



PATAGONIA RUN 2026

SAN MARTIN DE LOS ANDES



RUNNER'S GUIDE

110k

110k Participant's Guide Patagonia Run 2026

➔ General Description of Patagonia Run - 110k	2
Registration and Kit Pickup	3
Drop-Bag for Total Aid Station	3
Technical Briefing	4
Start - Transportation to Start - Cloakroom	4
Finish Line	4
Awards Ceremony	4
Mandatory Items - Equipment Recommendations	5
➔ Course Information	6
Elevation Profile	7
Aid Stations (PAS) and Cut-off Times	10
Total Aid Station	10
Services at the AID Stations PAS	11
Course Marking	13
➔ Withdrawal Protocol	13
➔ Clean Race – Waste	14
➔ Race Tips	14
➔ Contact	17

➔ GENERAL DESCRIPTION OF PATAGONIA RUN 2026 - 110k

High-Level Ultra: Long night, mountains, and Lago Lácar up to Nonthué.

A major distance for those seeking a complete challenge. Lots of mountains, many hours in the dark, and a course that also takes you through sections of Lago Lácar, up to the Nonthué area.

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

Start Time: Friday 10, 21:00h*.

Maximum race time: 35 hours. Cut-off for classification: 08:00h on Sunday 12.

Distance: 107.3 km | Positive Elevation Gain (D+): 5,730 m.

Approximate Maximum Altitude: 1,765 m.a.s.l.

Cut-off times: 6. Plan your passage through each cut-off with ample margin to reach the finish line comfortably.

Terrain: semi-technical and technical trails, with long slopes and variable terrain; a large percentage is singletrack.

Environment: summits and mountain passes, Patagonian forest, and the coast of Lago Lácar with unforgettable landscapes. Mountain trails and roads in San Martín de los Andes and areas authorized for the event (Lanín National Park and surrounding areas).

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

Headlamp: it will be checked at the start line and must be placed and turned on. This ensures everyone has working illumination for night or low-visibility sections.

Challenges and Obstacles: several hours of night running, possible sub-zero cold, stream crossings, and sectors where wading will be necessary.

Important note on access: a large part of the course 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's respect the permits the organization obtains 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: Available slots will be for the following days: Thursday, April 9, between 09:00 and 21:00h and Friday, April 10, between 09:00 and 17:30h, in the assigned slot.

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 110k 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 2 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 be handed over, **maximum weight 3 kilos per bag.**

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.**

110k Technical Briefing

The 110k 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 - 21:00h*

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

Transport to Start EXCLUSIVE for 110k runners

From **19:30h to 20:30h**

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 19:30h.**

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 from 22:00h on Friday 10 until 09:00h on Sunday 12.
Club Lácar on Sunday 12, from 10:00 to 18:00h.

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

Sunday, April 12, 10:30h.

Plaza San Martín

Awards

- Trophies for the top 3 in the 110k Men's and Women's General Classification.
- Medallions for the top 3 in each 110k Men's and Women's Age Category.

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

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 110k of Patagonia Run, expressly clarifying the 110k 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 hand-held light: 2 flashlights** of 200 lumens or higher. The more lumens, the better the efficiency for seeing the course with reflective tape.

110k participants must Start with 1 headlamp placed and turned on. It is recommended that they carry both mandatory headlamps with them to prevent being removed from the course if one fails mid-race.

After the start, they must **have the headlamp placed and turned on until 08:00 am**. If they are still on the course **at 17:00h on Saturday, they must put on the headlamps and turn them on at 18:45h**.

Runners who carry the headlamp off or in red mode, or without the correct intensity during the established hours of use, will be delayed on the course until dawn or will not be allowed to continue the race 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.**

- **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.
- **Water bottles**, flasks, or hydration pack of 1500 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.
- **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:

- o 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.
- o 2 water bottles or flasks of 750cc.
- o Waterproof and breathable first-layer gloves. Temperatures below freezing are likely in the early morning.
- o Breathable thermal clothing.
- o 1st layer Breathable Jacket due to very low probable temperatures.
- o Water-resistant windbreaker.
- o 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.
- o Shoes with good traction.
- o Low gaiters for shoes, to avoid burrs, mud, and stones.
- o Lightweight shin guards: given the prolonged transit through trails with low vegetation, this implement protects the legs from injuries.
- o Multifunction Neckwear.
- o Sunscreen.
- o Hat and/or cap.
- o 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 2 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.

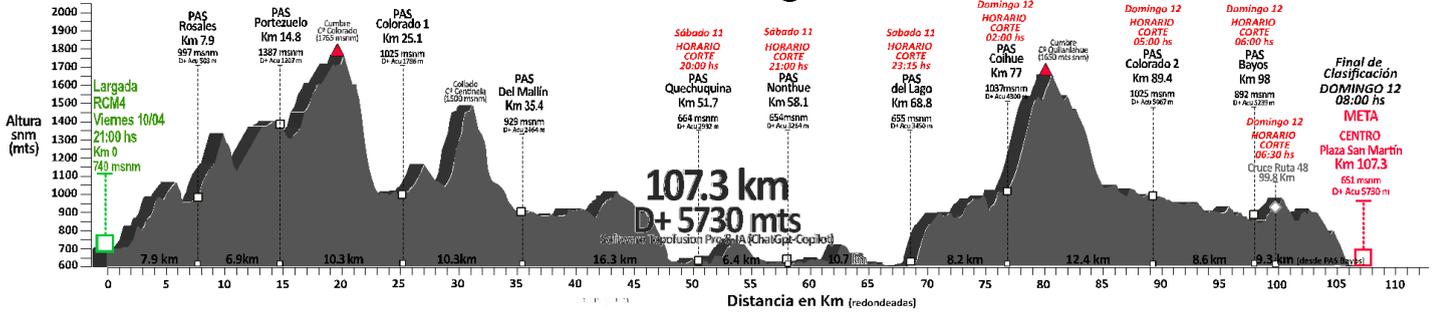
Unauthorized entry constitutes a serious offense and jeopardizes the continuity of the passage agreements, directly affecting the realization of future editions of the event.

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

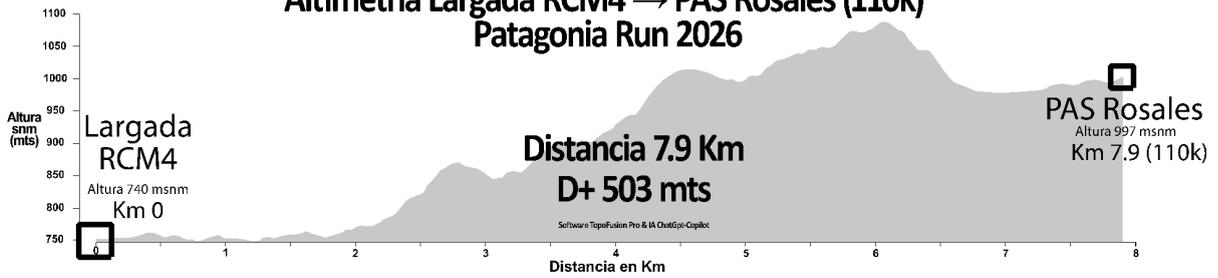
Altimetría 110k Patagonia Run 2026



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

Partial Elevation Profiles

Altimetría Largada RCM4 → PAS Rosales (110k) 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 Colorado1 → PAS del Mallín Patagonia Run 2026



Altimetría Pas del Mallín → PAS Quechuquina Patagonia Run 2026

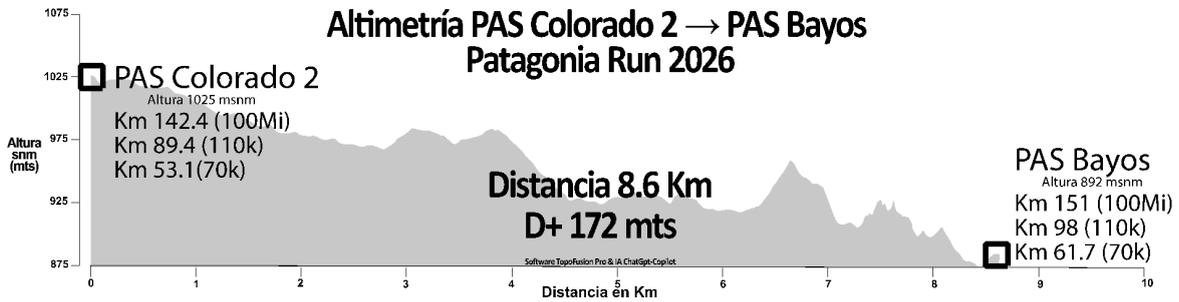
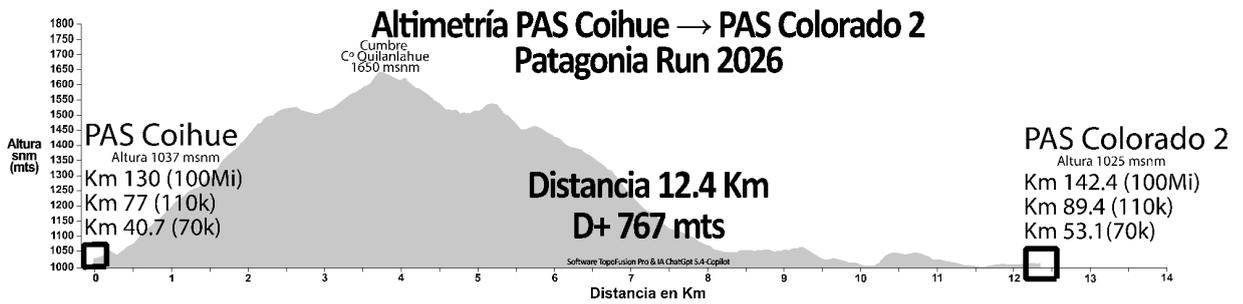


Altimetría PAS Quechuquina → PAS Nonthue/PAEX2 Patagonia Run 2026



Altimetría PAS Nonthue/PAEX2 → PAS del Lago Patagonia Run 2026





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

110k			
Aid Station	Distance (*) from Start in km	Distance (*) from Start in km	Cut-off Time (**)
PAS Rosales	7.9	503	-
PAS Portezuelo	14.8	1207	-
PAS Colorado 1 (outbound)	25.1	1786	-
PAS del Mallín	35.4	2464	-
PAS Quechuquina	51.7	2992	20:00 on Saturday 11
PAS Nonthue	58.1	3264	21:00 on Saturday 11
PAS del Lago	68.8	3450	23:15 on Saturday 11
PAS Coihue	77	4300	02:00 on Sunday 12
PAS Colorado 2 (return)	89.4	5067	05:00 on Sunday 12
PAS Bayos	98	5239	06:00 on Sunday 12
Cut Route 48 (it is not PAS)	99.8	-	06:30 on Sunday 12
Meta	107.3	5730	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 Colorado y PAS Nonthue

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

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 receipt: 3 kg.
- Bags must be handed over closed and will be labeled.
- 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.

Services at the Aid Stations

 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 Rosales

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

PAS Portezuelo

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

PAS Colorado 1 and 2 - Total Aid Station

- 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
- Restrooms

PAS Bayos

- Hot and cold drinks
- Broth with Pasta
- Sweet snacks | Salty snacks
- Bananas | Oranges
- Medical Safety
- Restrooms

Finish Line

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

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



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

Hot food: Gluten-free ham and cheese empanadas, at all PAS where empanadas or pizzeta are listed. Chicken and rice at PAS Quechuquina.

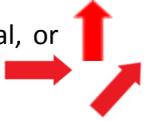
*Sweet snacks may include: quince paste (membrillo), Mogul (candy), cookies, cereal bites, dried fruit mix, raisins, fruit, depending on the PAS.

**Salty snacks may include: pretzels (palitos), 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 privately exploited public lands or Mapuche Communities. Therefore, we strongly request that you do not access these sectors before or after the race, as this could jeopardize the organization's relationship with the owners for future editions of the race.*

Start at the RCM4. From there, initially on a road for about 800 meters, then narrow trails with clear climbs up to km 6. It continues with narrow descending trails to Laguna Rosales and from there crossing a pampa to PAS Rosales (km 7.9). Then it continues on a logging road uphill with a medium slope. Then a detour on a narrow trail with steep ascent and descent to PAS Portezuelo (1400 masl) (km 14.8). From there, ascent to the summit of Cerro Colorado on narrow trails with pronounced ascent and descent until leaving the forest. From the summit (1765 masl) (km 21.3) steep descent to the base of the Hill (700m elevation gain in 3 km). Arrival at PAS Colorado (km 25.1) on 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 immediately to the right on the correct trail. **YOU MUST NOT GO STRAIGHT** where the runners returning arrive! This trail is undulating with a gradual climb crossing several streams. Then a steep climb bordering a wire fence until joining a flat, very fast descending trail to a detour to the right where you will join a **VERY** steep trail (“Subida de la Hermana”) that ascends to Portezuelo del Cº Centinela at 1500 masl and steep, winding descent to the entrance sector of the great Mallín de Quilanhue crossing wire gates on a flat trail to PAS del Mallín (km 35.4). Attention, this section to PAS Quechuquina is the longest without assistance, 16.3 km! **ATTENTION** at 3.5 km in Corral Redondo there is a detour to the left for 70k. **YOU MUST NOT FOLLOW THAT DETOUR.** You, the 110k runners, as well as 100 Miles continue straight, crossing a stream. You will continue with a gentle ascent crossing streams until you pass a wire fence. From there you will follow a flat trail until you join a clear descending trail until you reach a path in a narrow canyon to the left. This path climbs 2.5 km until entering the forest with canes. Then there is a flat sector until a very fast descent on a wide and slippery trail until reaching Route 48 (road to Hua Hum). You will cross and, on flat trails, at approx. 3 km, PAS Quechuquina will be located (km 51.7). The last time to leave this PAS is 20:00h on Saturday 11. Here you travel on roads of Estancia Quechuquina with ascents and descents until exiting through a gate to Route 48. From this point you will go along the left shoulder of Route 48, **TO THE LEFT** of the cones that will delimit where you can circulate. **YOU MUST NOT CROSS THE CONE LIMIT** - This is cause 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 you re-enter the pine forest and will head

west where PAS Nonthue will be located. To get to this PAS you will travel along the beach for 300 meters and then on a flat forest trail. Here there is a section that you will share with those returning from PAS Nonthue towards PAS del Lago. At 1.5 km the outgoing trail continues straight and the return trail will be seen to the left. Follow the signs. Finally, you will reach PAS Nonthue (km 58.1). From this PAS you will exit from behind towards the lake along the coast and then along a trail in the forest until you join the trail by which you arrived at Nonthue. You will continue to the right along the trail to the beach again and there the paths separate. To the right you will go along a stone beach until entering a pine forest. There you will follow forest trails with steep ascents and descents until you reach the native forest (without Pines). You will travel flat trails that cross the Quiñilhue Stream and climb a steep trail until entering logging roads that reach the coast of Lago Lacar. You will travel 300 meters inside the lake with water up to your thighs until you reach PAS del Lago (km 68.8). Last time to leave this PAS 23:15h (Saturday 11). From here a constant uphill trail begins until the next PAS along narrow trails that pass by Laguna Las Corinas until reaching PAS Coihue (km 77). Last time to leave this PAS 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 to high-altitude forest (700+ meters of elevation gain in 3km). From this point, an initial descent with little elevation change through forest trails, then a fast descent on very wide trails to Cantera Blanca. From here return to PAS Colorado 2 at 4 km via an initial flat trail and then a sharp descent. And finally flat through trails and arrival at PAS Colorado 2 (km 89.4). Last time to leave this PAS 05:00h (Sunday 12). Return to the FINISH LINE. You will go along a flat trail on a pampa exposed to the wind. At 3 km from PAS, winding trails with significant ascents and descents to PAS Bayos (km 98). Last time to leave PAS Bayos 06:00h (Sunday, April 12). Return to the Finish Line via a clear uphill trail (Whale's Back) until km 103.5. There, at the crossing with Route 48, there will be a Time Cut-off at 06:30h (Sunday 12). From there, descent initially on a vehicular road and the last 2km on a steep trail to the lake. Finally, cross the beach until joining Av. San Martín which takes you to the FINISH LINE for 6 blocks of street. Crossings of several narrow streams and, depending on the weather, very slippery mud or dust. There will be wire fence crossings that will be well marked. You must cross only through the marked sector. There will be Flag Bearers at key Crossings.

- Footwear with VERY good grip. Gaiters are key, they help on forest and steppe trails, ridges, ascent and descent, Cº Colorado, Cº Quilanlahue, and to prevent burr adherence. Clothing according to weather: it can be very cold and rainy/snowy. Footwear will get wet ALL the time (even when leaving some PAS). Very strong wind exposure on the Cº Colorado summit traverse, in Portezuelo del Cº Centinela, Lago Lácar coast, and Cº Quilanlahue, as well as very low temperatures (-5 to -10 °C) in the early morning, in the aforementioned places. Provide for a change of clothes at PAS Colorado and PAS Nonthue to replace wet items. Check the forecast; we recommend these links where you can see the weather report for each of the following PAS (more reliable from 48 hours before the race):

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

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

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

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

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

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

- **Headlamps or handheld lights with VERY GOOD ILLUMINATION** (minimum 200 lumens) and **spare batteries ARE ESSENTIAL**. Remember that you must start with headlamps placed and turned on and **carry a headlamp with you throughout the entire course** providing for batteries with autonomy for 35 hours, regardless of whether it is daytime. **You may be asked anywhere on the course to show**

the headlamp you are carrying. If you do not have a properly functioning Headlamp, you will be removed from the race as it is a Safety element!

Pay attention to these times: start with the **headlamp turned on** and keep it on until **08:00h**; if you are on the course after **17:00h**, you **MUST put on your headlamp and turn it on at 18:45h and keep it on until 8:00h**. This is mandatory, even if it is daylight.

- Cell phone signal is variable, present from the start to PAS Rosales. Then little. Variable at PAS Colorado. Variable signal in the Cº Quilanlahue sector. Present from PAS Bayos to the Finish Line.
- Follow the white tapes with the logo and the instructions of the flag bearers. If there is snow on Cº Colorado and Cº Quilanlahue, the marking is reinforced with orange tapes. Full return with reflective tapes to the Finish Line. Do not cross yellow tapes that cut off trails you should not travel. Do not follow the "mob." Pay attention to detour signage according to distance. There will be abundant signage, **READ IT** please.

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 obligatorily travel between the shoulder and the line of cones placed to their right**, which delimit the enabled circulation lane for the competition. Any competitor who does not respect this indication and travels on the vehicular road/path will be subject to a **thirty (30) minute penalty** for a first infraction. In case of recurrence, they will be **disqualified**. This measure is of **strict compliance and preventive safety nature**, so maximum attention and respect for this indication is requested. BE VERY ATTENTIVE 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 Plan B circuit may be activated, which will be announced before the start.
- If you decide to withdraw, it is KEY to notify. **It is very important to give notice of withdrawal, otherwise the participant will be presumed missing and will generate activation of unnecessary protocols.** You must notify exclusively the PAS chief, Rescuers, Start, or Finish Line. Do not notify Flag Bearers of the withdrawal; they only indicate the way to follow. At ALL PAS 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 PAS 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 to work on carbohydrate loading for the 72 hours prior, that is, to include foods that provide energy. Include in your meals, foods such as: white noodles, white rice, white bread, rice cakes, polenta, potato, sweet potato, among other options.

Try to reduce fiber, protein, and fat sources, as these slow down digestion and can cause discomfort during the race. Therefore, 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 must be 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 flask per hour. The consumption of sports drinks, which provide salt and sugar, helps to rehydrate adequately. Their use is more important in races that last more than an hour (Example: Powerade).

Stream water, although not contaminated, is not potable. Consume the water provided at the PAS; if you use stream water, remember 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 mug suitable for hot and cold drinks, as it is necessary to consume the hydration provided at the aid stations. It is a mandatory item.

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

Examples of supplements that cover this objective are: gels, sports drinks, gummies, quince paste (membrillo), potato chips, pretzels (palitos), among other examples (everything that is usually found in the Patagonia Run PAS seeks to restore the body's energy).

Including salty foods such as: pretzels, potato chips, small potatoes, empanadas, pizzetas, 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, you can consider salt tablets or caffeine in those people who have already tried it 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, simply incorporating foods such as: pizzetas with cheese or ham and cheese empanadas or chicken and rice stew from the stations, the objective will be covered.

**Based on scientific evidence*

➔ CONTACT

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