



Important Travel Information





IMPORTANT INFORMATION Antarctica Travelers

AIRLINE TICKETS - Check your flight itinerary carefully for both U.S. domestic and international tickets. Reconfirm your flights times a couple of days in advance of departure. Your flight times from Buenos Aires to Ushuaia roundtrip are included in this mailing.

BAGGAGE - You must check the policy of your airlines for the free checked baggage allowance. It will vary according to your frequent traveler status with that airline. Maximum weight is **50 lbs. per piece**. Also see excess baggage note below. Pack as lightly as possible....try to bring only one large soft bag. **Put your running shoes and essentials in your carry-on. Be sure that your luggage is properly checked through to Buenos Aires (EZE airport code). Every year, someone's luggage is mishandled and they have no change of clothes for the entire trip. Take every precaution.

Important Excess Baggage Note: The baggage allowance from BA to Ushuaia is 20 kilos (44 lbs.) if you travel on Aerolineas internationally to BA. The baggage allowance from BA to Ushuaia is 15 kilos (33 lbs.) if you did not travel on Aerolineas to BA. An excess baggage fee of 3USD per kilo (2.2 lbs.) will be charged when you leave BA to fly to Ushuaia. There is never a charge when you return. This is an absurd rule but that is the way that Aerolineas Argentinas stays in business.

BAG TAGS - you have received 2 bag tags per person. You must affix these to your checked luggage. Otherwise, you will not be identified as part of the Marathon Tours Group and your bags will not be put on the ships.

FLIGHT CHECK-IN - Air travel within South America is different! Airlines oversell seats. On the dates of your travel all flights are heavily booked. Check-in for your international flights *at least* two hours prior to departure. Check your flight itinerary again, please. Anticipate problems with flights...such is the nature of flying to Argentina.

NOTE: If you miss your flight to Buenos Aires for any reason, please follow this procedure:

1. Force the airline to confirm a **seat assignment** on the next day and have them pay for a hotel if necessary if it is their fault that you were delayed.
2. Force the airline to send an email to info@marathontours.com or contact Marathon Tours with your new flight times so that we know where you are.
3. We **will try** to make any changes necessary in order to get you to the ship.
4. Take a taxi from the airport to the hotel upon arrival in Buenos Aires.
5. Cell phone contact for Thom Gilligan - 001-617-312-7346. This is a US phone number.

IMMIGRATION- All guests must have a valid passport. U.S. and Canadian passport holders do not need a visa for Argentina. Others must check with their consulate.

AIRPORT TRANSFERS-

Arrivals- Transfers by motorcoach will be provided on March 2 in Buenos Aires for passengers arriving by 12:00 noon.

Look for a Marathon Tours representative outside customs with a sign. Otherwise, taxis are available (about \$25...confirm price before entering) or the airport bus (about \$15) at your expense. There are two international arrivals terminals in Buenos Aires.

HOTEL ACCOMMODATIONS- Please provide the enclosed voucher at check-in at the Marriott Plaza Hotel. Please be aware that standard check-in time is **3:00pm**. Some rooms may be available earlier.

Marriott Plaza

Buenos Aires

Phone: 011 54 11 4318 3000 Fax: 011 54 11 4318 3008

TIPPING- Budget \$10 per day for tipping of the ship's staff which is done on the last day. All charges for staff gratuities, drinks, etc. may be paid by credit card or cash in USD on the last day.

CURRENCY- Bring U.S. dollars in small bills such as \$1s, \$5s and \$10s to use for taxis and other small expenses in Argentina. Dollars are preferred by everyone. Charges on board the ships are in US dollars only and can be paid by cash or credit card. The exchange rate is approximately 4 pesos to the US dollar. Ask for peso rates from shops, etc. since you often get a better deal. Be aware that you will only receive pesos from ATMs in Argentina. The exchange rate is about 4 pesos per USD and 5.4 per euro. **WARNING of TAXI SCAM:** Some taxi drivers will insist that you pay them with large bills. They will then give you counterfeit bills in pesos which can easily be identified by residents of Argentina. Don't be fooled.

AIRPORT TAXES - Beginning on January 1, 2010, Argentina imposed a reciprocity tax on for Australians (US 100), Canadians (US 70) and US citizens (US 131). This is collected on arrival by cash or credit card by Argentine immigration officials. You must pay a 28 pesos tax when leaving Ushuaia and a \$18 USD departure tax when you leave Buenos Aires.

EVENT MERCHANDISE- All pre-ordered merchandise was shipped to U.S. residents before January 26. Residents of other countries will receive your items in Argentina at the welcome reception. A few items will be for sale at the reception on March 3. Arrive early!

RACE CHECK-IN - At the welcome reception in Buenos Aires.

SHIP PASSENGER E-MAIL - There are computers provided on board the ship for accessing the internet and for sending emails. This service is available for text only messages. The email system is not equipped to accept or send images or attachments.

MARATHON TOURS STAFF-

Bill Serues

Jane Serues

Thom Gilligan

Anita Allen

Scott Guillemette



Itinerary - Ioffe Passengers

March 1 or before Depart U.S. or other country of origin for overnight flights to Buenos Aires.

March 2 Guests arrive in Buenos Aires and transfer to the Marriott Plaza Hotel. Please refer to transfer information on the General Information page. Standard hotel check-in is at 3pm but some rooms will be available earlier.

4:00pm - Light training run departs hotel. Evening free to explore the local restaurants and cafes. Argentina is world famous for its beef and a great variety of reasonably priced and good quality restaurants. Puerto Madera is a popular area along the canal with a nice choice of trendy restaurants. Ricoleta is famous for its outdoor cafes and people watching.

March 3 9:30am - Depart hotel for a 3 hour sight-seeing tour of Buenos Aires.

4:00pm - Training run departs hotel

6:00pm - Evening cocktail reception commences and is followed by a welcome banquet and briefing to follow at 7:30pm.

You will have an opportunity to purchase some commemorative gear during the cocktail reception. Quantities are very limited.

March 4 Day free for to explore BA on your own. Or we suggest a day trip on the ferry to Uruguay.

March 5 4:45am - Depart hotel for airport for those booked on the 6:20am flight to Ushuaia from Aeroparque, the domestic airport.

6:00am - Depart hotel for airport for those booked on the 8:35am flight to Ushuaia from Ezeiza, the international airport.

Arrive Ushuaia. Luggage will be transferred

to the ship while guests have some free time to explore the town. Board the Akademik Ioffe at about 4:00pm for departure to Antarctica. Welcome reception and briefing on shipboard safety. Evening film or lecture.

March 6 Day at sea crossing the Beagle Channel and Drake Passage. The open bridge policy invites everyone to get a bird's eye view of the navigational activity alongside the captain and his crew. Videos and lectures will introduce visitors to Antarctica.



March 7 Land Ho! We reach the South Shetland Islands in late afternoon. The weather will be our master as we spend a couple of days cruising in and among the bays and channels of the Shetlands and Antarctic Peninsula. The ship's Zodiacs will carry us to shore wherever possible, weaving safely among the icebergs and floes to



Itinerary - page 2

visit with seals and penguins and research stations.

March 8 Your day will be spent exploring the Shetlands islands in Zodiacs and on foot during landings. The race organizing committee will disembark at King George Island to prepare for the races.

March 9 Race Day! The course has been prepared with flags and mileage markers. Hopefully, Mother Nature will be kind with the weather. The race will start about 9:00 or earlier. Post-Race Party and celebration during the evening back onboard the ships as we cruise overnight south to the Antarctic Peninsula.

March 10-11 The captain will chart a course to explore the bays and inlets sheltered among the Antarctic fjords running east along the peninsula. Shore excursions will be made to research bases and seal colonies at Neko Harbour, Paradise Bay among others. Hopefully, there will be plenty of whale sightings.

Awards ceremony and barbecue on the aft deck in Neko Harbor.

March 12-13 We leave the "White Continent" to re-cross the Drake Passage. The lectures and film series will continue as we head north toward South America.



March 14 We first sight land at Cape Horn, Chile where we will approach our return port of Ushuaia via the Beagle Channel.

March 15 Ushuaia will greet us at about 7:00am when we disembark and transfer by coach to the airport for those returning to Buenos Aires on the 10:35am flight to Aeroparque, the domestic airport in BA. Bus transfers will be provided to transfer passengers and luggage to the international airport.

Those departing Ushuaia on the 1:33pm flight to the international airport will have some time in Ushuaia and transferred at about 11:30am from town to the airport.

NOTE: Marathon Tours & Travel reserves the right to change the itinerary due to flight schedule changes, weather or any other reason that it deems necessary for the safe and enjoyable execution of this trip. Delays can happen for many reasons that are out of anyone's control. The experienced traveler knows that travel in this part of the world is often interrupted and travel insurance can be very useful.



Event Information

ELIGIBILITY

1. You must pre-enter one of the two races and sign the waiver to be regarded as an official finisher. You already did this when you completed the tour application.
2. Someone entered in the marathon can switch to the half-marathon during the race if they are not feeling well. However, you cannot be eligible for prize categories. You cannot switch from the half-marathon to the marathon during the race.

NUMBER PICKUP

Numbers and pins will be provided on board the ship. You must pin your number of your front. Be sure to have it visible at the finish line for a finisher's photo. Wear bright colored clothing since it makes for a better photograph.

COURSE

The course will start and finish about 200 meters from Bellingshausen, the Russian base and head east toward the Uruguayan, base. There will be a turnaround point about 3 miles and you run back to the start area. You then run west about 3.5 miles to the Chinese base. Marathoners will run this twice. The final course is measured and prepared the day before the race. The bases and scientists have the final authority to approve the course. Most of the course will follow dirt roads that have some small but sharp hills connecting the research bases. Regular training shoes are sufficient to handle these conditions. Parts of the road were very muddy in the previous events. This is subject to change depending on conditions.

SHOES

You will not need any special shoes. A training shoe designed for off road/trail running is best. Bring two pair since it might be wet and muddy. Racing flats are not a good idea. **Pack your running essentials in your carry-on bags.

STARTING TIME

We try for a 9:00am start.

FINISHING TIME

Marathoners must finish under 6 1/2 hours. You must pass the halfway mark in 3 hours 20 minutes. Course marshalls have the responsibility to remove any runner from the course who might endanger himself/herself through fatigue, hypothermia or dehydration.

AID STATIONS

Each runner is responsible for their own liquids. You should bring 2 or 3 water bottles for race day. Also, bring any electrolyte replacement fluids that you commonly use. Only water will be available in Antarctica. Portable toilets will be available at the starting area. NOTE: You can wait until you get to Ushuaia to buy some soda or water in plastic bottles and then reuse them during the race. All drink bottles must be marked with your race number. Bring your own GU or other energy product. All energy supplements must be removed from paper packaging and placed in plastic GU packs or other containers that will not blow away.

AWARDS

Top three overall for males and females in both races. Top two in the marathon in each age category: under 40, 40-49, 50-59, 60-69, and 70 and over. All finishers will receive a certificate and medal.

1991 Antarctica Protocol Adherence

The Protocol on Environmental Protection to the Antarctic Treaty (Environmental Protocol or Madrid Protocol) was agreed in 1991 and came into force in 1998, once it had been ratified by all 26 (now 28) Antarctic Treaty Consultative Parties (ATCPs).

The Environmental Protocol:

- commits the Parties to the "comprehensive protection of the Antarctic environment";
- designates Antarctica as a "natural reserve, devoted to peace and science";
- sets out principles for environmental protection;
- bans all commercial mineral resource activity;
- requires the Environmental Impact Assessment (EIA) of all activities before they are allowed to go ahead.

As such, Marathon Tours, Inc. as organizer of the Antarctica Marathon & Half-marathon© have committed in writing to all interested parties that it will strictly adhere to all regulations. Secondly, all participants in the event will be self-sufficient and cannot expect to rely on any assistance from the research bases.

The Environmental Protection Agency and the National Science Foundation are heavily scrutinizing the viability of allowing running events on King George Island. We are committed to being 100% in compliance with their regulations.

We will require the following:

1. There will be no access to indoor facilities during your entire stay on King George Island.
2. All runners must have only one bag or backpack to be brought to shore. That pack must have your name and race number on it. Any items found without identity will be removed immediately and sent back to the ship.
3. One Ocean Expeditions will provide portable toilets to be placed near the start/finish area inside tents.
4. No garbage, rubbish or water bottles are allowed to be left on shore. All staff and participants are required to remove any rubbish they produce. Each competitor must mark their water bottles with their name and race number. Any items found without this identity will be removed and sent back to the ship.
5. The doctor from the ship will be on shore and travel along the race route to assist runners if needed. The ship will has a medical facility available.
6. No food products are allowed on shore except for energy aids such as Gu, Power Bars or Gatorade as required by runners. These products cannot include any seeds or egg products.
6. Any violation of these rules will result in disqualification.



Special Clothing & Gear

In addition to standard clothing, we have a few suggestions that should help you have a safe, comfortable and warm run. Temperatures in Buenos Aires are usually warm, in the 70's and 80's. In the Antarctic region expect from the 10's to low 40's and very windy with lower wind chills.

Packing and Luggage Tips

1. Try to bring one large duffle bag or pack instead of two. Hard luggage is impractical since it cannot be folded and stored in your cabin.
2. Make sure that you have a Marathon Tours bag tag on it. We will supply those.
3. Make sure that your luggage is checked to Buenos Aires. If you have a long layover in Miami or other connecting city and can handle your luggage, transfer it yourself for peace of mind.
4. Some one will have their luggage mishandled. It happens every time. Don't let it be you!!!
5. You can no longer lock your bags due to new security policies. Every year someone gets items stolen from within the bags. Do not put valuables in checked luggage.

Running shoes

A trail shoe with solid support against pronation

or supination is the best choice. Regular training shoes are sufficient. Soles should have good traction since some of the run might be in an inch or two of snow and most of it will be on uneven terrain. Racing flats are not recommended since they have little support. Bring two pair so that you make a change if you get muddy.

Rain Gear

You will get hit with spray while in the zodiacs on some landings. Bring rain gear or waterproof outwear.

Running Clothes

A Goretex type running suit and polypropylene underlayer will work best. You may want to shed the outer suit during part of the race. Thus, polypro (or similar material) tights should be worn. A long sleeve synthetic top with a singlet over it is a good choice. Bring light weight running gloves and a wool or polypropylene hat.

Eyewear

It can be windy, snowy or just plain white at times. Protect your eyes with sunglasses or lightweight ski goggles.

Rubber Boots - IMPORTANT

One Ocean Expeditions offers complimentary boots that will be provided once on board the ship. You will be constantly stepping into mid-calf water when jumping in and out of Zodiacs.

Fanny Pack & Day Pack

You may want to carry a hat or gloves or other gear. A day pack is extremely useful during landings and to store gear at the finish area. Fanny packs are a good idea during the run.

Water Bottles

Bring three (2 or 3) 16-20 oz. water bottles which you can fill with plain water filled on the ship or with your own magic potion that you have brought with you. You can get bottles in Ushuaia very cheaply. This will save on space in your luggage. Bring ribbons or a marker to more easily identify them during the run.

Antarctica Marathon Clothing & Gear Checklist

Recommended

- Winter Parka
- Synthetic under-layer tops and bottoms (2 or 3 sets)
- Goretex or similar outer-layer
- Rain gear/ waterproof slicker with pants
- Water resistant gloves insulated to about 0F/-18C
- Running shorts/T-shirts for a run in BA
- Socks (wool for landings/synthetic for running)
- Underwear
- Running shoes – training or trail
- Jeans/khakis and warm clothing
- Toiletries/pharmaceuticals/dramamine
- Medium size day-pack for landings and race day
- Electrolyte drink or GU type carbohydrate replacement
- Water bottles (3) - (you can buy some in Ushuaia)
- Soft luggage - duffle bag or similar – try to bring only 1
- Camera with battery charger
- Electronic adapters/converters for European outlets and power
- Sunglasses
- Stocking hat for warmth and race
- Sense of humor and spirit of adventure

Optional

- Ski or glacier goggles
- Plastic bags for wet clothing
- Wool gloves with open fingers for photo
- Binoculars
- Dry-bags for cameras and other valuable zodiacs
- Swiss army knife, Leatherman or similar

Expected temperatures:

Buenos Aires – 70-90F/20-32C

Ushuaia – 45-60F/7-16C

Antarctica – 0-35F/-18-2C

The Marathon Tours Staff



Thom Gilligan is the creator of the Antarctica Marathon and Half-marathon and founder of Marathon Tours & Travel.

He has 39 years experience in the travel industry and has completed 62 marathons including one ultra with a PR of 2:30:42. He is past President of the Greater Boston Track Club when they were recognized as the most competitive running club in the world.

Thom has been recognized by Conde Nast Traveler magazine for the past 8 years as the world's leading travel agent for runners. He currently divides his time between his homes in Boston, Cape Cod and Maui.



Scott Guillemette is the General Manager of Marathon Tours and has spent over 12 years assisting runners to travel to the ends of the Earth in search of adventure. He is best known for handling our groups to London, Paris, Rome, Iceland and other European cities. This will be his 2nd visit to Antarctica.

Scott just completed the Bermuda Triangle Challenge which included running a mile, 10K and ½ marathon in three consecutive days. Originally from Sanford, Maine, Scott will feel right at home in this cold environment . He promises to return with lots of photos of himself with penguins for his 9 year old son Josh.



Anita Allen lives in Florida and has been running for over 30 years. She has completed 104 marathons and 42 ultra marathons including the Marathon des Sables in 1998 and 2007. She has been to Antarctica 7 times and is a member of the 7 continents club. In addition to running she competes in kayak, surf ski and outrigger ocean canoe events and was the 2007, 2008 and 2009 U.S.C.A. women's national sea kayak champion.

She holds masters degrees in both geography and environmental management. As our official environmental officer, she is responsible for insuring that all runners adhere to the Antarctica Protocol.

The Marathon Tours Staff



Bill Serues has been in the travel industry for seventeen years. He has guided Marathon Tours clients to events on six continents over the last fourteen years. As a competitive runner, he has nine Boston Marathons finishes among his many races and has also served as a race director, club president, timer and any volunteer job that needs attention for his former running club in Pennsylvania.

For over thirty years he has been a member of the US Professional Tennis Association and has played and coached at all levels of the game. He now calls North Myrtle Beach, SC his home. This will be Bill's 13th expedition to Antarctica. As a Navy veteran, he has never lost his love for the sea.



Jane Serues has enjoyed working with Marathon Tours for over a decade. Having been a runner for 35 years, she has completed 25 marathons, including the inaugural US Women's Olympic Marathon Trials in Olympia, WA in 1984 (her PR of 2:46).

With a degree in Physical Education, Jane has been a teacher and coach and continues today leading a nationally-recognized women's beginner workshop called First Strides®.

She has been a race director and worked in advertising at Runner's World magazine. Student tours of Washington, DC keep her busy traveling each spring. Jane and husband Bill now reside in North Myrtle Beach, SC where her golf game is giving her fits!



Gustavo Papazian 1961-2007

The 2012 Antarctica Marathon will be dedicated to the memory of Gustavo “Gus” Papazian who died suddenly on September 4, 2007. Gus had been part of the Antarctica Marathon organizing committee since 1997. He was best known for his kindness, positive attitude and great sense of humor. His adventurous spirit embodies the Antarctica Marathon.

Gus was one of Antarctica’s most sought after expedition leaders, a master scuba diver, penguin expert, mountain biker and purveyor of vintage watches. He was always willing to share his wealth of knowledge with the Marathon Tours staff and all participants in the Antarctica races.

Gus drove the lead ATV as he lead runners along the course. His enthusiasm inspired everyone who came in contact with him. We will always miss him.