

21k «
LLAO LLAO
MEDIA MARATÓN BARILOCHE
PATAGONIA-ARGENTINA
III EDICIÓN

2012



Llao Llao 21K, Half Marathon of Bariloche.
[Guide]

Third Edition: December 8, 2012.

Hotel Llo Llo. Bariloche, Patagonia Argentina.

> Experience Guide.

This guide describes the general features of the event and highlights some technical details of the race.

> The Race:

Llao Llao 21k, is a running sports event, in its 21K and 15k half marathon modality. This race is held in one of the most stunning places in Patagonia, Llao Llao Municipal Park, having **Llao Llao Hotel & Resort** as its host.

Apart from an excellent organization, the event offers other attractions, such as the **Llao Llao Running** seminar, aimed at providing motivation and training for runners, with marathon experts participating as lecturers.

> The Event Schedule

• **Friday, December 7, 2012:**

Handing out of Running kits: from 3:30 to 7:30 pm. Llao Llao Hotel.

In this third edition, together with the handing out of kits, the **Llao Llao Running Seminar** will be held from 7:45 to 8:30 pm. – **Technical talk** about the race, compulsory for runners.

• **Saturday, December 8, 2012:**

From 09:00 opening of the Closed Park. (P.C.).

11 am – Start. All categories start simultaneously.

Timing stop – 2:30 pm. Qualification announcements.

7:30 pm. Awards Ceremony and Cocktail, Llao Llao Hotel.

> Technical details of the Race

The setting:

Llao Llao Municipal Park is a Patagonian Andean Forest natural reserve, located within Bariloche city. Very few houses can be found there, as it is generally used as a tourist circuit, popularly known as Small Circuit or Circuito Chico.

The area is surrounded by Moreno and Nahuel Huapi Lakes, with numerous access points to beaches and the bay. Besides, the Andean range mountains such as López Hill, with over 2000 meters high, and Capilla Hill are a prominent part of the race, with the sides of these hills quite close to the circuit. Tronador Mount, of over 3500 meters high and the highest mountain in the region, can be appreciated from different spots along the circuit.

About the circuit:

Runners should bear in mind that almost the whole race in both modalities (21 and 15 K) takes place over asphalt. Due to this, they are advised to wear suitable shoes for this kind of race. The average height of the circuit is 800 meters above sea level. The route used for the marathon will be partially closed for vehicles. Participants should be familiar with and respect traffic rules, which will be explained in detail in the technical talk given the day prior to the race.



Climate and Temperature:

At the time of the competition, climate is normally good, with temperatures ranging between 15° and 25° C. However, it is important to know that in Patagonia, and especially in Bariloche, climate can vary in extreme ways, with days of heavy rains, temperatures below zero and even snow in the highest areas of the mountains. Apart from occasional strong winds, and although a large part of the circuit takes place within the forest, some areas are greatly exposed to winds.

Recommended Gear

Runners are advised to wear their usual running gear, with the precaution of having warm clothes in case of low temperatures, and even clothing suitable for rain and wind. A cap and gloves are advised if the day happens to be cold.



Available Services

Runners will have access to two tents, one for storing their clothes and one to be used as changing room. Chemical toilets and hydration and energy replenishment services, with fruit and cereal bars, will be available. The closed park is exclusive for runners. The general public only has access to areas closer to the finishing line. Runners' safety is supervised by the organizers, with medical assistance and evacuation means if needed.



Questions and Enquiries

In case of questions and enquiries, please visit the official website of the event www.llaollao21k.com and read the Runners' Rules carefully.

For general enquiries, contact info@llaollao21k.com

We invite you to connect with us on Facebook, where you'll find news and updates www.facebook.com/llaollao21k

