



On August 7th the 3rd edition of the Glacier 3000 Run will take place

From the celebrity village to the eternal ice

Gstaad, July 7, 2010. With four weeks to go until the 3rd edition of the mountain race „Gstaad - Glacier 3000“, race preparations are in full swing. The race course, which goes from the world famous village of Gstaad up to the glacier area just under 3000 meters, has been newly signposted up to 2500 meters. Soon Germany's national team will train here for one week.

„The summer temperatures in the mountains are ideal for our mountain race up to Glacier 3000. The race course is virtually free of snow up to the cable car middle station at 2500 meters, thereby allowing runners to train on the official course.“ Bernard Tschannen, the Glacier 3000 race committee president is quite happy because it is only another four weeks until the starter's gun is fired on Saturday morning, August 7th. As in previous years, the race committee is expecting about 600 runners, who will cover the 26 kilometers and 1900 meters in altitude difference before arriving at the mountain top station Botta where they will be able to view mountain ranges, as far away as in the Jura. In the first two editions of this race, one of the world's top mountain runners, the British runner Martin Cox won with a time of 2:27.05 (2009) and 2:20.02 (2008), respectively.

From 1050 to 2950 meters

The Glacier 3000 Run begins at 10am in the middle of the Gstaad Promenade, where celebrities can often be seen on the streets. The race course is relatively flat until Gsteig where it starts to climb a bit until Reusch. Here the two-person teams change runners. The first runner has now completed his/her share of the race and the second runner takes over until the finish line. This is where the running cracks who love steep alpine courses can demonstrate their skills because 1600m of the 1900m altitude gain are covered in the last 10km of the race. The German national mountain running team takes advantage of this challenging course and uses it as an intensive training camp to prepare for the world cup long

distance run „Pikes Peak“ in Colorado/USA. These racing cracks sleep at the SAC cabin „Cabane“, which is very close to the Glacier 3000 middle station where the last 3km to Scex Rouge along the eternal ice begin.

Signposts

Most of the race course from Gstaad up to the Cabane station at 2500m has been newly signposted. Once the last snow melts, the last part of the course to the finish line will also be signposted. „Whoever hikes here will now also know that they are on the official race course of the Glacier 3000 Run“, says Bernhard Tschannen, who worked together with the organisation „Bernese Hiking Trails“ to make this possible.

Spectators

All race spectators can take advantage of the „spectator pass“ which allows travel on the cable cars, as well as on the shuttle bus from Gstaad. This special pass can be obtained at the Sportzentrum Gstaad where the race numbers will be distributed on both Friday evening from 18-20h and on Saturday morning from 7.30-9.30h.

Infos and registration at www.glacier3000run.ch, Tel. 033 748 17 17, Email: marketing@Glacier 3000.ch.

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