

Welcome to the „Run of the Alps“

The Glacier 3000 Run is a unique race course in the midst of a beautiful alpine setting, making it a true challenge for all participants. Beginning in the mountain village of Gstaad at 1'050 meters above sea level, the course continues along meadows, through a hilly area at the foot of the Alps and then goes all the way up to the ice and snow at Glacier 3000 (at almost 3'000 meters).

The first part of the race is in a rather flat area before it begins to get steep. This change is reflected in the varying running surfaces. At first the race is on asphalt, then on a gravel road followed by soft forest trails, as you head toward Feutersoey, Gsteig and Reusch (changing area). From there, the race course follows a cart track logging trail up to Oldenegg. Then it goes up a mountain trail to the cable car middle station Cabane and thereafter continues on up the mountain in alpine terrain. The challenge is to manage the last few hundred meters to the finish line on the snow and ice of the Tsanfleuron Glacier. This is definitely a unique experience for any runner.

Based on the motto, “the path is the goal”, each runner who crosses the finish line is a winner who can be proud of his/her athletic achievement.

For our 5-year anniversary of the „Run of the Alps“ race, we are including a new category: Nordic Walking. There is a 3km stretch from Cabane to the Scex Rouge mountain top station which includes an altitude gain of 465 meters.

In August 2011, for the 4th Glacier 3000 we had an amazing performance from the winners, even under varying weather conditions. . Once again Martin Cox was able to dominate the field with a time of 2:22.40. A new course record (2:44.05) was set in the Women's category, again by Daniela Gassmann Bahr. The team from huerzelercoaching with Samuel Hürzeler (2011 Gigathlon Winner) and his father Thomas won the team category with a time of 2:26.25. A total of 518 runners crossed the finish line under varying weather conditions. 130 kids participated in the Gstaad Kids Run.

The previous year's races have shown us that we are on the right track to establish the Glacier 3000 Run as a top event within the national runner's scene. This success motivates us to continue to offer such race events in the future.

We would like to take this opportunity to welcome you to the 5th edition of the Glacier 3000 Run. We look forward to another exciting runner's event on August 4th, 2012 in the Gstaad-Glacier 3000 region.

OC Glacier 3000 Run
Bernhard Tschannen, President