



Glacier 3000 Run: Record number of participants on track

Les Diablerets, July 21, 2016. More and more mountain runners want to experience the unique Glacier 3000 Run. As usual, this year's route will again go from Gstaad up to Glacier 3000. Next year there will be a marathon for the first time, in addition to the 26 km. Those familiar with the run, are already looking forward to the marathon.

The Glacier 3000 Run is already well established in the mountain running calendar. Participants come from all over the world and are always excited about the unique route. This year the Glacier 3000 Run is taking place for the 9th time. It is looking as if the event organizers can look forward to another new participant record in 2016. Already now there are more registrations than last year at this time. In 2016 the race will again go from the Gstaad Promenade, through the village of Gsteig and then up to the glacier, an altitude difference of 1'900 meters that runners must overcome to reach the finish line at 2'950 meters. Towards the end of the race, everyone will run over the eternal ice – a unique experience. It's possible to participate in the Single, Team or Alpine Nordic Walking category. The start for the runners is at 10.00h at the Gstaad Promenade, the Nordic Walkers will begin at 11.20h on the Oldenegg. The Kids Run will take place in the afternoon on the Promenade.

Well-known runners from the mountain running scene have signed up for this year's race again. Last year's winner Philipp Feuz will be competing against Martin Cox, the repeated Glacier 3000 Run winner and current holder of the fastest race time. Also competing again this year is Ralf Birchmeier who came in second place last year and who has competed in almost every race so far. For the Women Daniela Gassmann-Bahr will mostly likely be competing again, she won every race on the glacier between 2010 and 2014. One person in particular is looking forward to the race. It's Helmut Perreten, a local who was also race director for several years. He is looking forward to lacing up his running shoes and participating in the run – this has been his dream for a long time. „As ex-race director and the one responsible for defining the current race course, I still feel a bit like the patron of this event. It feels like coming home every time and I know the route like the back of my hand – which does not make the race any easier. The run from Gstaad up to Glacier 3000 is a truly special experience“, says Perreten. In spring he already ran a flat city marathon and will be participating in the Zugspitz Trailrun Challenge this weekend, a challenging marathon with an altitude gain of almost 4'000 meters. After the Glacier 3000 Run he wants to run in the Jungfrau Marathon. Next year he will probably have to change his

schedule a bit, as Glacier 3000 will also be hosting a marathon, as part of their 10-year anniversary celebration.

„I am already looking forward to the anniversary run and hope I can do well on the marathon course. Naturally, I am curious to find out more about the route. The Saanenland has several nice areas“, says Perreten, who was born in Saanenland.

Those interested in registering for the Glacier 3000 Run, can do so until July 25, thereafter a late fee of CHF 20 will be charged. Even watching the race can be fun. The runners are grateful for each person that cheers them on from the sidelines. Spectators can purchase a special Spectator Pass, which costs CHF 40 for adults and CHF 20 for kids up to 15 years old. The pass includes the shuttle bus and cable car rides.

Infos and registration: www.glacier3000run.ch

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