

PRESS RELEASE

Marathon up to a 3,000-metre peak – the 9th Silvrettarun 3000

This year, more than ever: On 17 July 2021, hobby runners and marathon pros battle for the fastest time from Ischgl to Galtür at the 9th Silvrettarun 3000 over a mountain marathon or three shorter trail running distances. NEW 2021: The “Light” route with some 19 kilometres. Total prize money 14,000 euros. Registration is open now.

Date noted down? Then lace up your running shoes and get running! On 17 July 2021, the 9th Silvrettarun 3000 will take experienced hobby athletes and marathon runners up to lofty heights on the routes from Ischgl to Galtür once more. The high point is the "Marathon up to a 3000-metre peak", the "Hard"-distance with 42.195 km across 1,814 m difference in altitude up to the almost 3,000-m high Kronenjoch. Those who find this too challenging will enjoy one of the three varied trail running distances. At the finish, total prize money of 14,000 euros awaits the winners, equally distributed among men and women. In addition, all participants run for a good cause, because for every participant five euros of the entry fee goes to the charity partner "Wings for Life". In addition to the individual classifications in the four distances, children's, team and group classifications are possible in 2021 once more. The race is part of the "Austrian mountain running cup 2021". Tip for early birds: Those who register by 31 December 2020 pay a discounted entry fee of 29 euros for the "Small" and "Light" route and 38 euros for the routes "Medium" and "Hard". All the details and registration are available now on www.silvrettarun3000.com.

Trail running-challenges from Small to Hard

Essentially trail running: Four impressive trail running routes lead runners from the start in Ischgl to the finish in Galtür at the 9th Silvrettarun 3000 – a great way to experience nature amidst a spectacular mountain backdrop. The programme features the marathon route (42.195 km and 1,814 m difference in altitude), the variants "Small" (11.2 km and 306 m difference in altitude), "Light" (19.36 km and 873 m difference in altitude) and "Medium" (29.9 km and 1,482 metres difference in altitude). "With the new 'Light' route, we now have four routes of varying challenge and thus something for all runners", Josef Kurz from the Tourism Association Paznaun – Ischgl rejoices over the new route. In 2021, there is a team and group classification in addition to the individual classification once again. The team classification sees one participant competing over each distance, the times are added up and the fastest team wins. New in 2021: This year, the three fastest teams are also rewarded with prize money. The challenge cup for the group classification goes to the biggest group that lines up for the start, regardless of time and routes.

Make way for mini-athletes

On 16 July 2021, young runners from four years of age can gain first-hand racing experience at the Silvretta Kids Run presented by Volksbank Tirol. Awaiting the future trail runners from 17:00 are, depending on age group, the three distances “Mini” (450 metres), “Midi” (1,000 metres) and “Maxi” (2,000 metres) with start and finish in Galtür. And best of all: No matter if slow or fast – everyone who joined in the race will receive a medal and a gift at the victory ceremony. Entry fee for children is seven euros.

Doing good on the run?

At the Silvrettarun 3000 participants run for a good cause. Five euros of the entry fee will be donated to the charity partner "Wings for Life", to support research projects and clinical studies globally for healing patients with spinal cord injuries or paraplegia. Since 2017, the Silvrettarun 3000 counts among the "Bronze Partners" of "Wings for Life".

More details and registration: www.silvrettarun3000.com.

Facts and figures

Dates: 16 and 17 July 2021

- Friday, 16 July 2021 from 17:00: Silvretta Kids Run with victory ceremony, late entries possible for the Silvrettarun 3000, Pastaparty, route briefing by the OK-Team
- Saturday, 17 July 2021: Start Medium and Hard routes: 8:00; Start Small and Light route for runners and Nordic Walkers: 10:00; Victory ceremony for all categories: around 15:30

Routes:

- Small: 11.2 km / 306 mda
- Light: 19.36 km / 873 mda
- Medium: 29.9 km / 1,482 mda
- Hard: 42.195 km / 1,814 mda

Entry fee:

- Entries by 31/12/2020: 29 euros (Small/Light/Nordic Walking); 38 euros (Medium/Hard)

- Entries by 30/04/2021: 39 euros (Small/Light/Nordic Walking); 48 euros (Medium/Hard)
- Entries by 12/07/2021: 49 euros (Small/Light/Nordic Walking); 58 euros (Medium/Hard)
- Entries from 13/07/2021: 59 euros (Small/Light/Nordic Walking); 68 euros (Medium/Hard)
- Entries Silvretta Kids Run: 7 euros
- All entries until 08/07/2021 receive a personalised bib number.

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This way to direct image download: [Silvrettarun 3000 2021](#)

Captions:

Silvrettarun3000_2021_1: Marathon up to a 3,000-metre peak – the 9th Silvrettarun 3000 (c) TVB Paznaun – Ischgl

Silvrettarun3000_2021_2: On 17 July 2021, hobby runners and marathon pros battle for the fastest time from Ischgl to Galtür at the 9th Silvrettarun 3000 over a mountain marathon or three shorter trail running distances (c) TVB Paznaun – Ischgl

Silvrettarun3000_2021_3: The high point is the "Marathon up to a 3000-metre peak", the "Hard"-distance with 42.195 km across 1,814 m difference in altitude up to the almost 3,000-m high Kronenjoch (c) TVB Paznaun – Ischgl

Silvrettarun3000_2021_4: On 16 July 2021, young runners from four years of age can gain first-hand racing experience at the Silvretta Kids Run presented by Volksbank Tirol (c) TVB Paznaun – Ischgl

Silvrettarun3000_2021_5: The programme features the marathon route (42.195 km and 1,814 m difference in altitude), the variants "Small" (11.2 km and 306 m difference in altitude), "Light" (19.36 km and 873 m difference in altitude) and "Medium" (29.9 km and 1,482 metres difference in altitude) (c) TVB Paznaun – Ischgl

Silvrettarun3000_2021_6: Trail running-challenges from Small to Hard (c) TVB Paznaun – Ischgl

All texts and images are available on www.galtuer.com/en/More/Service/Press to download for free.