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# **RUNNER** ***GUIDE***

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# 1. GENERAL DESCRIPTION



100k

**Ultra Trail del Aconcagua 100k** is an ultra-trail-running race taking place fully in Mendoza high mountain.

The most important part of this race is within Aconcagua Provincial Park, reaching the second viewpoint of Plaza Francia (4600 mt above sea level), at the foot of the highest mountain in America, which will provide its south wall as background.

Leaving the Park, runners will have to go up to Villa de las Cuevas, where they will have to go through the physical and mental challenge of climbing to Cristo Redentor (Christ Redeemer), at almost 4000 mt above sea level, on the border between Argentina and Chile.

Runners of 100k will pass by the two most important landmarks of the Andes in Mendoza: Aconcagua and Cristo Redentor, to then go back to Penitentes.

Course and height demand that 100k runners be athletes with high training level and proved experience in ultra-trail races. This challenge is like no other you have experienced before: the height runners must reach adds to the distance and altimetry profile of it.

The course, the high mountain, thin air and extreme weather conditions make this race a unique challenge.

You will go along technical trails of all types, starting from Penitentes at 2600 mt above sea level, and reaching the second Viewpoint of Plaza Francia at 4600 mt above sea level. The climb from Horcones, the entrance to Aconcagua Provincial Park is demanding, as you will also experience the thin air of the high mountain.

Before climbing to Plaza Francia, runners will be examined at the Control Station. Besides the established cutoff time, the doctor and other authorities at the Station will determine if the runner is in condition to continue along the course.

This is different from other races, since the climb to the highest point in the course not only depends on the cutoff time, but also on the evaluation of the physical state of the runner and of weather conditions. This might make the Race Staff prevent the runner from continuing in the course, even under their own responsibility. Such decisions are completely out of appeal.

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Weather conditions might be very adverse and changeable, even forcing a distance, course or maximum height change. Runners must be physically prepared and well equipped to return by their own means from Plaza Francia or Confluencia to Horcones.

The high mountain course between Confluencia and Plaza Francia is of difficult access for rescue teams, which runners leaving PC Confluencia must be totally aware of. They must know they have to feel strong enough to go up to Plaza Francia, and, if necessary, to come down to Confluencia in an emergency. Anyone who remains motionless in this geography, exposed to extreme weather conditions, is seriously at risk of hypothermia or death. The mountain does not forgive and, in any case, it will still be there the next year for another chance.

Staff members such as Park Rangers and rescuers are in the high mountain, in permanent contact with staff at PCs and the Race Director. If any of them should consider a runner is in danger, they are entitled to stop them from going up, such decision being completely out of appeal. They will notify PC Francia that the runner is out of the race.

From Confluencia to Plaza Francia there are many possible trails. We have marked the one we consider safer for runners. Direction changes are clearly marked with pircas (rock heaps). If runners decide to take alternative trails, they must be certain they know their way well, as in the high mountain everything "might look the same" and they could very easily get lost, putting their lives at risk.

It is also important that runners are aware that all rescue parties start on the marked course. If you happen to be unable to move or keep moving forward, you must be on the marked course in order to be easily located by a search group.

Runners must have their runner number visibly fastened at the front. If not visible, they might be stopped by either, members of the Organization or Park Rangers. Wearing a visible runner number is not only a matter of safety, it is also evidence that you are an authorized runner of the race, entitled to move around this area.

After leaving the Park, runners will face the hardest challenge: going up to Villa las Cuevas and Cristo Redentor. Briefly, after climbing Aconcagua you will have to go up to the Chilean border.

# 1. GENERAL DESCRIPTION



100k

Even in the shoulder seems less the Plaza Francia, leaving Aconcagua Park and going up to the border is a challenge for the brave, who are absolutely intent on doing so. Whereas going up Plaza Francia runners might still be fresh, exhaustion begins to appear in the long upwards trail to Cuevas. Climbing Crito Redentor is a demanding round-off for this distance.

Tre course between Horcones 2 and Cuevas 1 might be very slow, as runners are tired and the trail is always upwards. It is important to carry enough hydration from Horcones 2 to Cuevas, as these km might seem very slow.

After these challenges, you will still need some strength in your legs for the last 20km, finally downwards, towards Penitentes, where the Finish Line is.

Ultra Trail del Aconcagua 100k is a challenge that few athletes can face. The prize is reaching the two most meaningful landmarks of the high mountain in Mendoza.

# 1. GENERAL DESCRIPTION

100k

**Course Classification according Spartan Trail World Championship** Ultra Trail Championship:



**Course Classification according to ITRA**

Puntos Endurance:



**Course Classification according to UTMB**

Qualifier:



**Date:** Saturday 11th February, 2023

**Start Time:** Saturday, 11th February 2023, 4:00am

**Race Closure:** Sunday, Feb, 12st 2023, 2:00am

**Start Line:** Penitentes, Mendoza, Argentina

Beware: since 100 k runners must reach Plaza Francia, and then Cristo Redentor, in the high mountain, Start Time might vary depending on weather conditions on the date of the race, or according to weather forecast for that date.

Such changes will be informed at the Race Briefing the day before the race. Runners must attend this briefing and pay attention to possible schedule changes.

There might also be last minute changes in the course, even after the start of the race, such as the maximum height the race will reach. These decisions are taken for the sake of safety of runners, staff and everyone who is caring for runners. There is no chance of rejecting cut-off orders. Once runners are taken out of the race they will not be allowed to keep moving upwards.

## 2. ACCREDITATION

100k

With I.D. or Passport and Medical Certificate.

### Date and place

**Thursday, Feb.9th** | Uspallata | 12:00m. to 7:00pm

**Friday, Feb. 10th** | Uspallata | 10:00am to 5:00pm

### PAS Dropbags:

**Thursday, Feb.9th** | Uspallata | 12.00m to 7:00pm

**Friday, Feb.10th** |Uspallata | 10:00 am to 2:00pm

- At accreditation runners will sign Release of Liability and Authorization to enter Provincial Park (Link Release).
- In order to make this process faster, we suggest taking a printed complete copy of the Release.
- No accreditations will be made outside these timetables.

**IMPORTANT:** Since 100k runners must reach 4600mt above sea level, height acclimatization is a must. They must be in Penitentes, Puente del Inca, Cuevas. Etc. At least 48 hours before the race.

**Mandatory Technical Briefing:** The technical talk will be recorded, we will announce via social networks the date and time when it will be and time when it will be published. Those who have questions, can send them by email and then they will be answered live on social networks.

**Start Line:** Saturday, Feb. 11th 2023, Penitentes | 4:00am

**Shuttle Buses:** Saturday February 11th. 2:30 am, place to be confirmed From Uspallata to Penitentes. You will have to buy the ticket.

### Cloakroom

Free of charge service at Start/ Finish Line. Open sine 3:30am, reception of elements upon presentation of race number. Garments will be receiver in bag or backpack, and identified with the runner's number. del dorsal.

**Closes on Sunday Feb 21th** at 00:00m. Garments left over can be picked up in Mendoza as from the following Monday, time and place to be confirmed.. After such period, no claims will be accepted.

## 2. ACCREDITATION

100k

**Beware:** The Organization will not be held responsible for garments or accessories runners leave at different Control or Aid Stations. No claims will be accepted. Planning a race properly implies good strategy and planning of adequate supplies and clothing.

### Finish Line:

Penitentes. Race Closure Sunday, Feb.12st, 2023, 2:00am

Prizes will be awarded to the first five of the general classification and to the first three of the corresponding categories, men and women. The first of the general classification will not be included in the awarding of the categories. Trophies and medals will be awarded as the podiums are completed.

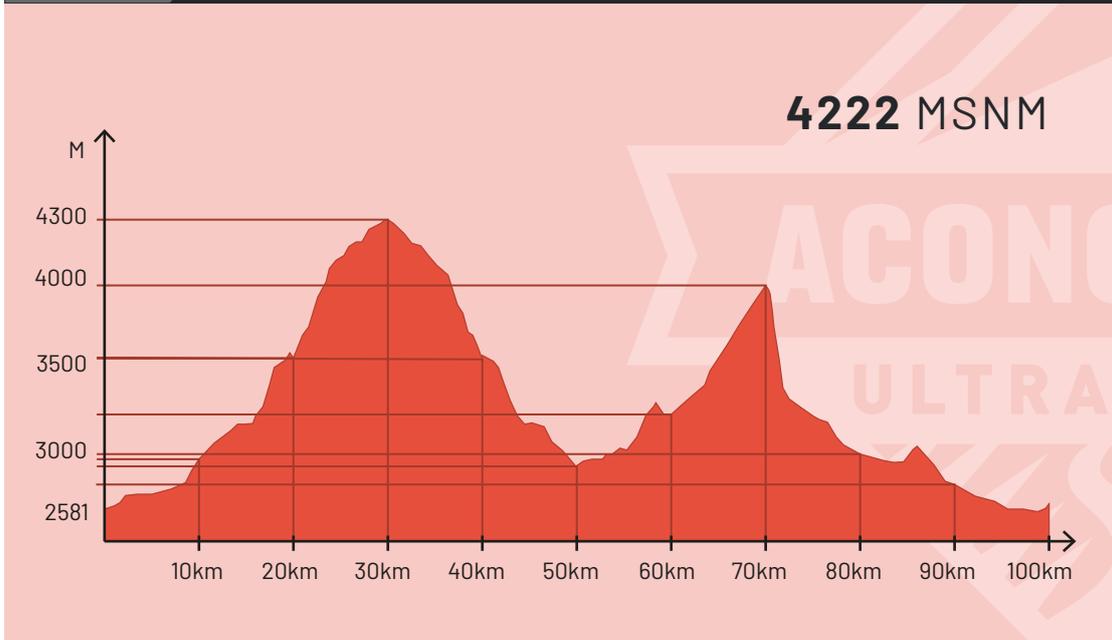
### Categories

Male 18 to 29 years old  
Male 30 to 39 years old  
Male 40 to 49 years old  
Male 50 to 59 years old  
Male + 60 years old

Female 18 to 29 years old  
Female 30 to 39 years old  
Female 40 to 49 years old  
Female 50 to 59 years old  
Female +60 years old

# 3. COURSE

# 100k



# 3. COURSE



# 100k

Since the race course is along Provincial Park and then private property, runners will only be allowed in the course on the day of the race

The course within the Provincial Park is open to runners wishing to trail there in advance, who will have to pay Admittance fee. The Organization WILL NOT cover payment of such fee for training prior to the race.

### Control Stations (PC), Supply Stations (PA) and Hydration Stations (PH)

Going into each control, hydration and supply Station is MANDATORY for all runners, so that their runner number can be controlled. Not doing so implies disqualification. Some stations are both ways, so control there is double (going up and down)

#### Start Line (Penitentes)

- 1- Water/Powerade
- 2- Cloakroom
- 3- Toilets

#### Control Station Horcones Up 1 (PC Horcones)

- 1- Hydration: Water, Powerade and Soft drinks
- 2- Tea - coffee
- 3- Toilets
- 4- Dried fruit and nuts mix
- 5- Jelly buttons
- 6- Bananas
- 7- Oranges
- 8- Cheese and Jelly

#### Aid Station Confluencia Up 1 (PC Confluencia)

- 1- Hydration: water, Powerade, Soft drinks
- 2- Hot beverages (tea/ coffee)
- 3- Dried fruit and nuts mix
- 4- Pizza
- 5- Bananas
- 6- Oranges
- 7- Jelly buttons
- 8- Cheese and Jelly
- 9- Hot soup
- 10- Toilets

# 3. COURSE

100k

## Plaza Francia

- 1- water, Powerade, Soft drinks
- 2- Hot beverages (tea/ coffee)
- 3- Hot soup
- 4- Dried fruit and nuts mix
- 5- Jelly buttons
- 6- Bananas
- 7- Cheese and Jelly
- 8- Medical Service: High mountain doctor

## Aid Station Confluencia Down 2 (PC Confluencia)

- 1- Hydration: water, Powerade, Soft drinks
- 2- Hot beverages (tea/ coffee)
- 3- Dried fruit and nuts mix
- 4- Pizza
- 5- Bananas
- 6- Oranges
- 7- Jelly buttons
- 8- Cheese and Jelly
- 9- Hot soup
- 10- Toilets

## Control Station Horcones Down 2 (PC Horcones)

- 1- Hydration: Water, Powerade and Soft drinks
- 2- Tea - coffee
- 3- Toilets
- 4- Dried fruit and nuts mix
- 5- Jelly buttons
- 6- Bananas
- 7- Oranges
- 8- Cheese and Jelly
- 9- Empanadas

# 3. COURSE

100k

## PC Train Station 1

- 1- Hydration
- 2 - Hot beverages

## PC Las Cuevas- Up- 1

- 1- Hydration: Water, Powerade and Soft drinks
- 2- Tea - coffee
- 3- Dried fruit and nuts mix
- 4- Bananas
- 5- Oranges
- 6- Jelly buttons
- 7- Cheese and Jelly
- 8- Hot soup
- 9- Stew
- 10- Toilets
- 11- Runner Drop Bags

## PC Cristo Redentor.

- 1- Hydration
- 2- Number control

## Las Cuevas- Down- 2

- 1- Hydration: Water, Powerade and Soft drinks
- 2- Tea - coffee
- 3- Dried fruit and nuts mix
- 4- Bananas
- 5- Oranges
- 6- Jelly buttons
- 7- Cheese and Jelly
- 8- Hot soup
- 9- Stew
- 10- Toilets
- 11- Runner Drop Bags

# 3. COURSE



100k

## PC Train Station 2

- 1 - Hydration
- 2 - Hot beverages

## PC Puente del Inca:

- 1- Hydration

## Finish Line

- 1- Water/Powerade/soft drinks
- 2- Cloakroom
- 3- Toilets
- 4- Medical attention

Staff members such as Park Rangers and rescuers, properly identified, will be in the high mountain, from Confluencia to Francia and before going un Cristo Redentor, in permanent contact with staff at PCs and the Race Director. They will be assessing the runners' condition. If any of them should consider a runner is in danger, they are entitled to stop them from going up, such decision being completely out of appeal. The runner will have to hand in their number and will not be allowed to go on.

# 3. COURSE



100k

## Course Marking

Outside the Provincial Park, the course will be marked with orange plastic bags and white and orange taping. Parts that will be run at night will also be marked with reflective taping. Remember in the high mountain the intense wind might blow off some tape marks. In such case it is important to look for the next marking.

Within the Provincial Park, the course is along motor vehicle roads, and IT IS BANNED TO USE OTHER COURSES.

Pircas (rock heaps) are the only way of marking the course within the park.

After crossing the Quebrada del Durazno Bridge, all trails lead to Confluencia. We have marked with these heaps the one we consider easier and less technical, but runners may take the one they choose, as they are all used by mountaineers to reach Confluencia.

From Confluencia to Francia, rock heap marking has been used to signal the most direct, simplest and safest course. It is the one that has been checked on days prior to the race. Remember you may find Rangers or mountaineers outside the marked course, do not let this confuse you. From Las Cuevas down to Penitentes, you must pay lots of attention to marking, as many of you will go through this part with less light. After 6:00pm runners must wear their headlamps, and have them on after 7:00pm.

Due to factors like long distances, typical high mountain geography and the multiplicity of trails, it is vital to pay attention to tape, rock or bag marking, as well as signs, in order to avoid short-cuts or unmarked trails. Do not follow the person before you, as there are many mountaineers in the circuit and they might go to places completely different from where you need to go.

## Disqualification Stations with Cutoff times

Confluencia Up 1 will be the first Station with cutoff time, at 9:00 am. This allows plenty of time for runners to complete the course safely. No runner will be allowed to leave Confluencia 1 towards the high mountain after 9:00am.

Runners who cannot pass Confluencia due to cut off, will appear in results as DNF (Did not Finish).

## 3. COURSE



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Since 100k runners have to reach Plaza Francia, well trained race staff may decide to stop them and prevent them from moving farther in the course if they assess they are not in good physical condition and might put themselves or others at risk. This rule holds for the whole course, but is especially relevant during the climb between Confluencia and Plaza Francia, where rescuing a runner might be dangerous for the runner and rescue team.

This course is demanding and only appropriate for ultra-trail runners with proved experience. This race is like no other you have run. It is run in the high mountain, in technical trails, experiencing thin air and extreme weather conditions, all of which might put the runner and everybody else involved at risk. The staff working in the high mountain includes doctors, mountain guides, mountaineers, ultra-trail runners, Park Rangers and staff from the Rescue Patrol of the Mendoza Police Department. They are all familiar with the high mountain and people's performance in these conditions.

Besides cutoff times, any decision taken by the staff to stop a runner whom they consider are not in condition to continue, either at the cutoff Station time or anywhere else (especially in the high mountain) is complete out of appeal. It is taken for the sake of the runners' safety. Remember, Aconcagua will always be there for another chance.

In cases of dropout, or if the runner is stopped by staff in the high mountain, they will have to go down to PC Horcones by their own means.

From Horcones to Penitentes, there will be shuttle buses scheduled by the Organization

**Another Station with cut-off time** in Horcones Down 2, leaving the Park. Cut-off time here is 2:30pm. After this time, runners will not be allowed to go on to Cristo Redentor, and will be out of the race, appearing in the results as DNF.

**Last cut-off Station is Las Cuevas Up 1**, at 5:30pm. After this time, runners will not be allowed to start the climb to Cristo Redentor. This cut-off is out of appeal. After it, runners will be taken to Penitentes according to the Organization's Schedule.

# 3. COURSE



**100k**

## Distance between Stations

### 100k

Station	Race km	Distancia al prox. pas.	Cut-off
Start Line Penitentes	0	11 km.	
Horcones 1	Km. 11	8 km.	
Confluencia 1	Km. 19	9 km.	9.00
Plaza Francia	Km. 28	9 km.	
Confluencia 2	Km. 37	8 km.	
Horcones 2	Km. 45	12 km.	14.30
Cruce de Ruta	Km. 57	5 km.	
Las Cuevas 1	Km. 62	9 km.	17.30
Cristo Redentor	Km. 71	3 km.	
Las Cuevas 2	Km. 74	15 km.	
Puente del Inca	Km. 89	10 km.	
Finish Line	Km. 99	0	

## 3. COURSE

100k

### Dropout Policy

Runners who drop out of the race have the obligation to notify the Station Chief. Race marshals or staff in any other part of the race course are NOT allowed to register these notifications.

Remember that runners who drop out between Horcones and Plaza Francia will have to go down to PC Horcones by their own means. At the PC they must talk to the Station chief, who will schedule their return to Penitentes by shuttle bus.

If a runner is prevented from continuing the race by staff, their runner number will be removed, and the Organization will be informed that the runner is going down to the station.

Shuttle buses returning to Penitentes will run according to a schedule determined by the Organization.

### Litter.

Most part of the race takes place within Aconcagua Provincial Park, which is a unique opportunity: running at the foot of the highest mountain in America. The park's preservation is shared responsibility, so runners are expected to contribute by not littering the course. They are expected to carry their litter to Stations or Finish Line, where there will be litter containers. Runners spotted by, either members of the Organization, Mountain Guides or Park Rangers, littering the course will be immediately disqualified. We will be absolutely inflexible, as a clean race is our duty.

Within the Park, Rangers may also stop runners for littering, in order to issue and sign a notice of infraction and apply the penalty established by law.

We recommend taking all your food supply in Ziplock bags, in order to avoid having to unwrap candies or bars with gloves on, as this might be complicated and make you waste time in these weather conditions (wrappings may blow in the wind, exposing runners to disqualification).

Besides, it is not a good idea to take off your gloves to pick up food in freezing temperatures and winds of 30km per hour.

## 4. MANDATORY ELEMENTS

100k

1. Runner number fastened visibly at the front
2. Signed Release of Liability
3. Complete and signed Medical Certificate
4. Complete and signed Admittance to Provincial Park
5. Headlight with good batteries/ replacement batteries
6. Hydration backpack for 1 lt. minimum
7. Windbreaker jacket or jacket for low temperature.
8. Long leggings or pants, either on in in the backpack
9. Warm gloves suitable for low temperature
10. Whistle
11. Emergency blanket
12. UV protection sunglasses
13. Polar fleece jacket
14. Warm base layer

These elements are important for runners' safety in the high mountain. Runners might be subject to element inspection either at Start Line, or at any Station. If any of them were missing, the runner will be immediately disqualified.

Remember that every runner has their own pace, Based on it, and on the weather forecast, they should carry enough clothing, besides compulsory elements. Above Confluencia and up to Plaza Francia, any accident or pace slow-down might entail hypothermia and life risk.

After 6:00pm all runners must wear their headlamps, and turn them on after 7:00pm. This is mandatory. It is important to consider this to calculate the amount of replacement batteries needed. You will use your headlamp from the Start Line up to 8:00 am on Saturday, and after 7:00 pm until the Finish Line. Runners with headlamps not working will be stopped by staff and not allowed to continue the race.

## 4. ELEMENTOS OBLIGATORIOS



100k

### Recommended Elements

These will depend on the weather, so it is important for runners to check the forecast.

We recommend:

- Good grip trainers
- Technical breathable garments
- Low gaiters to avoid burrs, rocks, sand and water
- Extra pair of warm gloves
- Buff (Multifunction neck gaiter)
- Collapsible Trekking poles

## 5. RACE TIPS

Start is at Penitentes Ski Resort, along the main Street towards the west. A plain trail with technical river crossing will lead you to a semi-technical upwards track to Puquios River, where you will cross the route under it. You will go around Andinistas Cemetery and then take the main road leading to the center of Puente del Inca. After crossing the railway, you will take a trail in order to cross the river along a cement Bridge under the Route, and the zig zag to follow a clear trail which goes behind Customs towards PC Horcones Up 1.

Leaving the Station, you will follow a motor vehicle road around Horcones Lagoon to the right, and after a trail clearly marked with pircas (rock heaps) to the Quebrada del Durazno Bridge. There you turn Northwards to start the climb to Confluencia. From Piedra Grande (Big Rock) the course is marked on the side of the mountain top with rock heaps, so as to avoid sliding downwards as you walk (trekking poles are ideal).

The different trails will lead to the river crossing: the third one is the best, which is higher on the side of the mountain. After that, a clear Trail will take you to PC Confluencia, which you access going around the camp to the left. Remember not to cross Confluencia camps across the middle: we should respect other people whom we share the mountain with.

From Confluencia you will take a well-marked trail; beware to take the detour to Plaza Francia. You should never cross the river to get there. There are two heavy climbs in avalanche areas, until the ridge taking you to red soils. Until reaching Francia you will remain on the same side of the mountain as PC Confluencia Up 1. This area is fully exposed to winds, so wear warm clothing. The trail from here on is clear and well marked with pircas and clear turns. Passing the First Viewpoint towards the Second you will pass a red soil landslide where rock heaps may have disappeared due to rain and snow. You should head West, look for pircas on grey soil.

Leaving the Park, you will take the trail and go down the Bridge, where you will turn right and start to go up to Las Cuevas along a marked trail, parallel to Mendoza River, up to the drain that crosses the route under it. There is then a technical trail with loose rocks to Las Cuevas.

There you will find the most important Supply Station of the second part of the race, in the Mountain Shelter (Refugio de Montaña). You start to go up Cristo Redentor along the motor vehicle road up to the Control Station, at the foot of the monument. You go down along the technical shortcut

## 5. RACE TIPS

to PC Las Cuevas.

Return course is the same till Puente del Inca. Leaving Andinistas Cemetery, the trail is parallel to the route until "el Cobertizo" (the Barn), where you turn towards the river to cross to the west side (where Penitentes is), below the route. Then you follow the same circuit to the Finish Line.

Remember to get your number checked at every station, both up and down. "Shouting" your number is a good way of making sure you are on the list.

The course never makes runners step on the paved International Route. Any runner spotted doing so will be automatically disqualified.

## 6. CONTACT

info@aconcaguultratrail.com | www.aconcaguultratrail.com