

## **Preparations for the toughest marathon in Switzerland are in progress**

**Les Diablerets, March 2, 2017. While Glacier 3000 is still covered in deep winter snow, preparations for the anniversary edition of the Glacier 3000 Run, with the first marathon run over a glacier, are well underway. For the 10th birthday of the mountain run, runners have the additional choice of selecting to participate in the 42 km marathon run.**

The glacier is covered in deep snow, tourists are awed by the beautiful white landscape, the rattling of chairlifts can be heard in the distance, snow sports fans are enjoying the slopes, it's ski holiday season. Down in the valley on the Route du Pillon, there where the cable car ride to the glacier world begins, preparations are already underway for a very special summer event. On August 5, the 10th anniversary edition of the Glacier 3000 Run will be celebrated. Then, in addition to the already spectacular 26 km glacier run, a marathon distance from Gstaad up to Glacier 3000 will be possible for the first time. The infrastructure must be carefully thought out, the search for sponsors has begun and the organizational committee is taking care of the last race course details. Race Director Richard Müller, who himself is a repeated Glacier 3000 Run participant, is excited about this special edition of the run. "After the usual stretch to Feutersoey, participants will run towards Arnensee. From this lake, the course goes up to Alp Seeberg, quite a steep ascent, which gives runners a flavor of what is to come later during the ascent from Reusch to Glacier 3000", says Müller. The OC is again counting on volunteers this year to help make the event possible. "This year we need an additional 50 volunteers due to the added marathon distance", says OC President Bernhard Tschannen.

The marathon has already attracted a wide interest in the mountain running scene. Many people have already signed up for the special edition of the Glacier 3000 Run. The local runner, Helmut Perreten, will also be at the start of the marathon. He is preparing for the upcoming season and now primarily focusing on the basic training, which also includes sessions on the treadmill. „I do not take any longer breaks throughout the year. I train between 6 and 9 hours a week, split up among 6 training sessions“. His first competition this year will be on March 12 at the Engadin Ski Marathon, followed by one or two flat runs in spring. In June he will do two mountain runs and then plans to participate in the Hella Half Marathon in Hamburg on June 25 and the Zermatt Ultra Marathon on July 1, before completing the Glacier 3000 Marathon. „Naturally I am very excited and don't want to miss this exclusive stretch. I am very familiar with individual sections of the race, as the area around Arnensee is one of my favorite in the Saanenland“, he says.

Those who are already thinking about summer, despite the current winter conditions, can sign up for one of the two stretches of the 10th Glacier 3000 Run under [glacier3000run.ch](http://glacier3000run.ch). Volunteers can also sign up here using the same link.

**Media Contact:**

OC Glacier 3000 Run

Claudia von Siebenthal

Marketing & Sponsoring

P. 0041 24 492 09 22

M. 0041 78 703 47 31

[claudia.vonsiebenthal@glacier3000.ch](mailto:claudia.vonsiebenthal@glacier3000.ch)

[www.glacier3000run.ch](http://www.glacier3000run.ch)