

THE INCA TRAIL MARATHON: Cusco, Peru- July 5th, 2012

This marathon is a 26.2 mile run along the Classic Inca Trail, the footpath the Incas used to travel between their capital in Cusco and the world famous citadel of Machu Picchu. This very demanding course takes the typical hiker 3 days and ascends multiple mountain passes, reaching a max elevation of 13,800 feet. You will be treated to breathtaking views of the Andes Mountains, fascinating Inca ruins, thousands of feet of vertical change, and a photo finish in front of Machu Picchu; one of the New 7 Wonders of the World.

Are you up to the challenge that the Inca Trail Marathon presents?

Course Map: Inca trail in red

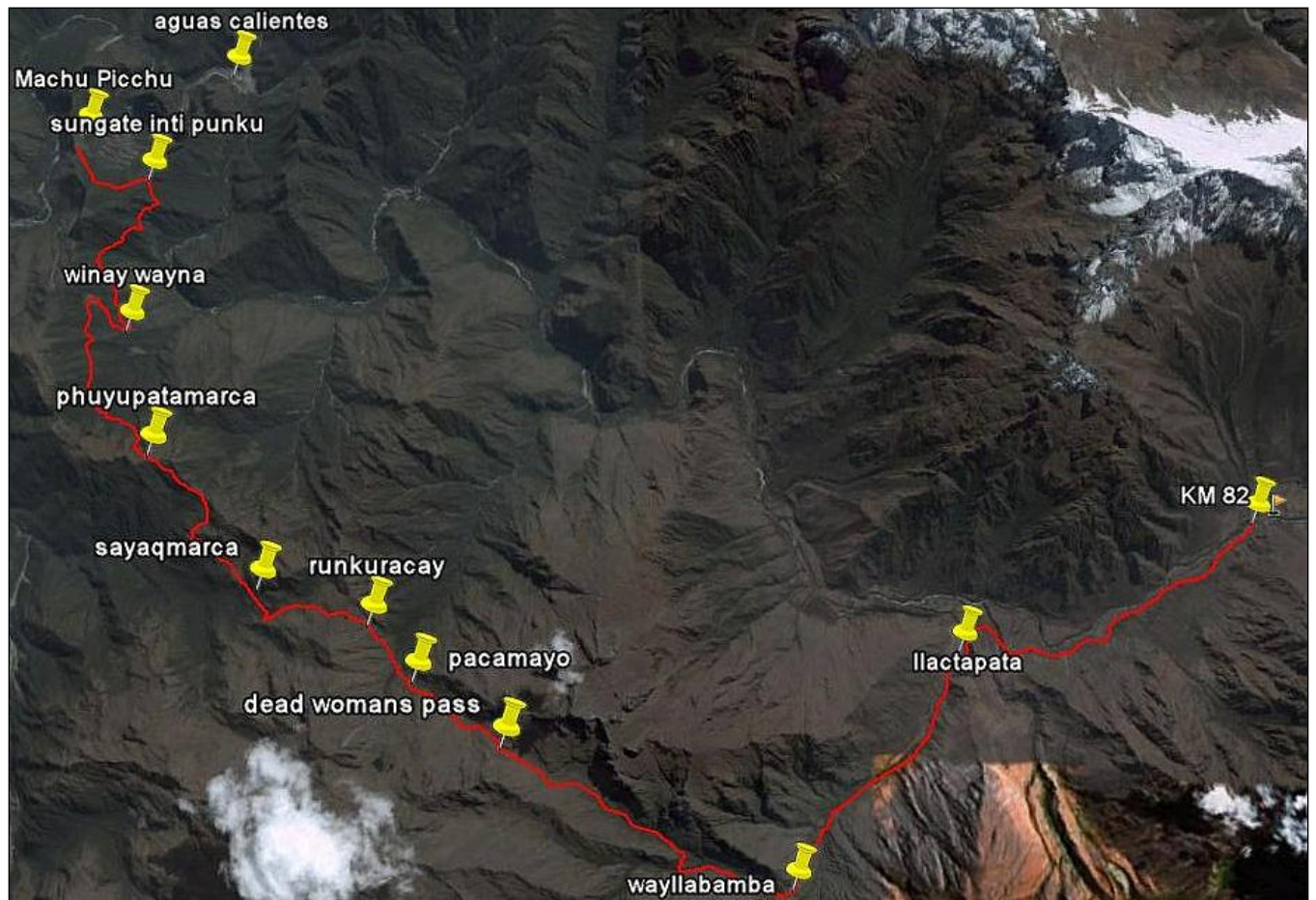
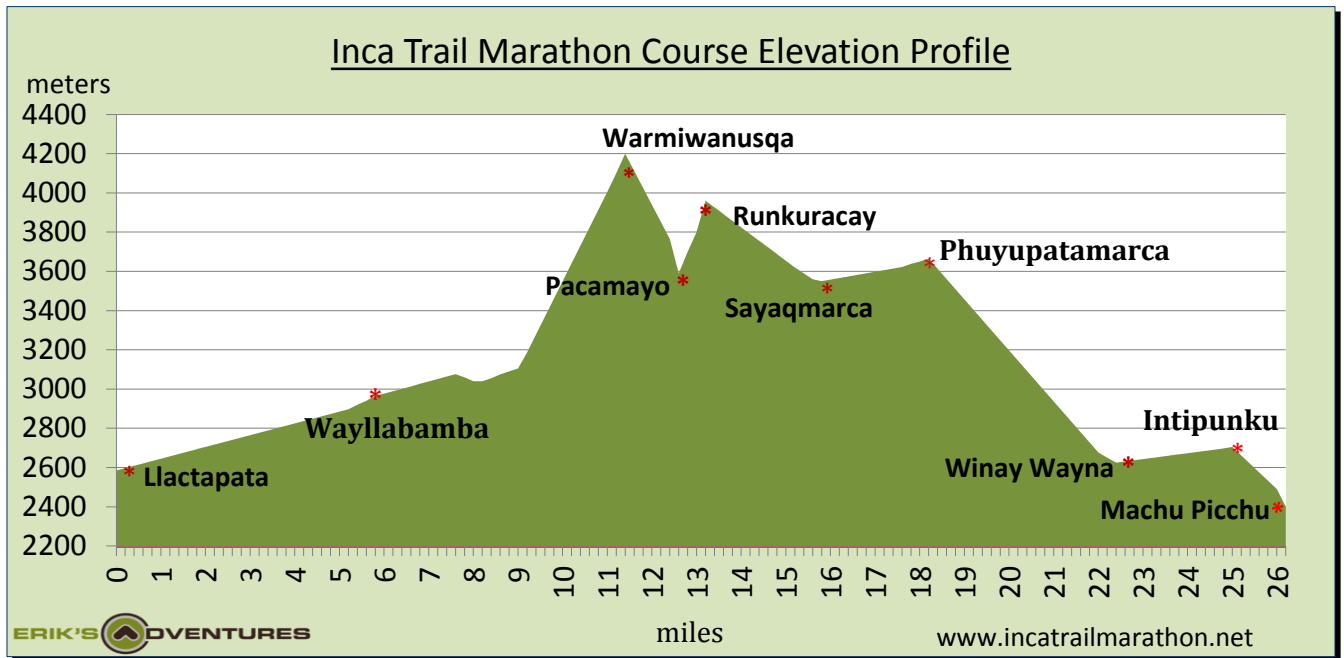


Image by Eriks Adventures



DISTANCE: _____ 1 MILE (1.61 KM)



Please note: 1 meter= 3.28 feet

Course Description: Total Course Distance 26.2 miles (42.195 km)

Start of race (Llactapata: 2,585m) to Wayllabamba (Aid station #1: 2,965m)- 5.8 miles (9.29km)

Begin from the start line near the Llactapata Inca ruins at 6:00 a.m. as the first rays of light are coming out. The first portion of the race is a short “out and back”, on a relatively flat section of the trail, followed by a steady ascent for several miles (approx 4 mi), passing by the river again at the first aid station, Wayllabamba.

Wayllabamba (2,965m) to Warmiwanusqa pass (4,200m)- 5.6 miles (9km)

From Wayllabamba, the trail begins a steep climb all the way to Warmiwanusqa (Dead Woman's Pass). This change of altitude means that racers will pass through three separate ecological zones during the day: Quechua, Yunga and Puna (from valleys with trees, through high pastures, to arid grassless areas short of the snow line). The ascent of over 1,200 meters to the first pass from Wayllabamba showcases magnificent views and challenges all experience levels.

Warmiwanusqa (4,200m) to Pacamayo (Aid station #2: 3,590m)- 1.2 miles (2km)

Descending rapidly from this superb vantage point, racers will pass scenic waterfalls before arriving at Pacamayo, the next aid station.

Pacamayo (3,590m) to Runkuracay Pass (3,960m)- 0.6 miles (1km)

From Pacamayo, climb again to the 2nd pass of Runkuracay to see an ancient Inca watchtower.

Runkuracay (3,960m) to Sayaqmarca (3,550m)- 2.5 miles (4km)

The descent from Runkuracay includes passing the Inca ruins at Sayaqmarca (a small maze-like ruin built above a sheer cliff).

Sayaqmarca (3,550m) to Phuyupatamarca (Aid station #3: 3,665m)- 2.5 miles (4km)

Passing through a rock tunnel on a relatively flat section of the trail, racers will reach another aid station at Phuyupatamarca (city above the clouds) which contains a beautiful set of linked stone baths still supplied by mountain streams. From here, racers should see Mt. Salkantay (6271 meters), one of the two most sacred peaks to the Incas.

Phuyupatamarca (3,665m) to Winay Wayna (Aid station #4/Cutoff: 2,625m)- 4.3 miles (6.9km)

The descent down from Phuyupatamarca to Winay Wanya is a continuous set of steep Inca steps (over 2,300), passing through the cloud forest and ending at the impressive ruins of Winay Wayna, (the last aid station and final checkpoint).

Winay Wayna (2,625m) to Intipunku (Sun-Gate: 2,705m)- 2.5 miles (4km)

The next 2.5 miles of the course is flatter with occasional rolling terrain through tropical vegetation. The final ascent to Intipunku (the Sun-Gate) includes one set of steep steps and is where racers will catch their first glimpses of Machu Picchu (2,400 meters) below.

Intipunku (2,705m) to Machu Picchu (Finish area: 2,400m)- 1.2 miles (2km)

After taking in this memorable view, the trail descends a little over a mile to the Inca citadel of Machu Picchu for a once in a lifetime race finish at the watchtower. This landmark presides over Machu Picchu and offers the famous postcard view of the Inca city that will serve as the backdrop for your marathon finish.

Important information:

Race times:

Start time is July 5th at 6:00 a.m.

The course will remain open for 11 hours. You must finish by 5:00 p.m.

Cutoff: To insure you finish by 5:00 p.m., there will be a mandatory cutoff at Winay Wayna (22.5 mi/36.16km: our last aid station and mandatory checkpoint). Runners will *not* be able to continue on the last 6km to the finish line if they arrive at Winay Wayna **after 3:45 p.m.** Machu Picchu does not allow entry past 5:00 p.m., nor are there buses down to Aguas Calientes after 5:30 pm.

If you don't make cutoff: If you arrive to Winay Wayna after 3:45 pm, you will need to spend the evening at our staffed campground. You will have access to some of your personal items (pre-packed by you and brought to the checkpoint by our staff- see below for suggested gear), a hot dinner, and shower. You will have the opportunity to continue on the Inca trail the following morning and walk into Machu Picchu.

Trail conditions:

While trail conditions are generally good, some steep trail sections require careful footing. The trail is mostly Inca paved stone. There are also some dirt sections and places where the trail surface is uneven and rocky. You will encounter steep stone steps and narrow passes with steep drop-offs to one side. The trail is generally at least 4 feet wide. Conditions become slippery with rain and moisture, especially on the descents in the cloud forest, so please use caution.

The Inca Trail cannot be closed to other hikers, so you will encounter other hikers (and porters) along parts of the trail. It is easy to get around other runners and hikers, as there is ample width on the trail. Please be courteous and clearly announce that you are passing "to your left", allowing them enough time to clear the path. You are unlikely to encounter any hikers on the first and last legs of the race due to the time of day.

Although you should be prepared for a variety of weather conditions (i.e. wind, rain, heat, cold, fog, possible rapid changing conditions in the mountains), the typical weather conditions for June and July on the Inca Trail range from 75°F for the high and 32°F degrees for the low. Average rainfall is only 2 days/month. Temperatures vary substantially with elevation changes. For example, at Dead Woman's Pass, you can expect approx. 40°F temperatures, while at Winay Wayna; you can expect daytime temperatures to reach approx. 75°F. Please plan accordingly.

Aid stations:

A total of 4 aid stations will be available for the race. The aid stations will be further apart in the first and closer together for the second half (see course description). Purified water, sports drinks, and energy foods will be provided at these checkpoints.

**Please note: Due to the distance between aid stations, we recommend carrying your own fluids and nutrition (i.e. daypack). You will have the opportunity to refill at aid stations if needed*

First aid will be available at all aid stations. English and Spanish speaking staff will be available with radio communication for emergencies.

Upon arrival at the aid stations, race times will be recorded.

Winay Wayna aid station will also serve as the campsite for those that do not make the cutoff of 3:45 p.m. A personal drop bag will be available for the overnight stay (see below for suggested gear).

Other race information:

Maximum race size: 200 runners.

Start line: Participants will seed themselves according to projected finish times.

Official times will be recorded to gun time (no chip timing).

Split times will be recorded upon your arrival at the aid stations.

All runners will be required to wear a numbered bib at all times.

Packet pickup/goodie bag and a mandatory pre-race meeting will take place the day before the race.

History: The Inca Trail 2012 Marathon will be the first 26.2-mile race on the trail. The course for this race has been accurately measured to 26.2 miles. Past runners have run varied distances, most

commonly 27.5 miles. Times for that distance have ranged from the fastest recorded time just under 4 hours to 11 hours or more.

The course is rated as difficult/advanced due to the large amount of vertical changes and high elevations encountered.

There will be race photos taken at various points along the course and at the finish.

It is not permitted to litter along the Inca Trail. Please keep the trail clean and throw garbage away at aid stations.

Race recommended gear:

Required for all racers: Passport for entry onto the Inca Trail.

(The following are only suggestions; this list is not all-inclusive)

Due to the varied elevations and temperature changes you will experience, we suggest planning your running wardrobe accordingly. Drop bags will NOT be made available until the finish line (or Winay Wayna if you do not make the cutoff).

Passport

Daypack on trail (optional):

Hat/Gloves

Long sleeve/Windbreaker/Change of shirt

Sunglasses/Sun-block

Personal First Aid

Personal Energy foods/fluids

Winay Wayna overnight bag:

Change of Clothes/Shoes (overnight temperatures average 50-55°F)

Personal Toiletries (rest rooms and showers available on-site)

Sandals

Money (Optional- a small convenience store is located at the site)

Clothing for next day hike into Machu Picchu

Finish line drop bag:

Change of Clothes/Shoes

Personal Items

**Please note: Bus transportation to the hotel in Aguas Calientes will be available post race until 5:30 p.m. Must walk down to town post 5:30 p.m. (average 1 hour walk).*

Photo Gallery



Section of Trail near Sun-Gate

View from Trail near Winay Wayna



Trail section in cloud forest



View from Dead Woman's Pass



Finish Line: Machu Picchu