



MANOS DEL URUGUAY

FREE PATTERN



# Rise and Run

by Sarah Chapman



Pattern uses **Alegria Grande**  
and **Alegria Grande Bocados**  
Shown in AG9008 Orquidea (MC)  
with AGB2934 Teal, AGB2363  
Tahiti, and AGB2020 Spirulina



MANOS DEL URUGUAY

## SIZE

70cm (28in) circumference x 25cm (10in) depth

## MATERIALS

Manos del Uruguay Alegria Grande (75% superwash merino, 25% polyamide) 180m/197yds per 100g hank

Manos del Uruguay Alegria Grande Bocados (75% superwash merino, 25% polyamide) 45m/49yds per 25g hank

2 x 100g hank shown in AG9008 Orquidea

3 x 25g, 1 each in colors AGB2934 Teal (CC1), AGB2363 Tahiti (CC2), and AGB2020 Spirulina (CC3).

4.5mm (US 7) 100cm circular needle or size needle to obtain gauge

Stitch markers

Tapestry Needle

## TENSION

4½ sts and 11 rows in 2.5cm (1in) in Garter St (knit each row). Each entrelac rectangle = 6cm (2.5in) horizontally across

## ABBREVIATIONS

**beg:** begin(ning)

**BO:** cast off

**CO:** cast on

**k:** knit

**p:** purl

**p2tog:** purl 2 stitches together (1 stitch decreased)

**rem:** remain(s), remaining

**rep:** repeat(s), repeating

**rnd(s):** round(s)

**RS:** right side

**sl:** slip

**ssk:** slip 2 stitches, 1 at a time, knitwise to the right needle. Return stitches to the left needle in turned position then knit them together through the back loops (1 stitch decreased)

**st(s):** stitch(es)

**WS:** wrong side

**wyib:** with yarn in back

## NOTE

Each horizontal band of RS rectangles uses 1 Alegria Grande Bocado

## INSTRUCTIONS

With MC, CO 168 (160). Join in the round, being careful not to twist, and place marker to show beg of round.

**Rnd 1:** P

**Rnd 2:** K

**Rnd 3:** P

Turn work, so WS faces you.

Starting base triangles

Work short-row triangles with MC as follows:

**Row 1 (WS):** K2, turn.

**Row 2 (RS):** K2, turn.

**Row 3:** K3, turn.

**Row 4:** K3, turn.

**Row 5:** K4, turn.

**Row 6:** K4, turn.

**Row 7:** K5, turn.

**Row 8:** K5, turn.

**Row 9:** K6, turn.

**Row 10:** K6, turn.

**Row 11:** K7, turn.

**Row 12:** K7, turn.

**Row 13:** K8. Do not turn.

Repeat the last 13 rows 20 more times; 21 base triangles complete; 8 st per triangle.

Break MC yarn.

## RS Garter Stripe Rectangles

For the first rectangle only, with RS facing pick up with MC and knit 8 sts along the selvedge between the needles from the “peak” to the “valley” of the first unit from the previous tier. Turn work.

**Row 1 (WS):** With MC, k8, turn.

**Row 2 (RS):** With CC, k7, ssk (last rectangle st together with 1 st from following unit), turn. [1 st decreased from next unit]

**Row 3:** With CC, k8, turn.

**Row 4:** With MC, k7, ssk (last rectangle st together with 1 st from unit after it), turn. [1 st decreased from next unit]

**Rows 5–15:** Rep Rows 1 - 4 three more times, continuing to change color after each Row 1.

**Row 16:** K across row, carrying CC behind, ssk. Do not turn at end of last row.

\*With RS facing and MC, pick up and knit 8 sts along selvedge between needles from the “peak” to the “valley” of the next unit from the previous tier, then turn the work and knit across the 8 picked-up sts with WS facing. Work Rows 2–16 once more, beg and ending the rectangle with a RS row.\*

Rep from \* to \* 19 more times, ending with a RS row. [21 rectangles completed; still 168 sts with 8 sts in each rectangle]

Break CC.

## WS Garter Rectangles

**MC only**

For the first rectangle only, with RS facing, pick up and knit 8 sts along the selvedge between the needles from the “valley” to the “peak” of the unit from the previous tier. Turn work.

**Row 1 (WS):** P7, p2tog (last rectangle st together with 1 st from following unit), turn. [1 st decreased from next unit].

**Row 2 (RS):** Purl 8.

**Rows 3–15:** Rep Rows 1 and 2 six more times. Do not turn at end of last row.

\*With WS still facing, pick up and purl 8 sts along selvedge between needles from the “peak” to the “valley” of the unit from the previous tier, then turn the work and purl the 8 picked-up sts with RS facing. Work Rows 1–15 once more, beg and ending the rectangle with a RS row.\*

Rep from \* to \* 19 more times, ending with a RS row. [21 rectangles completed; still 168 sts with 8 sts in each rectangle]

### Next 3 Tiers

Work a tier of RS rectangles, then work a tier of WS rectangles once more. Work one more tier of RS rectangles. [5 rectangle tiers total]

Break yarn.

### Ending triangles

#### MC only.

For the first triangle only, with RS facing pick up and knit 8 sts along the selvedge between the needles from the “valley” to the “peak” of the unit from the previous tier.

**Row 1 (WS):** p2tog, p5, p2tog (last triangle st together with 1 st from following unit), turn. [1 st decreased from next unit]

**Row 2 (RS):** P7, turn. [7 triangle sts]

**Row 3:** p2tog, p4, p2tog, turn. [1 st decreased from next unit]

**Row 4:** P6, turn. [6 triangle sts]

**Row 5:** p2tog, p3, p2tog, turn [1 st decreased from next unit]

**Row 6:** P5, turn. [5 triangle sts]

**Row 7:** p2tog, p2, p2tog, turn [1 st decreased from next unit]

**Row 8:** P4, turn. [4 triangle sts]

**Row 9:** p2tog, p1, p2tog, turn. [1 st decreased from next unit]

**Row 10:** P3 [3 triangle sts]

**Row 11:** p2tog, p2tog. [1 st decreased from next unit]

**Row 12:** P2, turn. [2 triangle sts]



**Row 13:** p1, p2tog, pass 1st st over 2nd. [1 st decreased from next unit] [1 triangle st rem on right needle, counts as first st of next triangle; no sts rem from unit being decreased]

\*With WS still facing, pick up and purl 8 sts along selvedge between needles from the “peak” to the “valley” of the rectangle from the previous tier, then turn the work and purl across the 8 triangle sts with RS facing. Work Rows 1–13 once more, beg and ending with a WS row.\*

Rep from \* to \* 19 (18) more times, ending with a WS row. [21 triangles completed; 1 st rem on right needle]

Leave last st on needle and do not break yarn.

### **Garter upper edge**

Turn work so RS is facing. Sl st now on left needle to right needle purlwise wyib, then pick up and knit 8 sts across top edge of each of the 21 triangles. [168 sts]

**Rnd 2:** P

**Rnd 3:** K

With RS facing, BO all sts purlwise.

### **FINISHING**

Block piece to measurements. Weave in ends.

