



GLACIER 3000

*High level experience.*

Press Release Gstaad 3000 AG

## **Glacier 3000 Run – the hardest marathon in Switzerland in 2017 is drawing a huge interest**

**Les Diablerets, May 18, 2017. The 10th anniversary edition of the Glacier 3000 Run that takes place on August 5, 2017 and which also includes a marathon distance for the first time, has become quite popular! Participants from 24 countries have already signed up. Almost half the registered runners want to take on the hardest marathon in Switzerland in 2017 because of the challenging race course and altitude difference of 2'757 meters!**

As Glacier 3000 Run is celebrating its 10th anniversary, event organizers came up with a very special athletic challenge, the marathon, which will take place alongside of the traditional 26 km run. The 42 km begin in Gstaad and pass through romantic mountain villages and magical alpine landscapes, through the harsh glacier world and over the eternal ice before coming to the finish line at Glacier 3000 (2'950 meters). The 26 km course with an altitude difference of 2'015 meters will also take place again. Alpine Nordic Walkers will also have the opportunity to participate in the run again.

### **Top Swiss Athletes at the Start**

In addition to the international athletes, for example from Kuwait, Israel or even Malaysia, the organizers are pleased that top Swiss athletes, such as the ex-ski freestyler Renato Ulrich from Lucerne, will also be competing. He specialized in aerials and took part in the Olympics three times, stood on the world cup podium five times and won 4th place twice. After 15 years of high performance sports, the 33-year old now enjoys running, hiking, cycling and mountain biking.

Competing again this year is Helmut Perreten, who has completed the Jungfrau Marathon 15 times and is the new president of the Jungfrau Marathon Club. He also competed in the traditional 26 km Glacier 3000 Run several times now and is excited to participate in the hardest marathon in Switzerland in 2017. His personal tip, „I do not do any special preparations. However, I will make sure to do enough downhill training and also run sections of the Glacier 3000 Marathon course. The biggest challenge I see is the impressive altitude difference, especially during the descent to Feuterseoy. One must pace oneself carefully – so that the section after the Arnensee loop on the traditional course to Glacier 3000 is a positive experience.“



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„According to the organizers, preparations for this special 10th edition are going as planned“, says Claudia von Siebenthal, Event Manager for Glacier 3000. We are still looking for volunteers. Those interested in helping out can register online at [www.glacier3000run.ch](http://www.glacier3000run.ch).

Are you ready for a truly unique running experience? Then register today at [www.glacier3000run.ch](http://www.glacier3000run.ch). Registration deadline is **May 31st**, thereafter a late fee will be charged. There are only a limited amount of starting spots.

Additional information and press releases available at [www.glacier3000run.ch](http://www.glacier3000run.ch)

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