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# **RUNNER** **GUIDE**

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# 1. GENERAL DESCRIPTION

15k

**Ultra Trail del Aconcagua** is a Trail-running race taking place fully in Mendoza high mountain.

Participants will start the race in Aconcagua Provincial Park at 3000mt. above sea level, going along Horcones Lagoon and Aconcagua viewpoint to then start a semi-technical descent towards Penitentes, at 2100mt above sea level.

Running in the high mountain with 900 meters shoulder in only 15k, and with Aconcagua as a setting make this distance a unique one in America.

It is important to pay attention to weather forecast, since conditions can be very changeable and runners' outfit must be appropriate for the high mountain.

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

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

**Shuttle Buses:** Saturday February 11, 2023. 9:30am - From Uspallata to Playon Horcones. You must buy the ticket.

**Start Line:** Entrance Lot to Aconcagua Provincial Park, Mendoza, Argentina

## 2. ACCREDITATION

15k

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

- 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 on the day of the race.

**Technical Briefing:** The technical briefing 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, 11:00am Entrance Lot to Horcones, Aconcagua Provincial Park

**Shuttle Buses:** Saturday February 11 9:00am, place to be confirmed From Uspallata to Playón Horcones. You must buy a ticket

### Finish Line: Penitentes

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

## 2. ACCREDITATION

15k

### CATEGORIES

Male from 18 to 29 years of age

Male from 30 to 39 years of age

Male from 40 to 49 years of age

Male from 50 to 59 years of age

Male from 60 years of age onwards

Female from 18 to 29 years of age

Female from 30 to 39 years of age

Female from 40 to 49 years of age

Female from 50 to 59 years of age

Female from 60 years of age onwards

### CLOAK ROOM

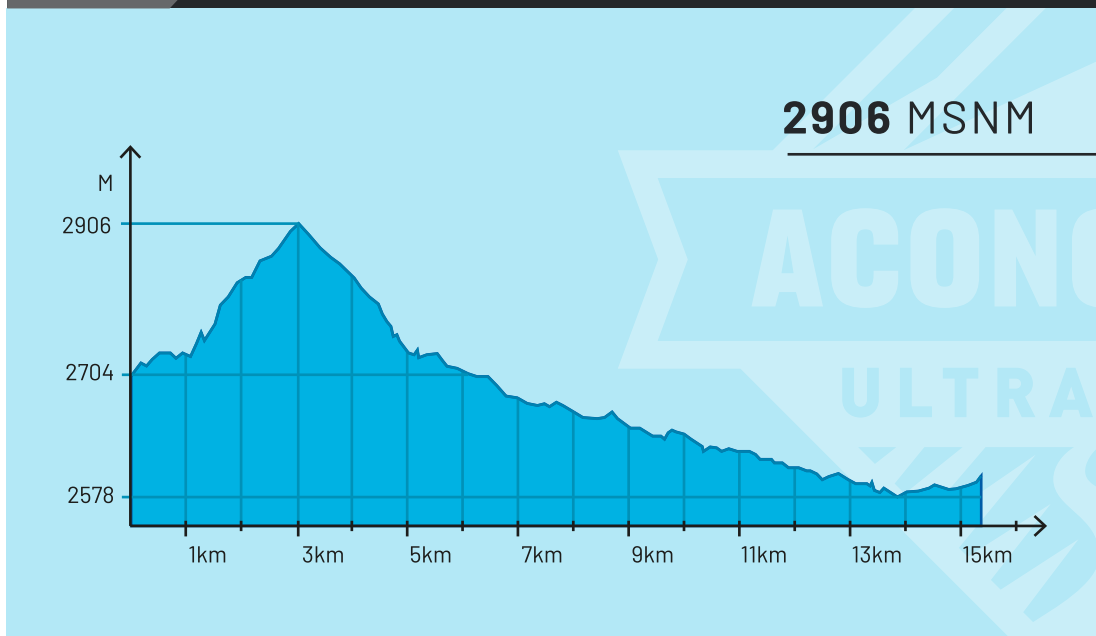
Free service at the start/finish. Reception from 10:00 a.m. Delivery of items upon presentation of the race bib. The clothing must be delivered in a backpack or bag, which will be identified in the runner's number.

Closing time: until 00hs on Sunday. The clothing not picked up by 00hs on Sunday, may be withdrawn in Mendoza from the following Monday at the Race Office. After this period no claims will be accepted.

Attention: the organization will not be responsible for any clothing, accessory, etc. that runners hand in at the different checkpoints or supply points. No claims will be accepted in this regard. It is part of the proper planning of the race a good strategy, and this includes the proper provisioning, clothing, etc..

# 3. COURSE

# 15k



# 3. COURSE

15k

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.

## Start Line

1. Water and Powerade
2. Toilets
3. Cloack Room

## Control Station Horcones (PC Horcones)

1. Water and Powerade
2. Tea - coffee
3. Toilets
4. Jelly buttons
5. Bananas
6. Oranges

## Puente del Inca Station

- 1- Water and Powerade
- 2- Dried Fruit and Nuts
- 3- Jelly buttons

## Finish Line

1. Water and Powerade
2. Toilets
3. Cloak Room
4. Medical Service

## Course Marking

Within the Provincial Park, the course is along motor vehicle roads, and IT IS BANNED TO USE OTHER COURSES. There will be marshals at critical crossings.

The rest of the course Will be clearly signaled with red and white taping. Pay special attention to crossing of Route near Andinistas Cemetery, which is made across the stream, under the route.

Due to factors like long distances, typical high mountain geography and the multiplicity of trails, it is vital to pay attention to tape marking, and not to follow the runner before you, who might even be running another distance.

**Beware:** With the exception of last moment changes, the race course never crosses the paved route. If any runner is spotted doing so, they will be automatically disqualified.

# 3. COURSE



## Distance between Stations

15k		
Station	Race km	Distance to next Station
Start Line Horcones	0	7 km.
Andinista	Km. 7	8 km.
Finish Line	Km. 15	0

### 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. 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 feet 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.

## 4. MANDATORY ELEMENTS

15k

1. Runner number fastened visibly at the front
2. Signed Release of Liability
3. Signed Authorization to Enter Provincial Park

### Recommended Elements

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

We recommend:

- Hydration backpack or belt for 750cc
- Technical breathable outfit
- Water-proof windbreaker jacket
- Good grip trainers
- Low gaiters to avoid burrs, rocks, sand and water
- UV protection glasses
- Technical gloves
- Buff (Multifunctional neck gaiter)

## 5. RACE TIPS

**This distance starts at 300mt** above sea level, along an upwards cement platform. This might be tricky, since at such height, runners might get short of breath quite quickly. We suggest starting slowly and enjoying the view.

After the first climb, runners enter the Provincial Park. The course is along the motor vehicle road, we once again remind you it is FORBIDDEN to leave this road and use trails. Runners will go by Horcones Lagoon, Aconcagua viewpoint and then return to Horcones Control Station. From this point, they will start to go down along a track behind Customs, crossing the route under the paved road. After, they will follow a semi-technical track with some loose rocks to Puente del Inca, and a relaxed downwards street to Andinstas Cemetery. They will go round it on the left and go down along a clear trail until crossing route again, this time under the bridge, across Puquios Stream. From then on, they will follow a downwards, clear track of lose soil and burrs towards Penitentes, crossing a difficult river in the last kilometer. They will access Penitentes on the West, going along the main ski center street towards the Finish Line. This last km is perfect for everyone who wants to cheer on the runners finishing the race.

Telephone signal will be available all along. If you decide to drop out, please notify the Chief at Horcones Station, who will inform you of scheduled shuttle buses to Penitentes

## 6. CONTACT

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