



Beautiful nature, special athletic challenge: the Glacier 3000 Run is taking place for the eighth time

Les Diablerets, July 23, 2015. The Glacier 3000 Run has not only established itself as an important event in the international mountain running scene. Its unique course profile also represents the diversity of nature in this area. Mountain runners are not the only ones who love the Glacier 3000 Run. Nature lovers also enjoy exercising in beautiful surroundings together with other like-minded people.

On August 8, the Glacier 3000 Run is taking place for the eighth time. From the Gstaad Promenade, the race goes through Feutersoey, Gsteig, Reusch and onto Scex Rouge at almost 3'000 meters. Runners must complete a 26-kilometre stretch and overcome a 1'900 m altitude difference (+2'015 m/ -115m). A unique course profile awaits participants and at the end there is a passage over the eternal ice.

A lot of well-known runners from the mountain running scene will be there – the run is an ideal preparation for the Jungfrau Marathon. This year the organisers are happy to announce that they already have more registrations than last year at the same time. The race start for both single and team runners is at 10.00h.

„Unique nature, exercise and camaraderie“

Since several years, the local Hans-Peter Grundisch has been at the race start. Lots of younger runners wish they had the fitness level of this 67-year old Saaner. For Grundisch the race is not about numbers, results or a particular achievement. It's about the experience in nature, the fun of exercising and the camaraderie among the runners. „I like to run for fun“, he says. Each of the races is a special experience for him, regardless of the weather conditions. „Even fog has its appeal. Sometimes it's simply the different runners that one meets, that make a race special". He can remember the 2011 race especially well. One of the runners was Hans Thenning, a 60-year old barefoot runner from Bern. „Shortly before Cabane, on the gravel road, Hans passed me and finished the run 20 minutes before me“. Grundisch is proud to have such a race so close to home. The organising committee does a great job and the number of race participants continues to increase from year to year.

Nordic Walkers have a new trail

Nordic Walkers have been part of the Glacier 3000 Run for three years now. This year there is a new trail for the Nordic Walkers. The start is at Oldenegg at 11.30h. The finish line is at Scex Rouge and participants have to overcome an altitude gain of 1'031 metres to get there.

Entertainment for spectators and a pasta party into the night

For those who don't want to participate in the Glacier 3000 Run, but who don't want to miss the race either, have the chance to cheer on runners at various places along the race course. A special spectator pass is available for those who would like to accompany a runner. This pass for the Shuttle Bus and Glacier 3000 cable cars is available at a discounted rate. It can be purchased at the ice rink premises in Gstaad and costs CHF 40.00 for adults and CHF 20.00 for kids under 16 years old.

Like last year, the festival area at the ice rink premises will be open Friday evening when the start numbers are issued. Pasta will be served between 17.30 and 20.00h. The food and beverage area will also be open before the race on Saturday morning. Coffee, croissants and other items will be served between 7.00h and 10.00h. Beginning at 14.00h, the race festival and entertainment will begin and go on into the evening. The Gstaad Kids Run will start at 15.30h on Saturday afternoon. The awards ceremony for kids and adults will take place beginning at 16.30h in the festival tent.

Infos and registration: www.glacier3000run.ch

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