



Glacier 3000 Run: Over 600 Runners Expected

“Gstaad, August 3rd, 2009“. Already 430 runners have signed up for the Glacier 3000 mountain race on August 8th, 2009. Over 600 runners are expected to participate in the race. This challenging course covers a distance of 26 km and an altitude difference of 1’900 metres from Gstaad to Scex Rouge.

This sport event has attracted runners from 9 different countries into the Bernese Oberland. One participant will be coming from as far away as Hong Kong! Other runners are coming from Germany, France, Great Britain, Austria, Belgium, Italy and the Netherlands. About 90% of the runners are from Switzerland and represent 22 cantons. The biggest group comes from the canton of Bern followed by runners from Waadt and Zurich. Women make up about 25% of the runners. Both of the last year’s winners, Martin Cox (GBR) and Claudia Landolt (Jonschwil), will also be participating. Other top favourites to win this year are Michael Barz from Durach (GER), Urs Jenzer from Frutigen, Nathalie Etzensperger from Gamsen and Corinne Zeller from Weissenburg.

190 Volunteers

To make sure everything runs smoothly, there will be 190 volunteers and the 6 members of the organizing committee helping out during the race. Experienced mountain guides will be monitoring weather conditions to ensure a safe race. 30 Samaritans and 25 traffic officers will also be volunteering on the day of the race. An official race closing time will be posted at Cabane. There are 9 stations with food and drinks stationed along the race course.

Entertainment for Runners and Spectators

Entertainment for both runners and spectators will be provided by the "Trechlerclub Gsteig" in Gsteig and the "Steelband Saanenland" on the Oldenegg. Starting around 16.00h in the finish area at the Kapälliplatz Gstaad, various groups from the „Ländler Open-Air Gstaad“ will be

providing the entertainment for everybody. There is also a special day-pass for spectators who want to be there along the race course. The price of CHF 40.- (CHF 20.- for kids) includes the Shuttle Bus and the aerial tramways from Glacier 3000 (excl. Alpine Coaster). This pass can be picked up where the race numbers are distributed in the Sportzentrum Gstaad.

Registration Deadline on August 7th

The race course is run on 6,5 km of asphalt, 19 km of trails and half a kilometre on the glacier. Participants can sign up as individuals or as team members (2 people). The Glacier 3000 Run is a part of the Helsana Trophy series from Swiss Athletics and a part of the FIT for LIFE Trophy series. A new photo service will be available to all race participants.

Runners can sign up until August 7th, 2009 online at www.datasport.ch or in person at the Sportzentrum Gstaad. However, a late fee of CHF 20.00 will be charged in both cases. Participants can pick up their race numbers on August 7th between 18.00 and 20.00h or on the race day beginning at 07.30h in the Sportzentrum Gstaad.

Program for Saturday, August 8th, 2009

07.30 - 9.30h Start number pick-up, Sportzentrum Gstaad
10.00h Race start at the Kapälliplatz Gstaad
12.20h First runners complete the race at Glacier 3000
15.00h Official race closing time
15.30h Gstaad Kids Run, Kapälliplatz Gstaad
16.30h Awards Ceremony - Glacier 3000 Run, Kapälliplatz Gstaad
17.00h Awards Ceremony - Gstaad Kids Run, Kapälliplatz Gstaad
Until 22.00h Food and drinks, entertainment from groups from the "Ländler Open-Air Gstaad", Kapälliplatz Gstaad

Information / Registration

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Late online registration: www.datasport.com

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