



# PATAGONIA RUN 2026

SAN MARTIN DE LOS ANDES



## RUNNER'S GUIDE

# 70k

## 70k Participant's Guide Patagonia Run 2026

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## ➔ GENERAL DESCRIPTION OF PATAGONIA RUN 2026 - 70k

### **Ultra trail: two summits, streams, and autumn at its best**

Your first, or next, ultra in Patagonia: long, demanding, and beautiful. You will link prolonged ascents, technical descents, and mountain sections where the weather can change in minutes.

**Date: Saturday, April 11, 2026.**

**Start Time: 08:30h.**

Maximum Race Time: 23.5 hours. Classification closes: 08:00h on Sunday, 12.

Distance: 71 km | Positive Elevation Gain (D+): 4,128 m.

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

Cut-off Times (Cortes horarios): 5. Plan your pace for each cut-off with ample margin to reach the finish line comfortably.

Terrain: Semi-technical and technical mountain trails; large elevation changes and long sections at high altitude.

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 layers of clothing.

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

Challenges and Obstacles: Stream crossings, possible snow sections at high altitude, cold, and hours of darkness depending on your pace.

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**

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 Thursday, April 9, and Friday, April 10, between 09:00 and 21:00 hours at the assigned time 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 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](#).\***

- 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 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 Colorado Total Aid Station (PAS Colorado)

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

**Time:** Thursday, April 9, and Friday, April 10, at the assigned time 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 bags, a **receipt** will be sent to the participant's email, **which will be mandatory to present** to be able to pick them up at the **Club Lácar** on **Sunday, 12**, from **10:00h to 18:00h**.

## 70k Technical Briefing

The 70k technical briefing will be online and available on the Patagonia Run YouTube channel and at [www.patagoniarun.com](http://www.patagoniarun.com) on Sunday, April 5.

## Start -Transportation - Cloakroom

**Start Time:** Saturday, 11 - 08:30h\*.

**Start Location:** Plaza de Armas of the Regimiento de Caballería de Montaña 4 "Coraceros Gral. Lavalle" (RCM4) – Av. Regimiento de Caballería (Ruta 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

### Transportation to the Start EXCLUSIVE for 70k runners

From **07:00h to 08:00h**

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 07:00h.**

### 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 11:00h on Saturday, 11, 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.

## 70k Awards Ceremony

Sunday, April 12, 10:00h.  
Plaza San Martín.

### Awards

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

*Note:* For awarding purposes, 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).
- **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.

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.

Runners are recommended to carry the 2 mandatory headlamps with them to prevent being withdrawn from the circuit if one fails mid-race.

If you are still on the course, **from 17:00h** you must put on your headlamp and **turn it on from 18:45h until the end of the race**. Runners who carry the headlamp off or in red mode, or without the correct intensity during the established hours of use, will not be allowed to continue the race after 18:45h and will be held at the circuit until dawn.

⚠ **Headlamps are for Personal use. Each runner must carry their own headlamp. Sharing a headlamp between two or more runners is not permitted.**

**IT IS MANDATORY THAT EACH RUNNER CARRIES WITH THEM A HEADLAMP or hand-held light that WORKS PERFECTLY** throughout the course, regardless of whether it is daytime, thus guaranteeing their safety and preparation for any eventuality. 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 **plan for batteries with an autonomy of 12 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 lighting 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 cm<sup>3</sup>.
- **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 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**.

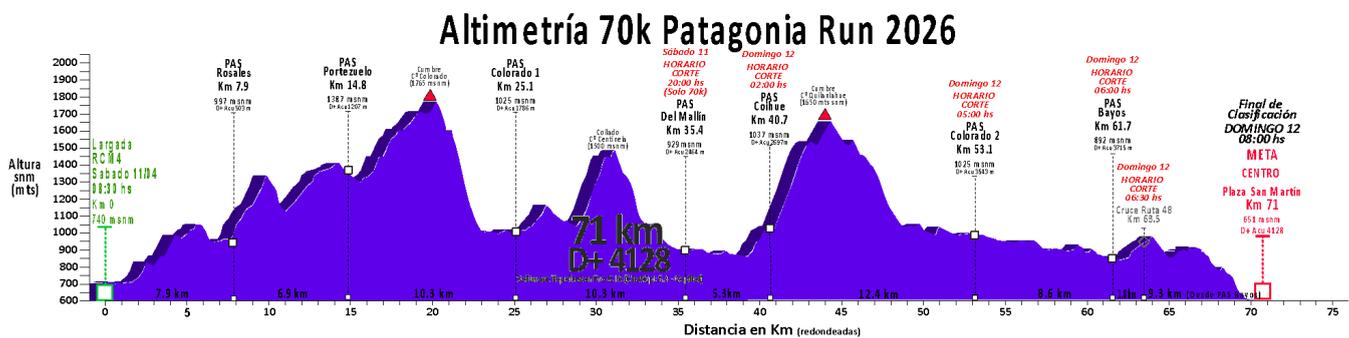
**It is strictly prohibited** to enter to train, scout the course, or transit **before or after the race** through these sectors, which include grazing areas and private use areas.

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.

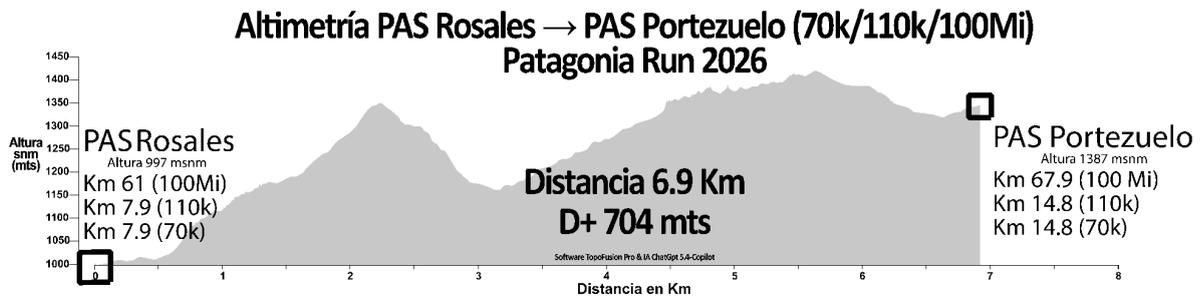
Respect for private property and the agreements reached is an indispensable condition for the race to be held.

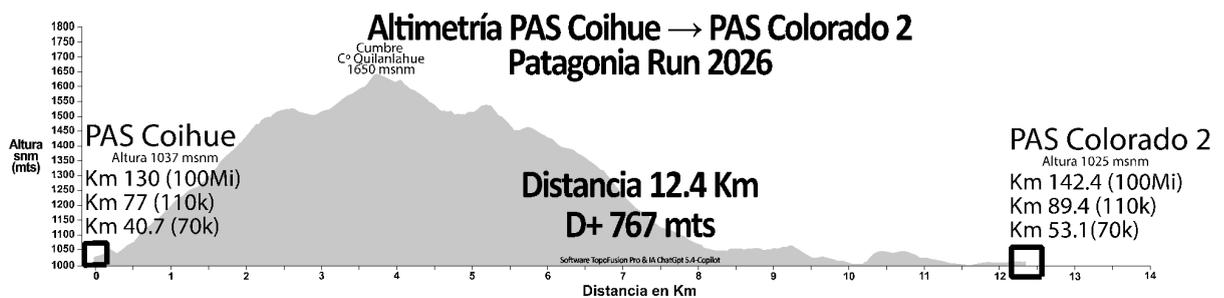
## Elevation Profile

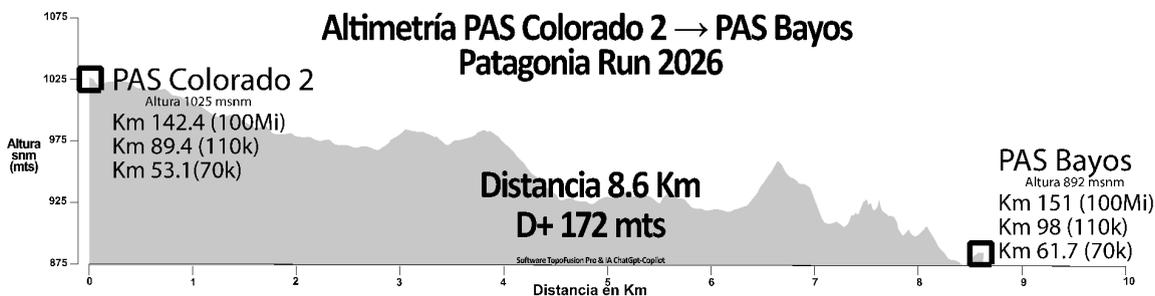


NOTE: The GPS tracks for the race will not be shared.

## Partial Elevation Profiles







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

70k			
Aid Station	Distance (*) from Start in km	Accumulated D+ in meters	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	20:00h Sat 11
PAS Coihue	40.7	2697	02:00h Sun12
PAS Colorado 2 (return)	53.1	3543	05:00h Sun 12
PAS Bayos	61.7	3715	06:00h Sun 12
Cut Route 48 (it is not PAS)	63.5		06:30h Sun 12
Meta	71	4128	08:00h Sun 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 (1 and 2 is the same)

If necessary, participants may choose to leave their gear inside the red bag provided in the kit.

### RUNNER'S GEAR 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:** Thursday, 9, or Friday, 10, at the online assigned time slot, obtained from the [runner profile](#), 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:** 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 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
- 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 Coihue**

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

### **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

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



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

Hot food: Gluten-free ham and cheese Empanadas, at all PAS where empanadas or pizzetas are listed.

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

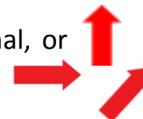
\*\*Savory snacks may include: pretzel sticks, potato chips, salted peanuts, depending on the PAS.

## 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.

**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.**

## ➡ TIPS DE CARRERA

● *Terrain: 85% of the route runs through private or public lands under private exploitation or belonging to 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, initially by road for about 800m, then narrow trails with frank climbs up to km 6. It continues with narrow trails on descent 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 moderate slope. Then a detour on a narrow trail with a 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 Cerro (700m elevation drop in 3 km). Arrival at PAS Colorado (km 25.1) on a flat and narrow trail.

From there, follow the Vázquez trail towards PAS del Mallín. It is very important that you look at the signage here at PAS Colorado, to exit it by the correct trail: immediately to the right. **DO NOT GO STRAIGHT where the returning runners arrive!** This trail is undulating with a gradual climb crossing several streams. Then a steep climb bordering a wire fence until merging with a flat and very fast downhill trail to a detour to the right where you will merge onto 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 entrance sector of the great Mallín de Quilanlahue crossing wire gates on a flat trail to PAS del Mallín (km 35.4). The last time to leave this PAS for the next one is 20:00h on Saturday, April 11.

**Approximately 3 km from here there is a detour to the left in a round corral where you separate from the 100Mi and 110k runners (they continue straight). It will be duly marked.** From this point, you cross several fords and enter through a gate in an Electric fence and ascend steeply to PAS Coihue (km 40.7), at this PAS the Cut-off Time is 02:00h on Sunday, April 12. From here you access the Summit of Cº Quilanlahue (1650 masl) on a steep and winding trail to high-altitude forest (700+m elevation drop in 3 km). From this point, an initial descent with little elevation change through forest

trails, then a fast descent through very wide trails to the Cantera Blanca. From there, return to PAS Colorado 2 at 4 km on an initial flat trail and then a sharp descent. And finally on trails, arrival at PAS Colorado 2 (km 53.1). Last time to leave this PAS 05:00h on Sunday, April 12. Return to the FINISH LINE. You will go on a flat trail in pampa exposed to the wind. 3 km from the PAS, winding trails with significant ascents and descents to PAS Bayos (km 61.7). Last time to leave PAS Bayos 06:00h on Sunday, 12. Return to the Finish Line on a frank uphill trail (Lomo de Ballena) up to km 63.5. There at the crossing with Route 48 there will be a Cut-off Time at 06:30h on Sunday, 12. From there, descent initially on a vehicular road and the last 2km on a steep trail to the lake. Finally, crossing the beach until merging with Av. San Martín which takes you to the FINISH LINE for 6 city blocks. 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 (Polainas) are key. They are useful on forest and steppe trails, ridges, ascent and descent, Cº Colorado, Cº Quilanlahue, and to prevent burr adhesion. Clothing according to the weather: it can be very cold and rainy/snowy. Your footwear will get wet ALL the time (even when leaving some PAS). Very strong exposure to wind on the crossing of Cº Colorado summit, at Portezuelo, Cº Centinela, and the climb to Cº Quilanlahue, as well as very low temperatures (-5 to -10 °C) in the early morning, in the aforementioned places. Prepare a change of dry clothes at PAS Colorado (1 and 2) to replace wet clothing. 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>

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

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

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

- **Headlamps or hand-held lights with VERY GOOD ILLUMINATION (minimum 200 lumens) and spare batteries ARE ESSENTIAL.** Remember that you must start with the headlamp on and lit, and carry a headlamp with you throughout the entire course planning for batteries with 12 hours of autonomy, regardless of whether it is daytime. **You may be asked anywhere on the circuit to show the headlamp you are carrying. If you do not have a working Headlamp you will be withdrawn from the race as it is a Safety element!**

Be mindful of these times: **if you are on the circuit after 17:00h, you MUST put on your headlamp and at 18:45h YOU MUST turn it on and keep it on until 8:00h.** This is mandatory, even if there is daylight.

- Cell phone signal is variably present from the start to PAS Rosales. Then little. Variable at PAS Colorado. There is variable signal at Cº Quilanlahue summit and Cantera Blanca until PAS Colorado. Present from PAS Bayos to the Finish Line.
- Follow white tapes with the logo and instructions from flag bearers. If there is snow on Cº Colorado and Cº Quilanlahue, the signage is reinforced with orange tapes. Remember that 3 km after PAS del Mallín you detour to the left to access PAS Coihue passing through a wire gate on an uphill, do not follow the 100Mi /110k route which continues straight. Marking of the entire circuit with reflective tapes to the Finish Line. Do not cross yellow tapes that cut off trails you should not transit. Do not follow the "crowd".

There will be abundant signage, PLEASE READ IT.

- It is essential to listen to the technical briefing on Sunday, April 5, as on Monday you will have the opportunity to clarify doubts by asking questions in the video streaming that will be held about the technical talks.
- Depending on 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. **It is very important to give notice of withdrawal, otherwise the participant will be presumed lost** and will generate **activation of unnecessary protocols**. You must notify exclusively the PAS Chief, Rescuers, Start, or Finish Line. Do not notify Flag bearers, 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.
- **NUTRITION DURING THE RACE** by *NDA Nutrición en Acción*

#### **Pre-race nutritional aspects to consider**

It is important in the previous 72 hours to work on carbohydrate loading, that is, include 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 fiber, protein, and fat sources, as these slow down digestion and can generate discomfort during the race. Avoid whole grain 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 sugar, help to rehydrate adequately. Their use is more important in races that last more than one hour (Example: Powerade).

⚠ Remember to carry a mug or cup suitable for cold and hot 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 recover energy reserves, which are supplied by carbohydrate-rich foods. This is why supplements/foods are included during the race every 40/60 minutes.

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

Including salty foods such as: sticks, potato chips, small potatoes, empanadas, pizzetas, broths, helps to recover salts and favor rehydration.

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

In this distance, salt pills or caffeine can be considered for those people who have already tried them and where there is a marked and individualized need. A little work can be done 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 that you will find at the stations, the objective will be covered.

*\*Based on scientific evidence*

## ↳ CONTACT

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