

An alpine marathon of a different kind

Les Diablerets, August 2, 2016. A marathon through Saanenland up to the glacier peak Scex Rouge – there has never been such a thing. For the 10-year anniversary of the Glacier 3000 Run in 2017, runners can also choose to go further than the regular 26 km and run the full marathon distance. The 42 km stretch goes from the picturesque Gstaad village center, to the beautiful Arnensee and then up to Glacier 3000.

For the 10-year birthday of the Glacier 3000 Run, the event organizers wanted to do something special. The idea of organizing a marathon came up pretty quickly. In 2017 this idea will become reality, because in addition to the regular 26 km stretch, a marathon distance will also be possible. 42 kilometers from the Gstaad Promenade up to the finish line at 2'950 meters above sea level – a truly special experience.

The marathon begins on August 5, 2017 at 8.30h at the Gstaad Promenade, which lies 1'050 meters above sea level. Participants will begin on the regular stretch until Feutersoey and then turn off onto a steadily climbing mountain trail towards Arnensee. The Arnensee is idyllically embedded in the Tschärzis Valley, on the north side of the valley it is flanked by the steep walls of the Staldenhorn and in the south it is surrounded by shady forests with an extraordinary alpine vegetation. „In the early morning the Arnensee is as smooth as glass in the valley basin, the Oldenhorn and other high glacial peaks are reflected in the cold mountain water“, says race director Richard Müller, who is already now looking forward to the anniversary run with a special challenge for runners. „After about 3 km on the added loop of the marathon is a beautiful mountain trail alongside of the raging Tschärzis stream. Close to Restaurant Huus at Arnensee, after a climb of about 450 meters, there will be a refreshment station with time measurement.“ Afterwards the course crosses over the dam and continues along the northwest side of the lakeshore. At the end of the lake runners have another tough climb up to Alp Seeberg at 1'712 meters above sea level. This climb is just a taste of what lies ahead for the runners during the climb from Reusch up to Glacier 3000. „From Alp Seeberg, the highest point of the Arnensee loop, one has a fantastic view onto the beautiful mountain lake“, says Müller. From there the course continues over alpine meadows covered in flowers and passes through the lush green forests back down to Feutersoey – partly down some very steep paths. Afterwards the course continues on the regular stretch and at the end crosses over the eternal ice of the Tsanfleuron Glacier and onto Glacier 3000. For the anniversary edition of the run, 1'200

participants can register, 700 for the regular run and Alpine Nordic Walking stretch and 500 for the marathon.

Whether the marathon is an overnight success and will be continued after 2017 or whether it is a one-time deal remains to be seen, says OC president Bernhard Tschannen. For the moment, however, he is looking forward to this year's edition of the Glacier 3000 Run. On August 6, 2016, starting alongside Daniela Gassman-Bahr, the reigning mountain running long distance world champion, will be Martina Strähl. In the Mens category the previous year's winner Philipp Feuz will be competing against the Kenyan Eric Muthomi Riungu and Stéphane Heiniger, the best Swiss runner in the 2015 Lausanne Marathon.

Infos and registration: www.glacier3000run.ch

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