



## GLACIER 3000 RUN

### 12. Glacier 3000 Run - Press Release

12.08.2019

The 12<sup>th</sup> edition of the Glacier 3000 Run, which has taken place last Saturday the 10<sup>th</sup> of August 2019, has been a success for both runners and organizers. Although inscriptions were at a high of 1030 participants, heavy rainfalls offered a challenge, to the organizational committee. To be sure to protect the safety of the runners, the route was slightly altered, to avoid the fresh ice on the Glacier. Yet the weather did not stop Christian Mathys from crossing the finish line in 1<sup>st</sup> place, Mekonen Tefera in 2<sup>nd</sup> place and Ralf Birchmeier took 3<sup>rd</sup> place. They were followed by Petra Eggenschwiler who was the first woman to reach the finish line.

This whole event wouldn't have been possible without the numerous of helpful hands creating magic behind the scene. Steffen Nischan, Staff Manager, offers us a glance into his world of managing volunteers and runner Lilli Horbach (@lilli.bit.everywhere), shares her feedback about this intensive run.

#### THE MAGIC MAKER

Steffen has been in the Glacier 3000 Run family since it's 4<sup>th</sup> edition: from helper to finish line Chef and finally Staff Manager, he gained knowledge through his personal experience.

Each year, Steffen recruits roughly 200 helpers to work during the race. This job consists of finding each year the right person for the right post: from all different age ranges and industries, what binds these magic makers together, is their common passion for this run. As says Steffen:

*“Every helper must be aware that we are working at a high altitude, the run is not a gentle walk and especially from Cabane to the glacier it can be very challenging. When the weather changes and the strength of the runners dwindles, every helper must know how to react.”*

In addition to the race staff there are many other actors, who are also working hand in hand, to make this event a success: Traffic squads, samaritans, photographers, massage teams, musicians, security, helicopters, speakers and the Glacier 3000 Team. In total, 300 people offering their best for a great event, no matter what the weather conditions offer.

The greatest reward for anybody helping is seeing the exhausted but extremely proud runners crossing the finish line.

#### LILLI WHO LIVES HER LIFE LIMITLESS

Lilli Horbach, influencer and athlete is exactly one of the persons who passed these different volunteers during her run. She emphasized how welcomed she felt, as every person had a smile on their face. “The



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speaker in Reusch called out every runners name and motivated each one of us, it truly made me speechless.” Furthermore, she remarked that each time she was in the need of something to eat or drink, there was always a revitalization stand with a kind human being on the other side.

Lilli started running due to an accident which she had when she was younger. “Some run against the watch, some run to compete against each other, I run for myself and for those who cannot.” Regarding her personal experience at the Glacier 3000 Run, she admits that it was extremely hard. “I personally struggled by running as efficient as possible to keep my energy for the last 10 km with more than 1500 meters of altitude change. A very tough challenge!” She will end her running season by running the marathon of her hometown.

If you want to be part of this unique running experience save the date for the 08.08.2020. Registrations will be starting at the beginning of December 2019 on [www.glacier3000run.ch](http://www.glacier3000run.ch).

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