



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



RUNNER'S GUIDE
10k

Participant Guide 10k Patagonia Run 2026

➔ General Description of Patagonia Run 2026 - 10k	<u>2</u>
Registration and Kit Pickup	<u>2</u>
Technical Briefing	<u>3</u>
Start - Transportation to Start - Cloakroom	<u>3</u>
Finish Line	<u>4</u>
Award Ceremony	<u>4</u>
Mandatory Gear - Equipment Recommendations	<u>4</u>
➔ Course Information	<u>5</u>
Elevation Profile	<u>6</u>
Aid Stations (PAS) and Cut-off Times	<u>6</u>
Services at the Aid Stations (PAS)	<u>7</u>
Course Marking	<u>7</u>
➔ Withdrawal Protocol	<u>8</u>
➔ Clean Race – Waste	<u>8</u>
➔ Race Tips	<u>9</u>
➔ Contact	<u>10</u>

➔ GENERAL DESCRIPTION OF PATAGONIA RUN 2026 - 10k

Fast, accessible, and with Patagonian views.

An ideal distance to start trail running or to run hard and enjoy the surroundings. You will alternate between dirt roads and easy-to-follow trails, with a short climb and a fast return to the center of San Martín de los Andes.

Date: Wednesday, April 8, 2026

Start time: 12:00h.

Maximum race time: 5 hours. Classification closing: 17:00h.

Distance: 13 km | Positive Elevation Gain (D+): 693 m

Approximate maximum altitude: 892 m.a.s.l.

Cut-off times: 2. Plan your passage through each cut-off with ample margin to reach the finish line calmly.

Terrain: dirt roads and wide trails; mostly runnable.

Environment: valleys and Patagonian Andean forest with panoramic points; mountain trails and roads in San Martín de los Andes and authorized areas for the event (Parque Nacional Lanín and surrounding areas).

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

Challenges and obstacles: Short slopes, some sustained descents; pay attention to loose ground.

Important note on access: a large part of the course passes through private and/or restricted access sectors (Ejército Argentino, Gendarmería, estancias, and other institutions) **authorized only for and during the event**. Please, do not enter these places to train, let us respect together the permits that the organization obtains for the continuity of Patagonia Run.

Categories

Youth Male from 12 to 19 years - Youth Female from 12 to 19 years

Male from 20 to 29 years - Female from 20 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 to 69 years - Female from 60 to 69 years

Male from 70 years and over - Female from 70 years and over

Registration and Kit Pickup

Time: The available slots will be for **Tuesday, April 7** exclusively, between 09:00 and 22:00 hours, at the assigned time slot.

Location: Race office - Le Village hotel event center - Gral. Roca 816, SMA

Registration is exclusively personal and will be organized by individual shifts; each participant must **reserve a time slot** to enter the registration area. These slots will be available online on the [runner profile](#) and will be announced via email and official Patagonia Run social networks 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 10k 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](#).

- **MINORS UNDER 18 YEARS OLD**: Must register **accompanied** by a **mother, father, or guardian**, who must also **present their identity document** and a photocopy of it, and, if the minor's document does not include the parents' names, they must present a birth certificate or document stating the guardian's figure, who must sign the Participant's Authorization and Acceptance of Responsibilities at the registration. If they cannot attend the registration accompanied by a parent/mother/guardian, request a copy of the Authorization from info@patagoniarun.com to bring it signed before a Public Notary.

The **complete** race **Kit** will be delivered, containing:

- **RACE BIB** with the runner's **number** and Chip, mandatory throughout the race.
- **OFFICIAL T-SHIRT (REMERA)** 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 **Puestos de Asistencia** and thus access Gluten-Free (Sin TACC) food.

IMPORTANT:

Kit pickup is personal on April 7 exclusively.

Be punctual, arrive at the location 15 minutes in advance, NOT before, to avoid waiting outside the hall.

Companions are not allowed to enter, except for minors who must enter with a mother, father, or guardian.

10k Technical Briefing

The 10k 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: Wednesday 8, 12:00h*.

Start Location: Plaza de Armas del Regimiento de Caballería de Montaña 4 “Coraceros Gral. Lavalle” (RCM4) – Av. Regimiento de Caballería (Ruta 62).

* Starts will be by corrals; during registration, each participant will be informed of the assigned start corral based on the "estimated race time" provided during registration.

Transportation to Start EXCLUSIVE for 10k runners

From **10:30h** to **11:30h**

From the PAS Traslados located on Belgrano street corner with Perito Moreno, behind Le Village.

Reserve **your spot on the official transport** when requesting the registration time slot 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 10:30h.

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 bag check items upon presentation of the **runner's race bib** or the **runner's Document** on the same Wednesday at Pabellón B del Club Lácar – Rivadavia 599 until 20:00h.

Finish Line

Wednesday 8. Latest arrival time: 17:00h.

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

Upon arrival, the runner may take a drink, collect their finisher medal, and will be invited to evacuate the arrival corral area to stretch and relax in a nearby area.

10k Award Ceremony

Wednesday, April 8

14:00h - General Categories 21k and 10k Award Ceremony.

15:00h - Age Group Categories 10k Award Ceremony.

Location: Plaza San Martín. City center.

Awards

- Trophies for the top 3 in the General Male and Female classification.
- Medallions for the top 3 in each Age Group Category, Male and Female.

Note: For awarding purposes, runners awarded in the General Category will not be awarded in their respective age group categories, thus allowing more runners to access the age group podiums.

Mandatory Gear

- **Proof of the assigned time slot for Registration**, the system to request this slot will be available on the Patagonia Run website at the end of March 2026.

- **Medical Certificate.** Must include: Runner's Name, Surname, and DNI, and a text stating that the runner is medically and physically fit to participate in Patagonia Run, specifying the distance. Must have an issue date in 2026, signature, and seal of the doctor who issued it. Download model certificate [aquí](#).
- **Runner Bib, Race 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).
- **Personal cup or bottle.** 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 bottle to consume cold or hot drinks at the posts.
- **Water bottles, canteens, or hydration pack** of 750 cm3.
- **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**.
- **Warm clothing.** When the minimum temperature expected anywhere on the course is extreme and organizers consider it a higher risk, the Organization may request the following items to be **OBLIGATORY** carried in the runner's backpack for all distances:
 - Long tights or warm pants.
 - Windbreaker jacket.
 - Microfleece.
 - Gloves.
 - Warm hat.

Equipment Recommendations

It will depend on the weather conditions; plan your clothing according to the temperatures forecasted for race day; in principle, our recommendation is the following:

- Whistle.
- Thin gloves.
- Breathable thermal clothing.
- Water-resistant windbreaker.
- Long tights. There are sectors of the course with burs, so tights should preferably be high in lycra content (slippery).
- Shoes with good traction.
- Low gaiters for shoes, to avoid burs, mud, and stones.
- Sunscreen.
- Beanie and/or cap.
- Glasses: keep in mind that you will pass through shady forest sectors and there will also be open and sunny pampas areas, so you should adjust your lenses.

➡ 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**.

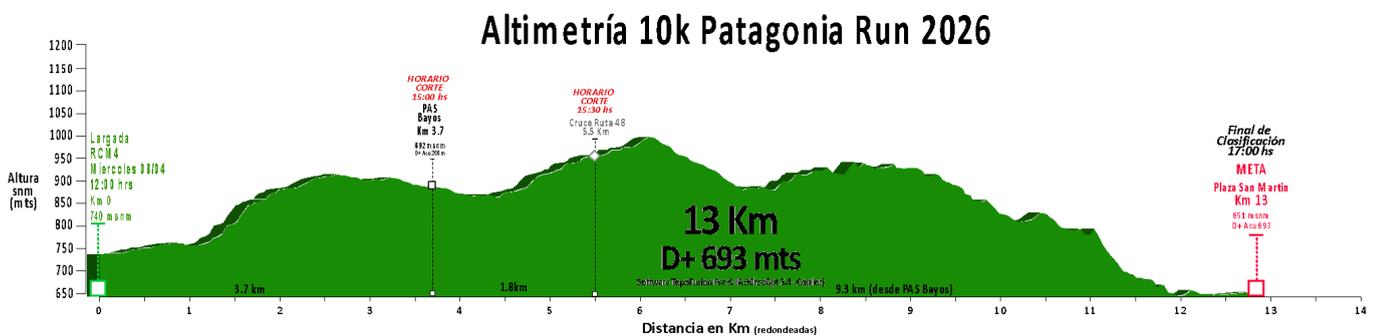
It is strictly prohibited to enter to train, scout the course, or transit **before or after the race** through these sectors, which include grazing areas and private use areas.

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.

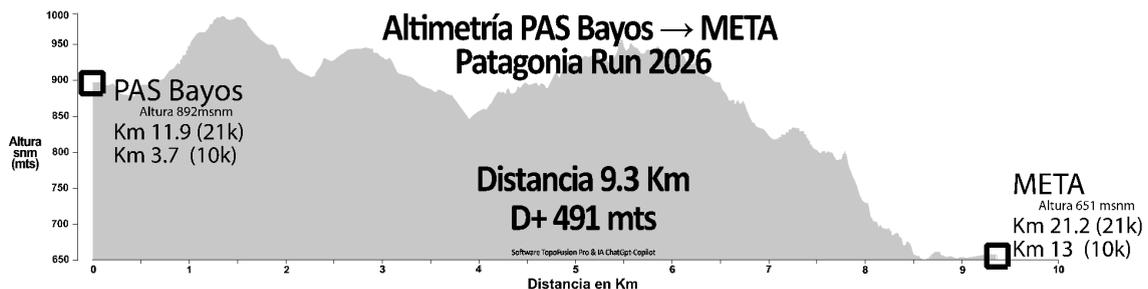
Respect for private property and the agreements reached is an **indispensable condition for the race to be held**.

Elevation Profile



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

Partial Elevation Profiles



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

10k			
AID Stations	Distance (*) from Start in km	Accumulated D+ in mts	Cut-off Time (**)
PAS Bayos	3.7	200	15:00h
Cut Route 48 (it is not PAS)	5.5	-	15:30h
Finish Line	13	693	17:00h

(*) 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.

Services at the AID Stations

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

Start

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

PAS Bayos

- Cold and hot beverage
- Broth with 'municipiones' (small pasta/rice)
- Snacks dulces | Snacks salados
- Sweet snacks | Salty snacks
- Bananas | Oranges
- Medical Safety
- Restrooms

Finish Line

- Hot and cold beverage
- Snacks | Bananas | Oranges

- Medical Safety
- Restrooms
- Drop Bag

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

*Sweet snacks may include: quince paste (membrillo), Mogul (brand of gummies/jelly beans), 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.

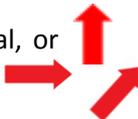


Gluten Free Kit: quince paste (membrillo), Mogul, cereal bar, salted peanuts, broth.

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 **banderilleros** 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.

➔ 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.

Flagmen 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: *coming soon*.
- Shoes with good grip.
- Clothing according to the climate: it can be very cold and there may be precipitation.

See the forecast; we recommend this link where you can see the weather report (most reliable from 48 hours before the race):

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

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

- Cell phone signal is variable but present in a good part of the route.
- Follow white tapes with the logo and instructions from Flagmen. Do not follow the "herd". If you do not see tapes ahead within 200 meters of the last one, go back to the previous tape you saw. Do not cross yellow tapes that cut off trails that you should not transit.
- 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 the weather conditions, a circuit Plan B may be activated, which will be announced before the start.

- If you decide to withdraw, it is KEY to notify. You must do so ONLY to the Head of the PAS, Rescuers, Start Line, or Finish Line. Do not notify Flagmen; they only point the way.
- **RACE NUTRITION** by NDA Nutrición en Acción

Pre-race nutritional aspects to consider

It is important during the 24 hours prior to the race to work on carbohydrate loading, that is, including foods that provide energy. Include foods such as; white pasta, white rice, white bread, rice crackers, polenta, potatoes, sweet potatoes, boniato, among others, in your meals.

Try to reduce fiber, protein, and fat sources, as these slow down digestion and can cause discomfort during the race. Avoid whole foods, high consumption of fruits and vegetables, and meals with 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 requirement: water consumption should be between 400 TO 800 ml/h (adjust according to body weight and training), a practical example is one soft/flask per hour. The consumption of sports drinks which provide salt and salt helps rehydrate adequately. Their use is more important in races lasting more than one hour (Example: Powerade).

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

- On-race supplementation: if the race is longer than an hour and a half, it is important to replenish the energy reserve, which is supplied by carbohydrate-source foods. For this reason, supplementation and nutrition during the race should be done every 40 to 60 minutes.

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

Including salty foods such as: salty sticks, potato chips, broth, helps replenish salts and promotes rehydration.

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

Amino acids or proteins are not necessary during the race at this distance.

**Based on scientific evidence.*

➔ **CONTACT**

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