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RUNNER *GUIDE*

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1. GENERAL DESCRIPTION

42k

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

You will go along technical trails of all types, starting from Penitentes at 2600 mt above sea level, and reaching Confluencia at 3400 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.

Along the technical and changing course, you will cross dry rivers, rock falls and areas of loose soil where you will slide down.

95% of the course is in the high mountain, and the most important part within Aconcagua Provincial Park. Its breathtaking landscapes make this high mountain trail race unique in America.

Course Classification according Spartan Trail World Championship

Trail Run Championship:



Course Classification according to ITRA

Endurance Points



Course Classification according to UTMB

UTMB Qualifier



Date: Saturday 11th February, 2023

Start Time: Saturday, 11th February 2023, 8:00am

Race Closure: Saturday, 11th February, 2023, 6:00pm

Start Line: Penitentes, Mendoza, Argentina

Beware: since 42 k runners must reach Confluencia, 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.

2. ACCREDITATION

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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.

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 will be answered live on social networks.

Start Line: Saturday, Feb. 11th 2023, Penitentes | 8:00am

Buses Shuttle: Saturday February 11th. 6:30 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 7:00am, 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 21st, at 00:00m. 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.

2. ACREDITACIÓN

42k

Finish Line: Penitentes. Race Closure Saturday, Feb.20th 6:00pm

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.

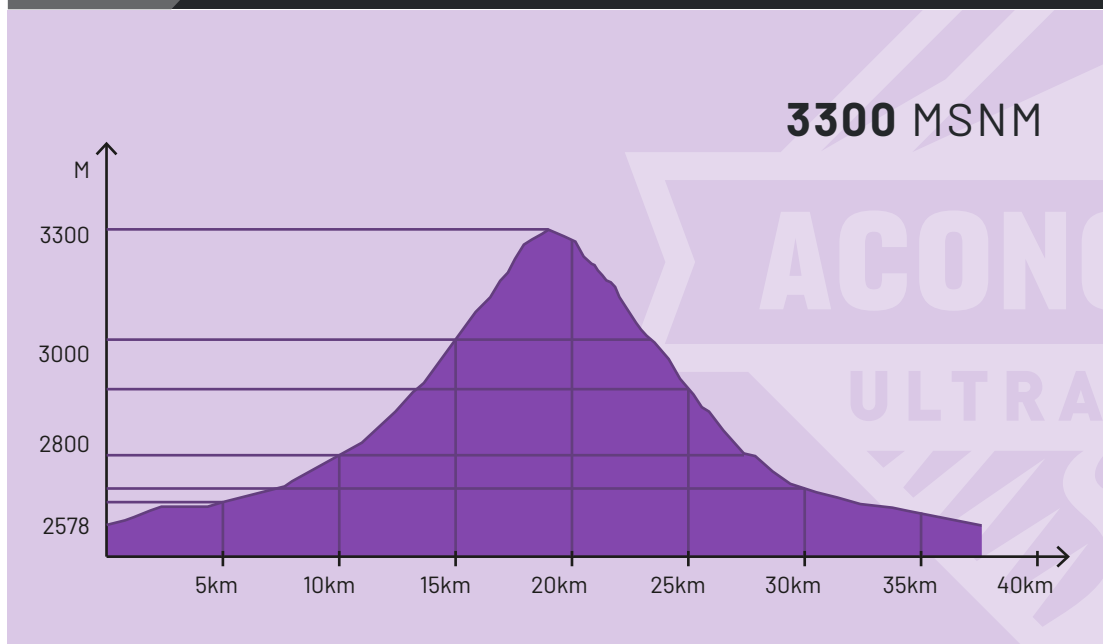
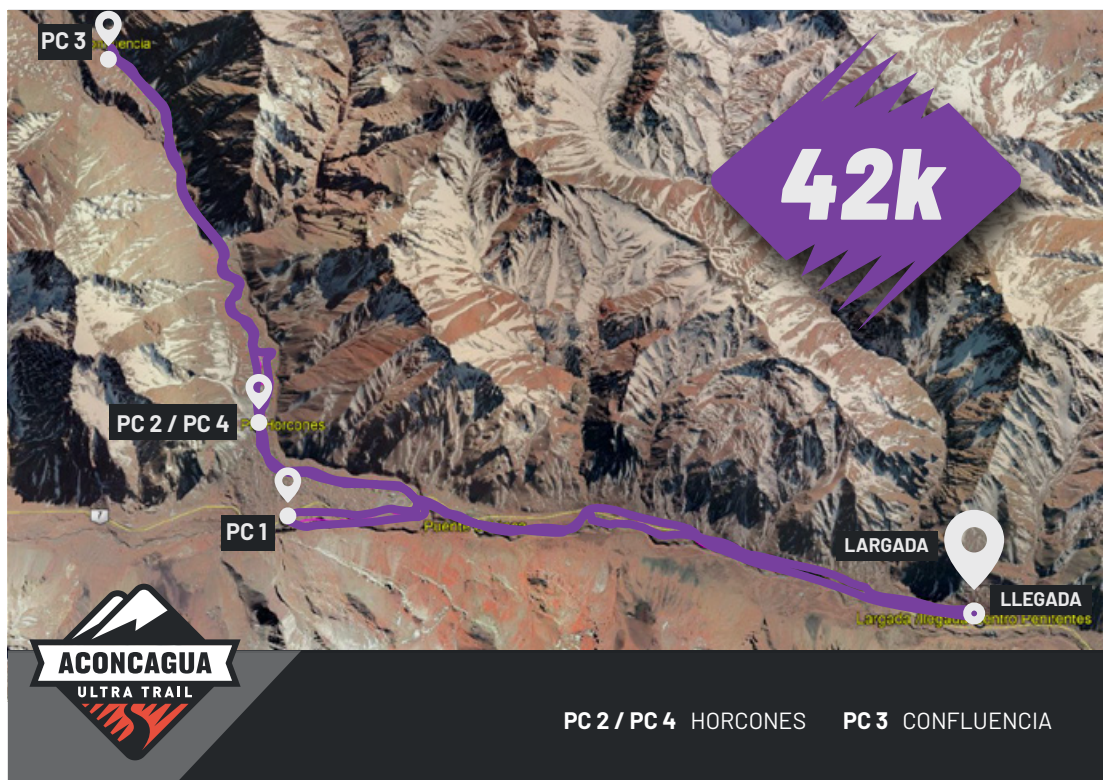
Categories

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 + 50 years old

3. COURSE

42k



3. COURSE



42k

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.

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 (Penitentes)

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

3. COURSE

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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 (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

PC Horcones Down 2

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

Finish Line

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

3. COURSE

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Course Marking

Outside the Provincial Park, the course will be marked with red plastic bags and white taping. 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.

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.

Disqualification Stations with Cutoff times

PC Horcones Up 1 will be the Station with cutoff time, at 10:45 am. This allows plenty of time for runners to complete the course safely. No runner will be allowed to leave Horcones 1 towards the high mountain after 10:00am.

Runners still in the course after 6:00pm will appear in results as DNF (Did not Finish). However, if chiefs at Stations consider they are in Good physical condition, they may be allowed to finish the race, always depending on the time and weather conditions.

Since 42k runners have to reach Confluencia at 3400mt above sea level, 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 to Confluencia, where rescuing a runner might be dangerous for the runner and rescue team.

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

3. COURSE



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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.

Any decision taken by the staff to stop a runner, 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

Distance between Stations

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Station	Race km	Distance to next PC	Cutoff
Start Line Horcones	0	14 km.	
Horcones 1	Km. 14	8 km.	10.45
Confluencia 1	Km. 22	8 km.	
Horcones 2	Km. 30	11 km.	
Finish Line	Km. 41	0	

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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 Confluencia 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).

4. MANDATORY ELEMENTS

42k

1. Runner number fastened visibly at the front
2. Signed Release of Liability
3. Hydration backpack for 1 lt. minimum
4. Windbreaker jacket or jacket for low temperature.
5. Whistle
6. 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
- Technical breathable garments
- Low gaiters to avoid burrs, rocks, sand and water
- UV protection glasses
- Technical 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.

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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