with good traction.
- Low gaiters for shoes, to avoid burrs, mud, and stones.
- Lightweight shin guards: given the prolonged transit through trails with low vegetation, this implement protects the legs from injuries.
- Multifunction Neckwear.
- Sunscreen.
- Hat and/or cap.
- Glasses: keep in mind that you will be traveling through shaded forest sectors and also open, sunny pampa areas, so you should adapt your lenses.

Note: Have enough dry clothing changes for the 3 Full Aid Stations.

➔ COURSE INFORMATION

PROHIBITION OF ENTRY TO PRIVATE PROPERTY

Circulation through fields, private neighborhoods, company premises, institutions, and private properties where the race takes place is **authorized only for the official day and time of the event**, within the framework of **special agreements managed by the Organization**.

It is strictly prohibited to enter to train, scout the course, or transit **before or after the race** through these sectors, which include grazing areas and private use areas.

Unauthorized entry constitutes a serious offense and jeopardizes the continuity of the passage agreements, directly affecting the realization of future editions of the event.

The Organization will carry out controls and reserves the right to apply sports sanctions, including disqualification, in case of non-compliance with this regulation.

Respect for private property and the agreements reached is an indispensable condition for the race to be held.

Elevation Profile

Altimetría 100Mi Patagonia Run 2026



NOTE: The GPS tracks for the race will not be shared.

Partial Elevation Profiles

Altimetría Largada RCM4 → PAS Vallescondido 1 (100Mi)



Altimetría PAS Vallescondido1 → PAS el Galpon (100Mi)



Altimetría PAS del Galpon → PAS las Pendientes Patagonia Run 2026



Altimetría PAS las Pendientes → PAS del Maderero (100Mi) Patagonia Run 2026



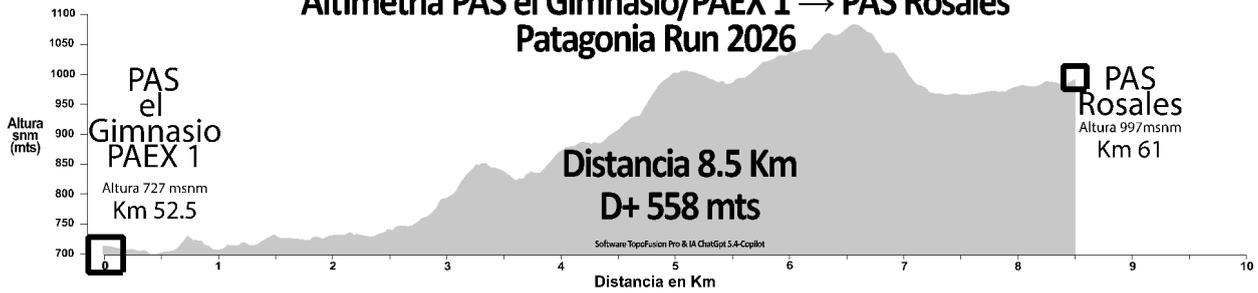
Altimetría del Maderero → PAS Vallescondido2 (100Mi) Patagonia Run 2026



Altimetría PAS Vallescondido 2 → PAS del Gimnasio/PAEX1 (100Mi) Patagonia Run 2026



Altimetría PAS el Gimnasio/PAEX 1 → PAS Rosales Patagonia Run 2026



Altimetría PAS Rosales → PAS Portezuelo (70k/110k/100Mi) Patagonia Run 2026

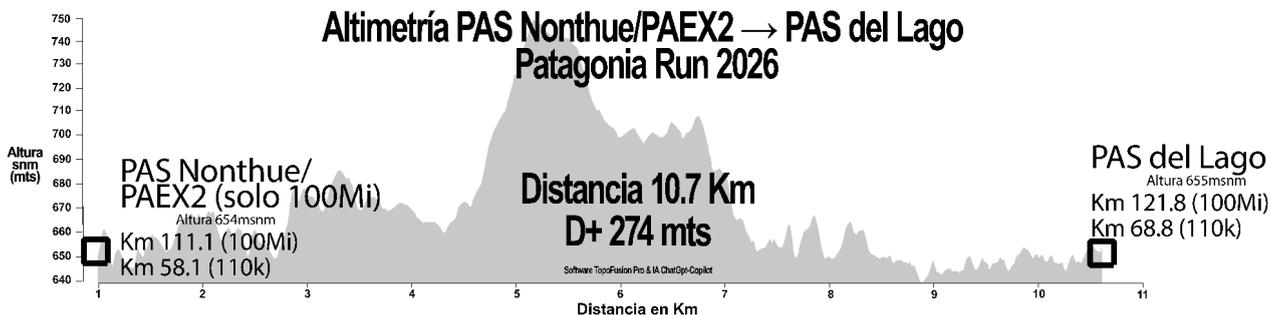
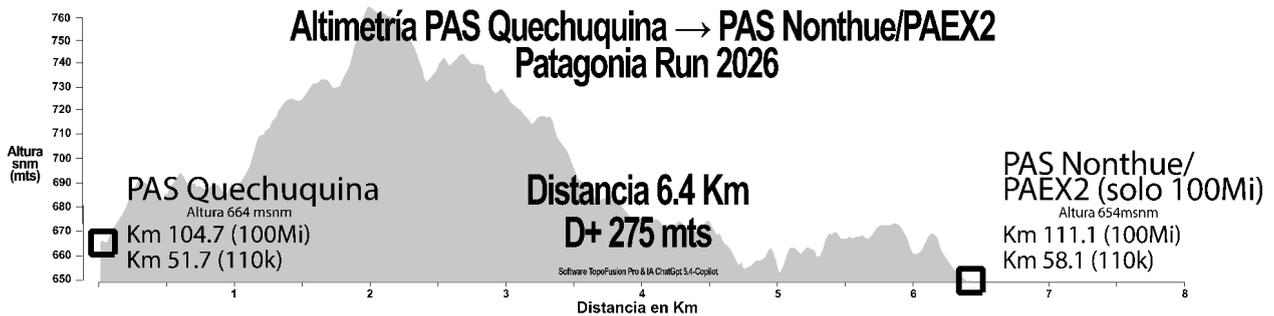


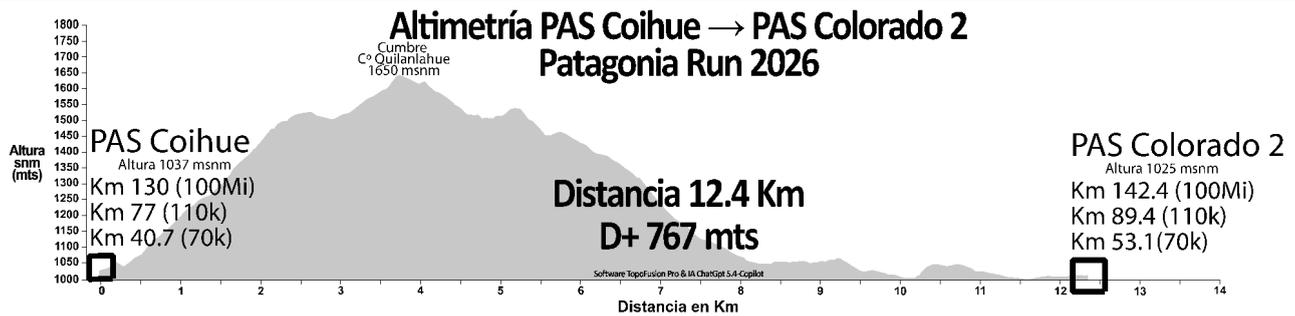
Altimetría PAS Portezuelo → PAS Colorado 1 Patagonia Run 2026



Altimetría PAS Colorado 1 → PAS del Mallín Patagonia Run 2026







AID Stations (PAS) and Cut-off Times with Course Closure

100Mi			
Aid Station	Distance (*) from Start in km	Distance (*) from Start in km	Cut-off Time (**)
PAS Vallescondido 1	5.3	363	-
PAS del Galpón	13.1	1037	-
PAS Las Pendientes	22.4	1888	-
PAS del Maderero	36	2870	-
PAS Vallescondido 2	48.3	3353	-
PAS del Gimnasio	52.5	3406	02:00 on Saturday 11
PAEX 1 (External Assistance Point 1)	52.5		02:00 on Saturday 11

PAS Rosales	61	3964	-
PAS Portezuelo	67.9	4607	-
PAS Colorado 1 (outbound)	78.2	5186	-
PAS del Mallín	88.5	5864	-
PAS Quechuquina	104.7	6392	20:00 on Saturday 11
PAS Nonthue	111.1	6667	21:00 on Saturday 11
PAEX 2 (punto de Asistencia Externa 2)	111.1	6667	21:00 on Saturday 11
PAS del Lago	121.8	6941	23:15 on Saturday 11
PAS Cohiue	130	7791	02:00 on Sunday 12
PAS Colorado 2 (return)	142.4	8558	05:00 on Sunday 12
PAS Bayos	151	8730	06:00 on Sunday 12
Cut Route 48 (it is not PAS)	152.8	-	06:30 on Sunday 12
Meta	160.3	9221	08:00 on Sunday 12

(*) Approximate and rounded distances.

(**) Refers to clock time, NOT race hours.

Cut-off Time

Time Barrier, is the **maximum time limit (clock time)** established by the Organization for a runner **to reach and leave a specific point on the course**.

If the runner **does not pass that point before the time limit**, they **must end their participation** for safety reasons, **cannot continue the race, will not be reassigned to another distance**, and their result is recorded as **DNF (Did Not Finish)**.

The Organization's decision to **end participation at the cut-off point is FINAL**.

Runners who withdraw or do not pass the Time Barrier **must hand over their chip** to the Organization and **will be transported** in official vehicles from the cut-off point to the **Race Office, in the city center**, at the time the Organization determines.

Total Aid Station

- **PAS del Gimnasio**
- **PAS Colorado** (1 and 2 are the same)
- **PAS Nonthue**

If needed, participants can choose to leave their gear inside the bags provided in the kit:

Blue bag = PAS del **Gimnasio**

Red bag = PAS **Colorado** (1 and 2 are the same)

Yellow bag = PAS **Nonthue**

Runner **EQUIPMENT BAGS**:

- 1 bag per runner is allowed per Full Aid Station.
- Maximum weight, weighed upon reception: 3 kg Blue and Yellow Bags, 5 kg Red Bag.

- Bags must be delivered closed and will be labeled.
- The bags will not be refrigerated. The Organization is not responsible for losses.

DROP-OFF: Thursday 9 or Friday 10, in the online assigned slot, obtained from the [runner's profile](#), at Pavilion B – Club Lácar (Rivadavia 599).

- A **receipt email** will be sent, **mandatory to present for pick-up**.
- Bags are transported to the Full Aid Stations on race day.

PICK-UP: Sunday 12, from 10:00 to 18:00, at Club Lácar.

- Uncollected bags: they are transferred to the Buenos Aires Office. Shipping by mail only within Argentina and at the runner's expense. Claims up to 7 days after the race.

EXTERNAL ASSISTANCE POINTS (PAEx)- Exclusive 100Mi

👉 EXTERNAL ASSISTANCE PERMITTED

- 100Mi participants may receive external assistance at **only two points on the Course**.
- Each runner may have **only one (1) person as an external assistant**, who must be over 16 years old.
- The person providing assistance must:
 - ✓ Accredit with the runner in the corresponding shift.
 - ✍ Sign this regulation.
 - 🇲🇪 Receive identification that will allow exclusive access to PAEx 1 and PAEx 2.

📍 PAEx 1 LOCATION



- External Assistance Point 1 (PAEx 1) will be located inside the Javier Carriqueo Municipal Gymnasium.
- It will share the physical space with AS del Gimnasio, but will be clearly separated and marked.
- It is located at Km 52.5 of the course.

📍 PAEx 2 LOCATION



- External Assistance Point 2 (PAEx 2) will be located inside the Nonthue Camp Plant.
- It will share the premises with AS Nonthue, but will be clearly separated and marked.
- It is located at Km 111.1 of the course.

📦 PAEx LOGISTICS (PAEx)

External assistance to a runner is independent and autonomous from the race organization.

- ❌ The organization will not provide products or equipment. There will be no drinks or food. The space will be heated and will have tables, chairs, and bathrooms.
- 🛒 The assistant can bring whatever they consider necessary to assist the runner, including:
 - Folding chair and table

- Medication, healing supplies
- Food, drinks
- etc.
-  There is no time restriction for staying while the runner is at this point, except for the cut-off time or time barrier.

IMPLEMENTATION OF EXTERNAL ASSISTANCE DURING THE RACE

PROCEDURE FOR RUNNERS

1. The runner must enter the PAS sector first.
2. Then, they may:
 -  Go to the PAEx sector, if desired and if they have an assistant.
 -  Or, leave the PAS to continue their race, if they do not have an assistant, or do not need external assistance.
3. They will be timed at the exit gate of the premises.

RULES FOR ASSISTANTS

PAEx 1 Parking

- Assistants must park on the sides of the adjacent field.
-  They should not obstruct the hospital street or the entry or exit sectors of AS del Gimnasio and PAEx 1.
-  They should not follow the runner once they leave the PAEx.

PAEx 2 Parking

- Assistants must park in the delimited sector for such use within the Plant, in the front part of it.
-  They should not obstruct the entry or exit street of AS Nonthue and PAEx 2.
-  They should not follow the runner once they leave the PAEx.

PAEx Entry

-  Access is only for the accredited assistant (no companions) who must present their credential granted during accreditation.
-  **Entry of children, or pets is NOT allowed.**
- They may enter the PAEx 30 minutes before the arrival of their runner, and wait without interfering with other assistants or runners.
-  It is **PROHIBITED TO ENTER** the **PAS sector**, which is **EXCLUSIVE** for **RUNNERS**. They may only circulate in the sector clearly marked for External Assistance.

PAEx Exit

- Once their runner has left to continue the competition, the assistant must leave with all their belongings through the same door they entered.
- This process should not exceed 20 minutes to ensure the flow of the PAEx.

Schedules and additional information

- During accreditation, a QR code will be delivered that will direct to a website where the following information will be provided:
 - ✓ Runner numbers
 - ✓ Departure times from the PAS prior to the PAEx
 - ✓ Estimated arrival time at PAEx 1 (between 40 and 60 minutes from PAS Vallescondido)
 - ✓ Estimated arrival time at PAEx 2 (between 50 and 75 minutes from PAS Quechuquina)

Important:

-  External assistance is independent and autonomous from the organization.
-  Cut-off time for PAEx 1 and PAS del Gimnasio: 02:00 am Saturday 11. Cut-off time for PAEx 2 and PAS Nonthue: 21:00 Saturday 11.
-  EXTERNAL ASSISTANCE IS NOT ALLOWED AT ANY OTHER POINT ON THE COURSE.
-  This regulation must be strictly followed to ensure a smooth and orderly experience during the competition.

Services at the PAS

-  At the PAS, there will be Gluten-Free (TACC free) food options | Gluten Free Kit

Start

- Cold and hot drinks
- Sweet snacks | Salty snacks | Bananas
- Restrooms
- Medical Safety
- Drop Bag

PAS Vallescondido 1

- Cold and hot drinks
- Sweet snacks | Salty snacks | Bananas
- Restrooms
- Medical Safety

PAS del Galpón

- Cold and hot drinks
- Broth with pasta
- Sweet snacks | Salty snacks | Bananas | Sacramentos
- Medical Safety

PAS Las Pendientes

- Hot and cold drinks
- Sweet snacks | Salty snacks | Bananas | Sacramentos
- Broth with pasta | Small Potatoes | Ham and cheese empanadas
- Restrooms
- Medical Safety

PAS del Maderero

- Hot and cold drinks
- Sweet snacks | Salty snacks | Bananas
- Pizzetas | Noodles
- Medical Safety

PAS Vallescondido 2

- Cold and hot beverage
- Sweet snacks | Salty snacks
- Restrooms
- Medical Safety

PAS del Gimnasio - Puesto de Asistencia Total

- Hot and cold drinks
- Sweet snacks | Salty snacks | Bananas | Sacramentos
- Broth with pasta | Chicken and Rice Stew | Small Potatoes
- Medical Safety
- Restrooms
- Runner's Bag

PAS Rosales

- Cold and hot drinks
- Sweet snacks | Salty snacks
- Small potatoes
- Medical Safety
- Restrooms

PAS Portezuelo

- Hot and cold drinks
- Oranges | Bananas
- Sweet snacks | Salty snacks | Sacramentos
- Broth with pasta | Pizzetas | Small potatoes
- Restrooms
- Medical Safety

PAS Colorado 1 y 2 – Puesto de Asistencia Total

- Hot and cold drinks
- Oranges | Bananas
- Sweet snacks | Salty snacks | Sacramentos
- Broth with pasta | Empanadas | Pizzetas | Small potatoes
- Medical Safety
- Restrooms
- Runner's Bag

PAS del Mallín

- Hot and cold drinks
- Sweet snacks | Salty snacks | Bananas | Sacramentos
- Broth with pasta | Noodles
- Medical Safety
- Restrooms

PAS Quechuquina

- Hot and cold drinks
- Sweet snacks | Salty snacks | Bananas
- Broth with pasta | Pizzetas | Small Potatoes
- Medical Safety
- Restrooms

PAS Nonthue - Puesto de Asistencia Total

- Hot and cold drinks

- Sweet snacks | Salty snacks | Bananas
- Broth with pasta | Chicken and Rice Stew | Small Potatoes
- Restrooms
- Medical Safety
- Runner's Bag

PAS del Lago

- Hot and cold drinks
- Sweet snacks | Salty snacks | Bananas | Sacramentos
- Broth with pasta | Pizzetas | Small Potatoes
- Restrooms
- Medical Safety

PAS Coihue

- Hot and cold drinks
- Bananas
- Sweet snacks | Salty snacks | Sacramentos
- Empanadas | Small Potatoes | Noodles
- Medical Safety

PAS Bayos

- Hot and cold drinks
- Oranges | Bananas
- Sweet snacks | Salty snacks | Sacramentos
- Broth with pasta | Pizzetas | Small Potatoes
- Restrooms
- Medical Safety

Finish Line

- Hot and cold beverage
- Snacks | Bananas | Oranges
- Medical Safety
- Restrooms

(!) The Medical Team will be available throughout the circuit for emergencies.



Gluten Free Kit: quince paste, Mogul candy, cereal bar, salted peanuts, broth.

Hot food: Ham and cheese gluten-free empanadas, at all PAS where empanadas or pizzeta are listed. Rice with chicken at PAS del Gimnasio and PAS Quechuquina.

*Sweet snacks may include: quince paste, Mogul candy, cookies, cereal bites, mixed nuts, raisins, fruit, depending on the PAS.

**Salty snacks may include: "palitos" (salty sticks), potato chips, salted peanuts, depending on the PAS.

Course Marking

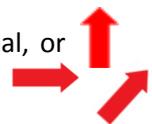
The courses will be clearly marked throughout their entire length so that competitors can run without the risk of getting lost.

The markings will be the following:

- ▣ **White with Patagonia Run logo**   : This is the main tape that marks all courses. Competitors should only follow these tapes to know that they are on the race trail or sector. In the forest, they will be placed on trees, bushes, and reeds. In the pampas, they will be placed on reeds. You must follow the marks. If you do not see white tapes in a section of the forest or in a clearing, you must go

back to the last point where you sighted a tape. Tapes will be more frequent in intricate forest or mountain sectors, but where there is a single trail or pampas, they will be sufficiently spaced so that competitors can identify the route without getting lost just by looking up.

- 📍 **Yellow Tape with Patagonia Run logo:** Trails or roads that must NOT be transited will be cut off with yellow tapes. Runners must not cross any sector with yellow tape.
- 📍 **Orange Tape with Patagonia Run logo:** if additional marking is required due to snow or lack of contrast, white tapes and orange tapes will be used together to indicate the direction of the race.
- 📍 **Arrow Tape:** has a dual function: it will cut off a passage (road, trail) and indicate the direction of circulation. Follow the direction of the arrows >>> >>>
- 📍 **Reflective Arrows:** will indicate the direction to follow, they may be vertical, diagonal, or horizontal.
- 📍 At critical crossings there will be **flagmen** to indicate the correct path. Follow their instructions.



Given the length of the courses, sectors with multiple trail crossings, and the changing terrain, we recommend that competitors constantly look ahead for the identification tapes.

There will be abundant marking, but it is important not to inadvertently take unmarked trails or shortcuts and to follow the instructions of the **flagmen** to avoid getting lost.

- ⚠️ **It is important that you observe the marking and the indicator signs at the PAS.**
- ⚠️ **Do not take the runner ahead as a reference.**

Given the length of the routes, sectors with multiple trail crossings and the changing terrain, we recommend that competitors constantly look ahead for the identifying tapes. There will be abundant marking, but it is important not to inadvertently take unmarked trails or shortcuts and to follow the instructions of the flag bearers in order to avoid getting lost.

➡ WITHDRAWAL PROTOCOL

Any runner who **abandons the race** must **MANDATORILY notify the Organization**. Failure to do so will imply that the participant is considered **missing**, activating unnecessary protocols.

The withdrawal notification **will only be valid** if made to the **Head of the PAS (PAS, Start Line, or Finish Line)**, who will be duly identified.

Flagmens or other personnel **DO NOT** receive withdrawal notices.

Anyone who abandons must **hand over the CHIP** to the Organization's representative and will be transported in official vehicles to the Race Office, in the city center, at the time the Organization determines.

- ⚠️ **If you decide to be transported by family or friends, you MUST NOTIFY the Head of the PAS, at the Finish Line, or at the Race Office.**

➔ CLEAN RACE – WASTE

The competition takes place within the Parque Nacional Lanín and natural environments of great beauty. Undoubtedly, the scenic setting where it develops is a key factor to which we owe much of the success. Conserving this landscape is the task of everyone, those who live here and those who visit us.

For this reason, **IT IS FORBIDDEN TO THROW GARBAGE** during the race. There will be waste containers inside the PAS and 100 and 300 meters from the trail exit. We will be inflexible with those who throw garbage on the courses by means of disqualification.

Having a clean race depends on all of us.

➔ RACE TIPS

- *Terrain: 85% of the route runs through private or publicly-owned land with private exploitation. Therefore, we strongly request that you do not access these sectors either before or after the race, as this could jeopardize the organization's relationship with the owners for future editions of the race.*

Start at RCM4. You will pass through San Martín de los Andes crossing streets until you cross Route 40. From the Route 48 and Route 40 roundabout, you will go up neighborhood streets until you enter the Pine Forest. From there you will go up a vehicular road until you enter the Vallescondido neighborhood. There you will reach the first AS Vallescondido1 (Km 5.2). Then the ascent to Mallín Grande begins along an internal Estancia road until you reach a Maderero road that runs flat towards the Mallín. At approximately 1.5 km at the intersection with the vehicular road on the left you will enter that road, cross a bridge and at approximately 500 meters there will be a detour to take a narrow winding trail that will lead you to the AS del Galpón (Km 13.1). From there, they begin a VERY steep climb ("Gimnasio Climb") until they enter Cerro Chapelco. They will continue uphill until they reach Pista Norte. From here they will descend a vehicular road for about 800 meters until they turn left onto a road that climbs to Cota 1700. Upon reaching this sector you will already see the Chapelco Ridge, which you will climb directly with a diagonal ramp of 33° slope in the last 400 meters. From this ridge you will travel all along the trail until you reach the summit of C° Teta, CAUTION on the DOWNHILL It is very slippery!! and then descend along a mountain road until joining the descent along Pista el Tubo. At the end of this descent they will head towards Pista Panamericana with a short initial ascent and then a very steep descent almost until the end. From there, the AS Las Pendientes (km 22.4) is accessed via a trail. There you exit upwards along the ski slope until you reach a stream where a steep climb begins in the Lenga forest until you reach the Pradera del Puma sector. The last 500 meters will be on a tangled Lenga trail. There they will continue along a trail with a slight and constant ascent through the forest until they reach the Kite Ski cabin. They continue climbing up to the Dome, whose structure will be visible from afar (except for fog). From this point they begin a 4 km descent, first along a narrow mountain road and then they will continue along a trail with a slight and constant ascent until they surround the East side of Cerro Mocho, reaching 1850 masl. From here a technical descent begins which they must do following the marked route and with **UTMOST CAUTION**. It will be a descent of approximately 500 meters until they reach a flat mallín (wetland) where they will enter a forest of stunted Lenga, a winding trail of Ñire until they enter winding forest trails until they reach Laguna Verde. There they will descend along a vehicular road until they reach a single building. From there they will ascend through the bed of a dry stream for approximately 700 meters ("Antonia's Climb"). **CAUTION ON THIS ASCENT**. Upon leaving the stream they join a vehicular road that will lead them to begin the descent to Mallín de Val del Águila. They will descend along this irregular logging road until they reach Mallín Grande de Val del Águila again. At 3.5 km they will reach AS del Maderero (km 36). Here they leave the logging road to take a trail access to the Vallescondido neighborhood via a trail with constant ascent passing the Mallín until climbing an abandoned road ("Las Zetas") until passing a dry lagoon and leaving the forest you will be able to see the city of San Martín de los Andes. From here descend along a road and trails until reaching AS Vallescondido 2 (Km 48.3). Then along streets with a continuous descent to San Martín de los Andes, along communal roads and trails. Upon entering the most populated sector and especially upon reaching Route 40 ("Bajada de los

Andes”) PAY ATTENTION TO MARKING and ROUTE 40 CROSSING. Upon crossing Route 40, continue along the shoulder for about 500 meters to the synthetic grass field next to the Carriqueo Gymnasium where you will enter the PAS del Gimnasio (km 52.5) and External Assistance Point 1 (“PAEX 1 Point”). The last time to leave this PAS is 02:00h on Saturday 11. Exit this AS via an asphalted street that passes in front of the new hospital of San Martín de los Andes and from there, about 500 meters, entrance to the Mountain Cavalry Regiment through open wire fencing. PAY ATTENTION here! You must follow the trail and cross the Officers' Neighborhood street. From there they continue along a trail until joining the trail to PAS Rosales, the same as the other distances. From there, initially along a road for about 800 meters, then narrow trails with clear climbs up to km 6. It continues with narrow trails descending to Laguna Rosales and from there crossing the pampa to the AS Rosales (km 61). Then it continues along a logging road ascending with a medium slope. Then a detour along a narrow trail with a steep ascent and descent to PAS Portezuelo (1400 masl) (km 67.9). From there, ascent to the summit of Cerro Colorado along narrow trails with pronounced ascent and descent until leaving the forest. From the summit (1765 masl) steep descent to the base of the Hill (700 meters of elevation change in 3 km). Arrival at PAS Colorado1 (km 78.2) along a flat and narrow trail. From there it continues along the Vázquez trail towards PAS del Mallín. It is very important that you look at the signage here at PAS Colorado to exit on the correct trail immediately to the right. **YOU MUST NOT GO STRAIGHT** where the returning runners arrive!! This trail is winding with a gradual climb crossing several streams. Then a steep climb bordering a wire fence until joining a flat trail and a very fast descent until a detour to the right where they will join a VERY steep trail (“Subida de la Hermana”) that ascends to Portezuelo del Cº Centinela at 1500 masl and a steep and winding descent to the entry sector of the great Mallín de Quilanlahue, crossing wire gates along a flat trail to PAS del Mallín (km 88.5). Attention, this section to PAS Quechuquina is the longest without aid (16.3 km) !! PAY ATTENTION at 3.5 km in Corral Redondo there is a detour to the left for 70k. **YOU MUST NOT FOLLOW THAT DETOUR.** Both you from 100 Miles, and the 110k runners continue straight, crossing a stream. They will continue with a gentle ascent crossing streams until passing a wire fence. From there they will continue along a flat trail until joining a clear downhill trail until reaching a trail in a dirt ravine on the left. This trail climbs 2.5 km until entering the forest with reeds. Then there is a flat sector until a very fast descent along a wide and slippery trail until reaching Route 48 (road to Hua Hum). They will cross and along flat trails, at approximately 3 km, will be PAS Quechuquina (km 104.7). Last time to leave this AS is 20:00h (Saturday 11). Here you travel along roads of Estancia Quechuquina with ascents and descents until exiting through a gate onto Route 48. From this point they will go along the left shoulder of Route 48, **TO THE LEFT** of the cones that delimit where they can circulate. **YOU MUST NOT CROSS THE CONE LIMIT** - This is reason for an initial sanction and then Disqualification for not respecting this rule. Many vehicles pass along this Route - This section is downhill for 1.3 km. Then they re-enter the pine forest and will go towards the West where PAS Nonthue will be. To reach this PAS they will travel along the beach for 300 meters and then on a flat forest trail. Here there is a section that they will share with those returning from PAS Nonthue towards PAS del Lago. At 1.5 km the outbound trail continues straight and the return trail will be seen to the left. Follow the signs. Finally they will arrive at PAS Nonthue and PAEX2 Point (km 111.1). From this PAS they will exit from behind towards the lake, along the coast and then along a trail in the forest until joining the trail they used to arrive at Nonthue. They will continue to the right along the trail to the beach again and there the paths separate. To the right they will go along the stone beach until entering the pine forest. There they will go along forest trails with steep ascents and descents until reaching the native forest (without Pines). They will travel a flat trail that crosses Arroyo Quiñilhue and climbs a steep trail until entering logging roads that reach the shore of Lago Lacar. They will travel 300 meters inside the lake with water up to their thighs until reaching AS del Lago (km 121.8). Last time to leave this PAS is 23:15h (Saturday 11). From here a constantly uphill trail begins until the next AS along narrow trails that pass through Laguna Las Corinas until reaching PAS Coihue (km 130). Last time to leave this PAS is 02:00h (Sunday 12). PAY ATTENTION to Marking. From here you access the Summit of Cº Quilanlahue (1650 masl) via a steep and winding trail up to high-altitude forest (700+ meters of elevation change in 3km). From this point an initial descent with little elevation change along forest trails, then a fast descent along very wide trails until Cantera Blanca. From here return to PAS Colorado 2 at 4 km along an initial flat trail and then a sharp descent. And finally flat along trails and arrival at PAS Colorado2

(km 142.4). Last time to leave this AS is 05:00h (Sunday 12). Return to the FINISH LINE. They will go along a flat trail in pampa exposed to the wind. At 3 km from the AS, winding trails with significant ascents and descents to PAS Bayos (km 151). Last time to leave PAS Bayos is 06:00h (Sunday 12). Return to the Finish Line along a clear uphill trail ("Whale's Back") up to km 152.8. There at the crossing with Route 48 there will be a Cut-off Time at 06:30h (Sunday 12). From there descent initially along a vehicular road and the last 2km along a steep trail to the lake. Finally cross the beach until joining Av. San Martín which takes them to the FINISH LINE along 6 city blocks. There will be crossings of several narrow streams and depending on the weather, very slippery mud or dust. There will also be fence crossings that will be well marked. They must only cross through the marked sector. There will be Course Marshals at key crossings.

- Footwear with VERY good grip. Gaiters are key, they are useful on forest and steppe trails, ridges, ascent and descent of Cº Colorado, Cº Quillanlahue and to prevent burrs from sticking. Clothing according to weather: it can be very cold and rainy/snowy. Footwear will get wet ALL the time (even when leaving an PAS). Very strong exposure to wind on summits, ridges and Lago Lacar shore, as well as very low temperatures (-5 to -10 °C) during the early morning in the aforementioned places and Mallín de Quillanlahue. Anticipate clothing change at PAS del Gimnasio, PAS Colorado, and PAS Nonthue. Check the forecast, we recommend these links where you can see the weather report for each of the following PAS (most reliable 48 hours before the race):

Start and Finish Line: <https://www.windguru.cz/735262>

Cº Chapelco Summit: <https://www.windguru.cz/735240>

PAS Portezuelo: <https://www.windguru.cz/735254>

Cº Colorado Summit: <https://www.windguru.cz/589218>

PAS del Lago: <https://www.windguru.cz/735259>

Cº Quillanlahue Summit: <https://www.windguru.cz/589357>

PAS Quechuquina, PAS Nonthue: <https://www.windguru.cz/889933>

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

- **Headlamps or handheld lights with VERY GOOD ILLUMINATION (minimum 200 lumens) and spare batteries and/or replacements ARE ESSENTIAL** (rechargeable batteries generally do not last more than 8 hours). Remember that you must start with the headlamp on and lit and **carry BOTH headlamps with you throughout the entire course anticipating** batteries with an autonomy for 35 hours, regardless of whether it is daytime. **For those who take 42 hours, you will have 13 hours of daylight and 28 of darkness!!!**

There are reflective tapes throughout the course (outbound and return). **You may be asked at any point on the course to show the light you are carrying. If you do not have a working headlamp, you will be removed from the race as it is a Safety element!.**

Pay attention to these times: start with the **headlamp on and lit**, you can turn it off 500 meters from the Start; **on the course, from 17:00h YOU MUST put on the headlamp, at 18:45h YOU MUST TURN IT ON and keep it on until 8:00hs.** This is mandatory, even if there is daylight.

- Variable cell phone signal present from the start to PAS Rosales. Little to none afterwards. Variable at PAS Colorado. Variable signal in the Cº Quillanlahue sector. Present from PAS Bayos to the Finish Line.
- Follow White Tapes with Logo and instructions from Course Marshals. If there is snow on Cº Chapelco, Cº Colorado, and Cº Quillanlahue the marking is reinforced with orange tapes. Full return with reflective tapes to the Finish Line. Do not cross yellow tapes that cut off paths that you should not travel. Do not follow the "mob" (large group of runners). **There will be abundant signage, PLEASE READ IT.**

In the section between PAS Quechuquina and PAS Nonthué, competitors will travel along Provincial Route No. 48 for approximately 1.3 km. In this sector, **they must travel obligatorily between the shoulder and the line of cones arranged to their right**, which delimit the enabled circulation lane for the competition.

Any competitor who does not respect this indication and travels on the road/vehicular path will be subject to a **thirty (30) minute penalty** for a first infraction. In case of reoffending, they will be **disqualified**. This measure is of **strict compliance and preventive safety nature**, so maximum attention and respect for this indication is requested. **PAY CLOSE ATTENTION TO THIS INDICATION.**

- It is essential to listen to the technical briefing on Sunday, April 5, as on Monday you will have the possibility to clarify doubts by asking questions in the video streaming that will be held about the technical briefings.
- Depending on weather conditions, a circuit Plan B may be activated, which will be announced before the start or in exceptional circumstances during the course.
- **If you decide to drop out it is KEY TO NOTIFY** because, otherwise the participant will be **presumed missing** and will generate **activation of unnecessary protocols**. You must do so exclusively to the AS Chief, Rescuers, Start, or Finish Line. Do not notify Course Marshals of the drop-out, they only indicate the way to follow. At all AS there will be transport to the Race Office with hourly departures. **If you decide to be transported by family or friends, YOU MUST NOTIFY** the AS Chief, at the FINISH LINE, or at the Race Office.

- **RACE NUTRITION** by *NDA Nutrición en Acción*

Pre-race nutritional aspects to consider

It is important in the 72 hours prior to work on carbohydrate loading, that is, to include foods that provide energy. Include in your meals, foods such as: white noodles, white rice, white bread, rice crackers, polenta, potato, sweet potato, among others.

Try to reduce foods that are sources of fiber, protein, and fat, as these slow down digestion and can generate discomfort during the race. Therefore, avoid whole foods, high consumption of fruits and vegetables, and meals that have a lot of red meat, cream, or butter.

Keep in mind that the water is potable or from a safe source and stay well hydrated.

- **Fluid and salt requirements:** Water consumption should be between 400 to 800 ml/h (adjust according to body weight and training), a practical example is one soft drink/hour per hour. The consumption of sports drinks which provide salt and sugar helps to rehydrate properly. Their use becomes more important in races lasting more than one hour (Example: Powerade).

Stream water, although not contaminated, is not potable. Consume the water provided at the AS; if using stream water, keep in mind to bring water purification tablets, which are placed in one liter of water and take 30 minutes to take effect.

Remember to bring a cup or glass suitable for hot and cold drinks, as it is necessary to consume the hydration provided at the aid stations. It is a mandatory item.

- **In-race supplementation:** If the race is longer than an hour and a half, it is important to replenish energy reserves, which are supplied by carbohydrate-rich foods. That is why supplements/foods are provided every 40/60 minutes during the race.

Examples of supplements that cover this objective are: gels, sports drinks, gummies, quince paste, potato chips, "palitos" (salty sticks), among other examples (everything commonly found at Patagonia Run AS aims to restore body energy).

Including salty foods such as: "palitos" (salty sticks), potato chips, small potatoes, empanadas, small pizzas, broths, helps to recover salts and promote rehydration.

It is important to have tried everything before the race, in every training session, to ensure good gastrointestinal tolerance.

In this distance, salt or caffeine tablets may be considered for those people who have already tried them and where there is a marked and individualized need. You can work a little on amino acid or protein recovery during the race, as a secondary aspect. For this, just by incorporating foods such as: small pizzas with cheese or ham and cheese empanadas or rice stew with chicken from the aid stations, the objective will be covered.

**Based on scientific evidence*

➔ CONTACT

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