

PRESS RELEASE

## Silvrettarun 3000 celebrates 10 years

**On July 16th, 2022, the Silvrettarun 3000 in Galtür will celebrate its tenth anniversary. In the anniversary year, hobby runners and marathon professionals will compete once again on a mountain marathon going from Ischgl to Galtür or alternatively on three shorter trail running distances. Total prize money: 14,000 euros. Registration is now open.**

Four distances - one goal: At the 10th Silvrettarun 3000 on July 16th, 2022, accomplished hobby athletes and marathon runners will once again compete on challenging runs from Ischgl to Galtür. Mountain running professionals can try their hand at the legendary marathon up a three-thousand-meter peak. The "hard" distance for example which takes the runners up the almost 3.000-meter high Kronejoch is a run over 42.195 kilometres 1,814 meters of altitude difference. Those who find this too demanding can compete in one of the three shorter trail running distances. At the finish line, the fastest athletes can look forward to a total prize money of 14,000 euros, which will be divided equally between men and women. Furthermore, every participant runs for a worthy cause, as five euros of the entry fee per participant go to the charity partner "Wings for Life". In addition to the individual rankings over the four distances, there are team and group rankings. The race is part of the "Austrian Mountain Running Cup 2022". "Our idea of combining two small runs in Ischgl and Galtür ten years ago to form the Silvrettarun 3000, in order to offer participants magnificent views of the Silvretta with its 74 three-thousand-meter peaks in addition to a mountain marathon at just under 3,000 meters, has more than paid off," says a delighted local committee (OK) boss Josef Kurz on the 10th anniversary. "The steadily increasing number of participants since the beginning proves us right and shows us that our Silvrettarun 3000 is now also firmly established internationally in the schedules of runners," Kurz continues. Saving tip: Those who register by December 31st, 2021, pay a discounted entry fee of 29 euros instead of 59 euros for the "Small" and "Light" distances, or 31 euros instead of 61 euros for the "Medium" and "Hard" distances. All information and registration now at [www.silvrettarun3000.com](http://www.silvrettarun3000.com).

### Galtür is the destination

Four impressive trail running routes guide the runners at the 10th Silvrettarun 3000 from the start in Ischgl to the finish in Galtür - nature experience with spectacular mountain scenery included. In addition to the marathon course (42.195 kilometres and 1,814 vertical meters), the program includes the variants "Small" (11.2 kilometres and 306 vertical meters), "Light" (19.36 kilometres

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and 873 vertical meters) and "Medium" (29.9 kilometres and 1,482 vertical meters). "The steady also international influx at the Silvrettarun 3000 shows us that our event has now become a popular date in the race calendars. As usual, with the four distances available also at the anniversary year we offer something for all types of runners," OK boss Josef Kurz is pleased. The classification of teams and groups will also remain the same: In the team classification, one participant competes on each distance, the times are added and the fastest team wins. The first three teams are rewarded with prize money. The challenge cup for groups goes to the largest group, regardless of time and distance.

### Youngsters at the start

On July 15th, 2022, mini athletes from the age of four will experience anniversary racing feeling at the Silvretta Kids Run presented by Volksbank Tirol. Divided into age groups, the distances "Mini" (450 meters), "Midi" (1,000 meters) or "Maxi" (2,000 meters) await kids from 5 p.m. with start and finish in Galtür. Everyone who participates will receive a medal and a gift at the award ceremony. The entry fee for children is eight euros.

### Doing good while running!

At the 10th Silvrettarun 3000 the participants start for a worthy cause. Five euros of the entry fee will be donated to the charity partner "Wings for Life" to support research projects and clinical studies worldwide to heal patients with injured spinal cords or paraplegia. The Silvrettarun 3000 has been one of the "Bronze Partners" of "Wings for Life" since 2017.

More info and registration: [www.silvrettarun3000.com](http://www.silvrettarun3000.com).

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### Dates and facts

**Date:** July 15 and 16, 2022

- Friday, July 15<sup>th</sup>, 2022 from 5:00 p.m.: Silvretta Kids Run with award ceremony, possibility for a late registration to the Silvrettarun 3000, pasta party, course briefing by the OK team.
- Saturday, July 16<sup>th</sup>, 2022: Start routes Medium and Hard: 8.00 a.m.; Start routes Small and Light for runners and Nordic walkers: 10.00 a.m.; Award ceremony for all classes: approx. 3.30 p.m.

### **Distances:**

- Small: 11,2 km / 306 altitude
- Light: 19,36 km / 873 altitude
- Medium: 29,9 km / 1.482 altitude
- Hard: 42.195 km / 1,814 altitude

### **Entry fee:**

- Registration until 31.12.2021: 31 Euro (Small/Light/Nordic Walking); 41 Euro (Medium/Hard)
- Registration until 30.04.2022: 41 Euro (Small/Light/Nordic Walking); 51Euro (Medium/Hard)
- Registration until 11.07.2022: 51 Euro (Small/Light/Nordic Walking); 61 Euro (Medium/Hard)
- Registration from 12.07.2022: 61 Euro (Small/Light/Nordic Walking); 71 Euro (Medium/Hard)
- Registration Silvretta Kids Run: 8 Euro
- All registrations until 06.07.2022 will receive personalized start numbers.

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December 2021

Here for direct picture download: [Silvrettarun 3000 2022](#)

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Captions:

Silvrettarun 3000\_01: Marathon up a three-thousand-meter peak - the 10th Silvrettarun 3000 (c) TVB Paznaun - Ischgl

Silvrettarun 3000\_02: The program includes the marathon course as well as the variants "Small", "Light" and "Medium" (c) TVB Paznaun - Ischgl

Silvrettarun 3000\_03: The crowning glory is the "Marathon up a three-thousand-meter peak", the "Hard" distance with 42.195 kilometres over 1,814 meters of altitude difference to the 3,000-meter-high Kronenjoch (c) TVB Paznaun - Ischgl

Silvrettarun 3000\_04: Trail running challenges from small to hard (c) TVB Paznaun - Ischgl

All texts and images are available for free download at <https://www.galtuer.com/press>.