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RUNNER **GUIDE**

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1. GENERAL DESCRIPTION

25k

Ultra Trail del Aconcagua is a Trail-running race taking place fully in Mendoza high mountain. This distance has everything you need to enjoy high mountain trail running.

You will start the race in Aconcagua Provincial Park at 3000mt. above sea level, going along Horcones Lagoon, Aconcagua viewpoint and go up to Confluencia (3200mt. above sea level), along some runnable (height allowing) technical trails.

You will then go down, going by amazing places like Puente del Inca and Andinistas Cemetery, to end the race in Penitentes, cheered on by a local crowd. NO paved roads at all.

These 25 k are enough to experience lack of oxygen due to height, technical trails and the chance to run if height allows you, especially downwards from Confluencia to Penitentes.

Running in the high mountain 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, 10:00am

Shuttle Buses: Saturday 11th, February 2023 8:30am - From Uspallata to Playon Horcones.

You must buy the ticket

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

2. ACCREDITATION

25k

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 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 will be answered live on social networks.

Start Line: Saturday, Feb. 11th 2021, Entrance Lot to Horcones, Aconcagua Provincial Park | 10:00 hs

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 in the general classification and in the corresponding categories, men and women. Trophies and medals will be awarded as the podiums are completed.

The winners of the general classification will not be included in the category awards.

2. ACREDITACIÓN

25k

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

Cloakroom

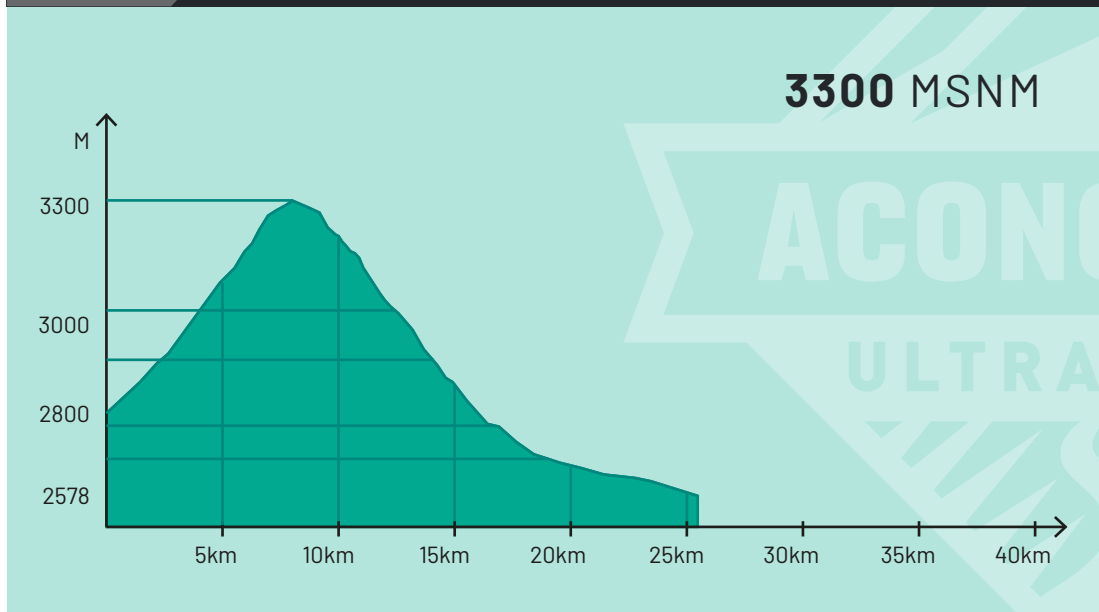
Free of charge service at Start/ Finish Line. Open sine 9:30am, reception of elements upon presentation of race number. Garments will be receiver in bag or backpack, and identified with the runner's number.

Closes on Sunday 21st, at 0:00am. Garments left over can be picked up in Mendoza as from the following Monday, at the Race office. After such period, no claims will be accepted.

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.

3. COURSE

25k



3. COURSE

25k

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

Service at Aid Stations

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)

Runner check-up also allows us to track runners within the circuit, so it is also important for runners' safety. At no point in the circuit do are runners supposed to cross the paved route. If they are spotted doing so, they will be disqualified.

Start Line

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

Aid Station Confluencia (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

Beware: Soon after the race start (1 km after Start Line), you will go by PC Horcones. However, this is open to 25k runners ONLY when they leave the Park, after coming down from Confluencia.

3. COURSE

25k

Control Station Horcones (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 sweet Jelly
- 9.Hot soup
- 10.empanadas

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.

After crossing the Quebrada del Durazno Bridge (only way allowed to cross the river), runners will go up towards the North along a clearly marked mountaineers' trail.

In this area marking is made with heaps of rocks. After the Bridge crossing, all trails lead to Confluencia. We have marked with these heaps the one we consider easier and less technical. Leaving the Park, the rest of the course is signaled with plastic bags and orange taping. Pay special attention

to crossing of Route near Andinistas Cemetery, which is made across the stream, under the route.

Under no circumstances should runners cross the paved international route. If spotted doing so, they will be immediately disqualified.

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 shortcuts or unmarked trails. Do not 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

25k

Distance between Stations

25k

Station	Race km	Distance to next Station
Start Line Horcones	0	8 km.
Confluencia	Km. 8	8 km.
Horcones	Km. 16	11 km.
Finish line	Km. 27	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

25k

1. Runner number fastened visibly at the front
2. Signed Release of Liability
3. Signed Authorization to Enter Provincial Park
4. Hydration backpack for 1 lt. minimum
5. Windbreaker jacket or jacket for low temperature.
6. Whistle
7. Emergency blanket

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.

Recommended Elements

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

We recommend:

- Good grip trainers
- Low gaiters to avoid burrs, rocks, sand and water
- UV protection glasses
- Technical gloves
- Buff (Multifunction neck gaiter)

5. RACE TIPS

This distance starts at 300mt above sea level, with a steady upwards course for almost half the race. At such height, runners might get short of breath quite quickly. We suggest starting slowly to get used to thin air, enjoying the view, and the run when you feel more comfortable.

The first climb is along a firm road, which might be tricky, especially if you are not used to height. It is better to start slowly. Remember you have to reach Confluencia at 3200 mt above sea level.

From here on, you follow a motor vehicle road around Horcones Lagoon on the right, and then a clearly marked trail (with stone heaps) towards the Bridge of Quebrada del Durazno. 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.

Return course is the same. Pay special attention to marking at each Station, especially at Horcones Return, where you might find runners of all distances. When runners start to come down from Confluencia, they generally start to relax and "loosen their legs" and gain speed. In the mountain trail, the runner who is coming down, who besides is before you in the race, has priority.

Remember that number check at supply, hydration and control stations is MANDATORY. When stations are both ways, you must enter twice.

6. CONTACT

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