

Glacier 3000 Run

The 2017 Mountain Run Experience in Switzerland

Les Diablerets, July 13, 2017. In only a few weeks the starting shot for the 10-year anniversary of the Glacier 3000 Run will go off. On August 5, a total of 1,200 runners will be taking part, either in the regular 26 km run or in the marathon distance. The 42 km mountain run, which is being organized for the first time, is being called the hardest marathon in Switzerland for 2017. It begins in the center of Gstaad, goes around the Arnensee and then climbs up to Glacier 3000.

Despite the heat wave of the last few days, race participants continue to prepare for the challenging mountain run experience of 2017. In addition to the regular 26-kilometer stretch, a marathon distance with an altitude gain of 2,757 meters will also be taking place. The local runner Andreas Kubli, who has already participated in the traditional Glacier 3000 Run five times, will now attempt the marathon distance. He is preparing for the race by training four times a week with a coach. *„The traditional Glacier 3000 Run is already something special for me, as it takes place in my homeland and in one of the prettiest areas of Switzerland. I know almost every stone and person in this area, including most of the spectators and volunteers. In 2010, I helped as a volunteer at Cabane and was fascinated by the performance of all those runners. One year later, I competed for the first time in the Glacier 3000 Run. Now I am taking up the challenge of the anniversary marathon, since I do not want to miss the unique opportunity to run the added loop around Arnensee!“,* reveals Andreas.

This magical and unique marathon stretch will stay in the runner's mind for a long time. The race begins at the Gstaad Promenade at 1,050 meters above sea level. The breathtaking course initially follows the regular route until Feutersoey and up to the Arnensee, where a natural spectacle takes place. In the early morning hours, the Oldenhorn and high glacier mountains are reflected in the idyllic mountain lake! After this experience, the trail continues along the Tschärzis stream, over the dam and to the end of the lake, where a challenging ascent comes next – a taste of what is to come for the ascent from Reusch to Glacier 3000. After the descent from Alp Seeberg, the highest point on the Arnensee loop, down to the village of Feutersoey, the trail joins the regular stretch over the eternal ice of the Tsanfleuron Glacier and up to the finish line at Glacier 3000, where all finishers are rewarded with a breathtaking view onto Mont Blanc, the Matterhorn and the Jungfrau!

Starting spots are still available for all of the categories, including the Nordic Walking stretch (6 km beginning at Oldenegg) and Glacier 3000 Kids Run in the center of Gstaad. A late fee of CHF 20 will be charged between July 25 and August 5. Special day passes for the shuttle bus and mountain railways will be available onsite for all spectators and persons accompanying the runners.

Make sure to be at the mountain run experience on August 5, 2017, as a runner or spectator!

Information and registration: www.glacier3000run.ch

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