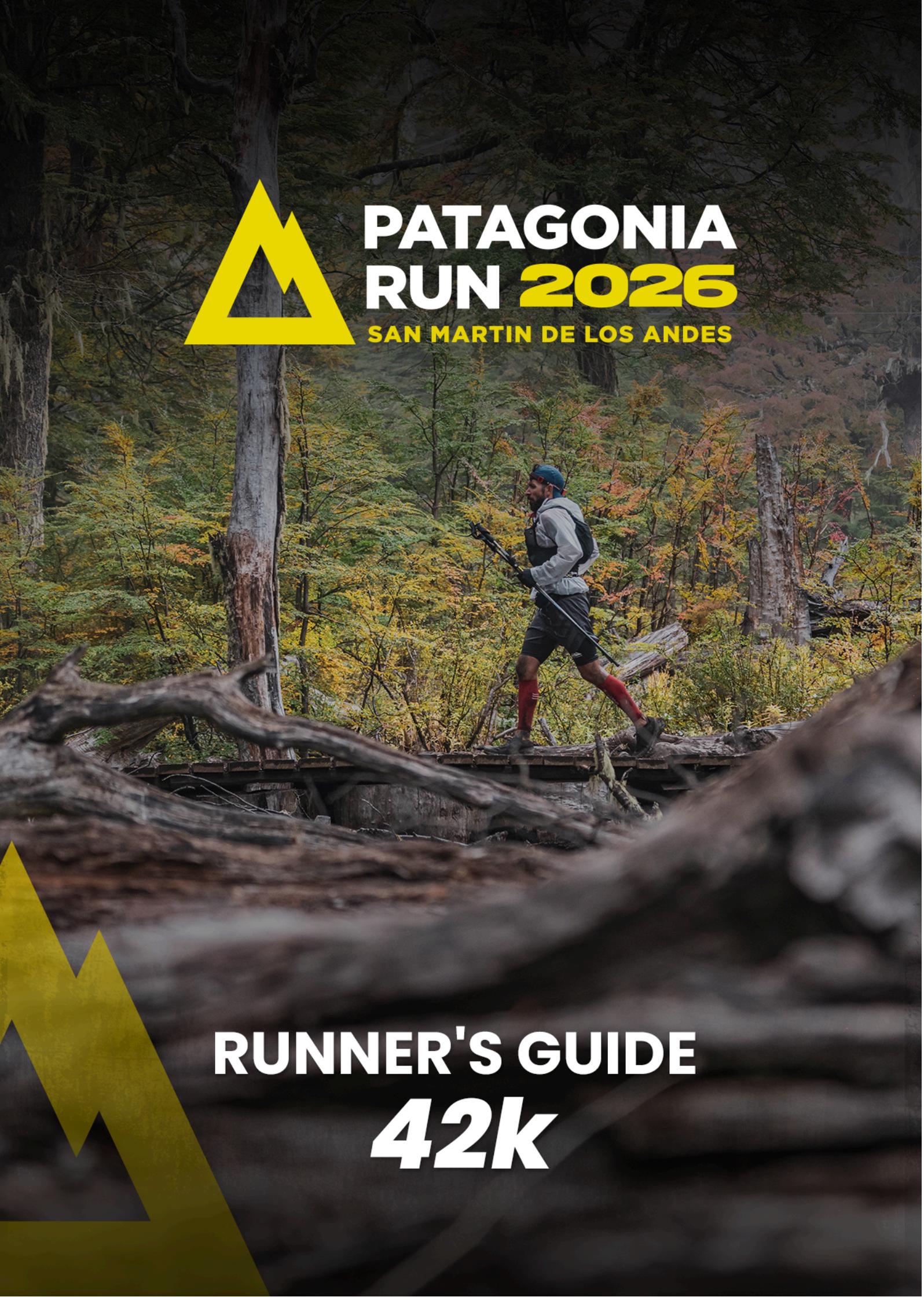




**PATAGONIA
RUN 2026**
SAN MARTIN DE LOS ANDES



RUNNER'S GUIDE
42k

42k Participant Guide Patagonia Run 2026

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➔ GENERAL DESCRIPTION OF PATAGONIA RUN 2026 - 42k

Mountain Marathon: technical, summit and fast return.

A mountain marathon with Patagonian identity. After km 15, the course becomes more technical, with long climbs and descents to be done carefully. The reward: the summit of Cerro Colorado and a final return ideal for loosening the legs.

Date: Thursday, April 9, 2026.

Start time: 09:00h.

Maximum race time: 10.5 hours. Classification closing: 19:30h.

Distance: 42 km | Positive elevation gain (D+): 2,403 m

Approximate maximum altitude: 1,765 m.a.s.l

Cut-off times: 4. Plan your passage through each cut-off with ample margin to reach the finish line calmly.

Terrain: Mountain trails for most of the route, long slopes and some very steep sections; single-track sectors.

Environment: Forests, viewpoints and the multicolored autumn around San Martín de los Andes and Lake Lácar. 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 high altitudes there may be frost and even snow. Prepare your warm clothing in layers.

Headlamp: It will be checked at the starting line and must be placed and turned on, even if there is light. This ensures that everyone has working lighting for night or low visibility sections.

Challenges and obstacles: Climb to the summit and technical descent; attention in narrow areas and with loose stones.

Important note on access: A large part of the route crosses private sectors and/or with restricted access (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 that the organization obtains for the continuity of Patagonia Run.

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

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

Note: The Junior category is participatory in nature, it does not participate in the 42k General Awards, whose cash prizes are only for those over 18 years of age.

ITRA Classification: *Coming soon*

Registration and Kit Pickup

Time: The available slots will be exclusively for **Wednesday, April 8**, starting at 09:00h (9:00 AM), at the assigned time slot.

Location: Race Office - Le Village hotel events 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 42k 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.
 - **BAG** with the runner's number for the TOTAL AID STATION (PAS TOTAL).
 - **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 collection is personal only on April 8.

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.

Drop-Bag for Colorado Total Aid Station

⚠ It is important to arrive at Accreditation with the items that will be left in the **runner's bag** separated and ready to hand over, since the drop-off must be done on the same Wednesday, April 8, at the assigned slot which will be 30 minutes after the accreditation slot.

Time: Wednesday 8, at the assigned slot.

Location: Pavilion B of Club Lácar – Rivadavia 599.

Present with:

- Assigned slot for Runner's Bag drop-off. Show the proof.
- Bag to drop off, **maximum weight 3 kilos**.

IMPORTANT: Upon dropping off the bag, a **receipt** will be sent to the participant's email, **which will be a mandatory condition to present**, in order to pick it up later at the same place where it was dropped off, **Pavilion B of Club Lácar** on Friday 10, from **10:00h to 19:00h**.

42k Technical Briefing

The 42k 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: Thursday 9, 09:00h*.

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.

Transport to Start EXCLUSIVE for 42k runners

From 07:00h to 08:30h

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 07:30h.**

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. Devolución de elementos del guardarropa, contra la presentación del **dorsal de corredor** o del **DNI del corredor**, el mismo jueves en Pabellón B del Club Lácar – Rivadavia 599 hasta las 20:00h.

Finish Line

Thursday 9 – Finish Line Closing: 19:30h

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

Upon arrival, the runner can have a drink, collect their finisher medal and will be invited to evacuate the finish corral area to stretch and relax, and to have the necessary space.

42k Awards Ceremony

Thursday 9, 14:00h: General Category 42k Awards

Thursday 9, 17:00h: Age Category 42k Awards

Plaza San Martín

Awards

- Trophies for the first 3 in the 42k General Male and Female classification.
- Medallions for the first 3 in the Junior Male and Female promotional classification.
- Medallions for the first 3 in each Male and Female Age Category.

Note: For the purposes of awarding, 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 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 [here](#).
- **Waiver of responsibility** completed and signed.
- **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).
- **1 Headlamp or hand-held flashlight:** 200 lumens or higher. Lights that malfunction or have low illumination will not be accepted.

You must **start with the headlamp placed and turned on**, even if there is light. This ensures that everyone has working lighting for night or low visibility sections.

It could happen that, due to low visibility, the use of the headlamp is indicated either before the start and/or during the race, so it is important to **provide batteries with 6 hours of autonomy**.

If continuing on the circuit **from 17:00h you must have the headlamp placed and from 18:45h it must be turned on**.

IT IS **MANDATORY** THAT EVERY RUNNER CARRIES A PERFECTLY FUNCTIONING HEADLAMP WITH THEM **ALONG THE ENTIRE COURSE**, regardless of whether it is daytime, thus guaranteeing their safety and preparation for any eventuality. **We will be inflexible with lighting as it is a critical safety element.**

During the course, participants may be asked to show their safety elements, including the headlamp. Anyone who does not have them will be disqualified and will not be able to continue on the circuit.

- **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**.
- **Survival blanket.**
- **Warm clothing.** When the minimum temperature expected on any part of the route is extreme and the organizers consider it high risk, the Organization may request the following items to be transported in the runner's backpack for all distances as **OBLIGATORY**: Long tights or warm pants. Windbreaker jacket. Microfleece. Gloves. Warm hat

Equipment type recommendations

It will depend on the weather conditions, foresee the clothing mindful of the temperatures forecasted for the race day; in principle, our recommendation is the following:

- Waist pack with pocket for water bottle or canteen holder or backpack with hydration pack. It is advisable that both the backpack and the waist pack are not too bulky, as they will have to cross some narrow places (e.g. wire fences). In addition, they must carry all the trash they generate until the next Aid Station.
- Canteen, water bottle or hydration pack.
- First layer waterproof and breathable gloves. It is likely that there will be sub-zero temperatures in the morning.
- Breathable thermal clothing.
- Water-resistant windbreaker.
- Long tights as the weather is generally cold. There are sectors of the circuit with burrs, so the tights should preferably be high in lycra (slippery).
- Shoes with good traction.
- Low gaiters for shoes, to avoid burrs, mud and stones.
- Light shin guards: given the prolonged transit through low-vegetation trails, this implement protects the legs from injuries.
- Sunscreen.
- Multifunction neck gaiter (a type of tubular elastic fabric scarf).
- Hat and/or cap.
- Glasses: keep in mind that you will pass through shady forest sectors and there will also be open and sunny pampa areas, so you should adjust the lenses.

Note: Have a change of dry clothes.

➔ 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**.

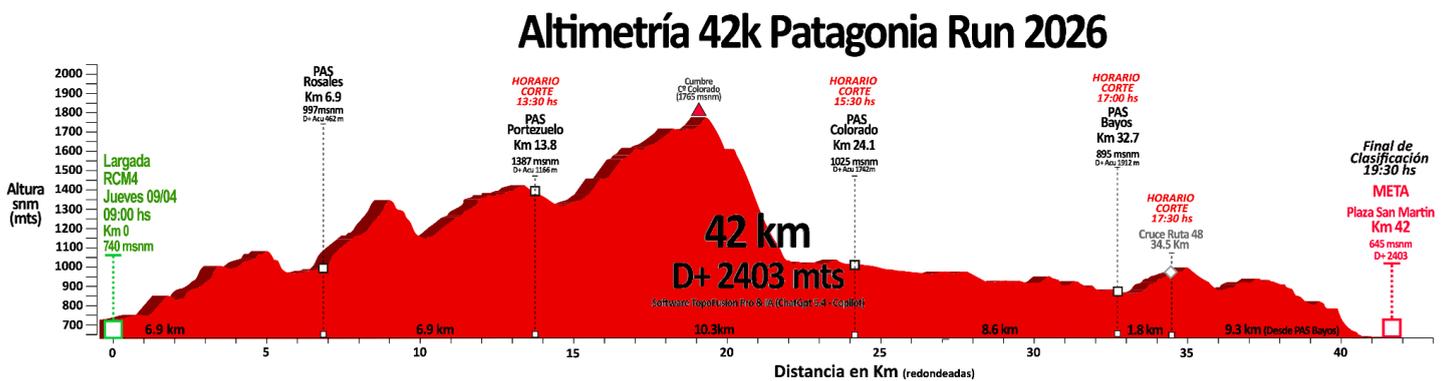
It is **strictly prohibited** to enter to train, scout the course, or transit **before or after the race** through these sectors, which include grazing areas and private use areas.

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.

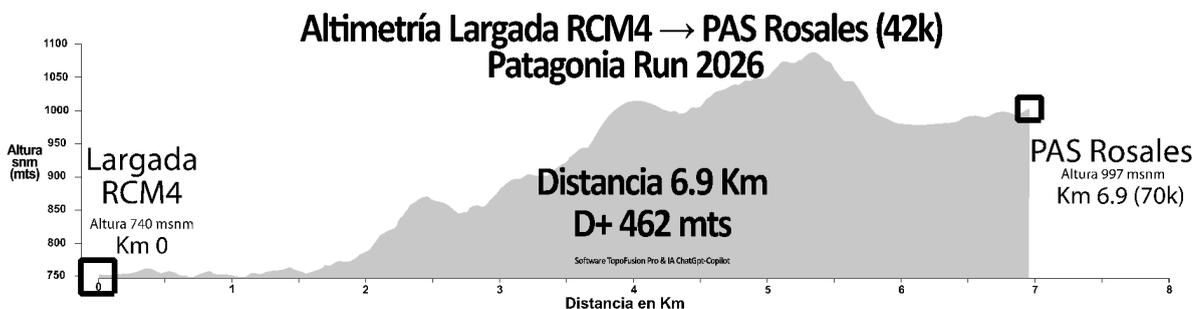
Respect for private property and the agreements reached is an **indispensable condition for the race to be held**.

Elevation Profile



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

Partial Elevation Profiles



Altimetría PAS Rosales → PAS Portezuelo (42k) Patagonia Run 2026



Altimetría PAS Portezuelo → PAS Colorado (42k) Patagonia Run 2026



Altimetría PAS Colorado → PAS Bayos (42k) Patagonia Run 2026



Altimetría PAS Bayos → META Patagonia Run 2026



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

42k			
Aid Station	Distance (*) from Start in km	Accumulated D+ in meters	Cut-off Time (**)
PAS ROSALES	6.9	462	-
PAS PORTEZUELO	13.8	1166	13:30h
PAS Total COLORADO	24.1	1742	15:30h
PAS BAYOS	32.7	1912	17:00h
Cut Route 48 (it is not PAS)	34.5	-	17:30h
Meta	42	2403	19:30h

(*) 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

If necessary, participants may choose to leave their equipment inside the PINK bag provided in the kit which will be identified with their runner number.

RUNNER'S EQUIPMENT BAGS:

- 1 bag per runner is allowed for the COLORADO Total Aid Station.
- Maximum weight: 3 kg (it is weighed upon reception).
- The bag must be delivered closed and will be labeled.
- The bags will not be refrigerated. The Organization is not responsible for losses.

DROP-OFF: Wednesday 8, with prior online appointment, at Pavilion B – Club Lácar (Rivadavia 599).

- A **reception email will be sent, mandatory to present for collection**.
- The bags are transported to the COLORADO Total Aid Station on race day.

COLLECTION: Friday 10, from 10:00h to 19:00h (10:00 AM to 7:00 PM), at the same Club Lácar location.

- **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 beverage
- Sweet snacks | Salty snacks | Bananas
- Restrooms
- Medical Safety
- Drop Bag

PAS Rosales

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

PAS Portezuelo

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

PAS Colorado - Total Aid Station

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

PAS Bayos

- Hot and cold beverage
- Broth with Pasta Shapes (Municipiones)
- 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.

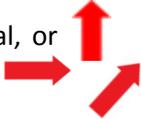
**Salty snacks may include: palitos (salty sticks), potato chips, salted peanuts, depending on the PAS.

 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.**

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.

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: 90% of the route runs through private or public lands of private exploitation or from Mapuche Communities. Therefore, we earnestly 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 the RCM4. From there, initial road about 800 meters, then narrow trails with frank climbs up to km 5. Continues with narrow trails descending to Laguna Rosales and from there crosses the pampa to PAS Rosales (km 6.9). Then follows a logging road uphill with a medium slope. Then a detour along a narrow trail with steep ascent and descent up to PAS Portezuelo (1400 meters above sea level) (km 13.8). Last time to leave this PAS 13:30h (1:30 PM). From there, climb to the summit of Cerro Colorado along narrow trails with pronounced ascent and descent until leaving the forest. From the summit (1765 meters above sea level) (km 20.3) steep descent to the base of the Cerro (700m vertical drop in 3 km). Arrival at PAS Colorado (km 24.1) along a flat and narrow trail. Last time to leave this PAS 15:30h (3:30 PM). Attention! This is the point of Return to the FINISH LINE (META). You will go along a flat trail on a pampa exposed to the wind. At 3 km from PAS, winding trails with significant climbs and descents up to PAS Bayos (km 32.7). Last time to leave PAS Bayos 17:00h (5:00 PM). Return to the Finish Line along a frank uphill trail (Whale's Back) up to km 34.6. There, at the crossing with Route 48, there will be a Time Cut-off at 17:30h (5:30 PM). From there, descent initially by vehicular road and the last 2km by 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 several well-marked wire fence crossings; you must cross only through the marked sector. There will be Flag Bearers at key crossings.

● Footwear with very good grip. Gaiters are not crucial, but they are useful on forest and steppe trails, to avoid burr adherence. Clothing according to the weather: it can be very cold and rainy. Footwear will inevitably get wet by crossing multiple streams and due to the occurrence of mud and eventual snow on the entire circuit. Wind exposure is important on the traverse to the summit of Cerro Colorado, between PAS Portezuelo and PAS Colorado, as well as very low temperatures (-5°C) and even snow. Foresee a change of clothes at PAS Colorado. Check the forecast, we recommend these links where you can see the weather report for each of the following PAS (more reliable 48 hours before the race):

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

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

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

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

- **Headlamp with very good illumination (minimum 200 lumens).**
You will start with the headlamp placed and turned on. Remember that you must carry a headlamp with you throughout the entire course, providing batteries with 6 hours of autonomy, regardless of whether it is daytime. You may be asked anywhere on the circuit to show the headlamp you are carrying.
A working headlamp is a mandatory safety item. Its absence or failure will imply immediate withdrawal from the competition.
- Variable cell phone signal present from the start to PAS Rosales. Little signal afterwards. Variable at PAS Colorado. Present from PAS Bayos to the Finish Line.
- Follow the white tapes with the logo and the flag bearers' instructions. If there is snow on ridges and summits, the signaling is reinforced with orange tapes and red and white intermittent lights. Always pay attention to the signage! Do not cross yellow tapes that cut off trails you should not travel. Do not follow the "crowd".
- 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 talks.
- Depending on the weather conditions, a circuit Plan B may be activated and 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 lost** and will generate **activation of unnecessary protocols.** If you decide to be **transported by family or friends, YOU MUST NOTIFY.**
You must do so exclusively to the Post Chief (Jefe del PAS), Rescuers, Start, or Finish Line. Do not notify Flag Bearers, they only point the way to follow.
- **NUTRITION DURING THE RACE** by *NDA Nutrición en Acción*

Pre-race nutritional aspects to consider

It is important in the previous 48 hours to work on carbohydrate loading, that is, to consume foods that provide energy. Include in your meals, foods such as: white pasta, white rice, white bread, rice crackers, polenta, potato, sweet potato, among others.

Try to reduce foods that are sources of fiber, protein and fats, as these delay digestion and can generate discomfort during the race. Avoid, then, 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 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 sugar, helps to rehydrate adequately. Its use becomes more important in races that last more than one hour (Example: Powerade).

⚠ Remember to bring a personal 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 recover the energy reserve, which is replenished with carbohydrate-source foods. This is why supplements/food are consumed during the race every 40/60 minutes.

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

Consuming salty foods such as; stick crackers, potato chips, small potatoes, empanadas, pizzetas, broths, helps to recover salts and promote rehydration.

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

In these distances, amino acids or proteins are not necessary during the race.

**Based on scientific evidence*

➔ CONTACT

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