The following text is designed for runners participating in the 13th GORE-TEX® Transalpine-Run. You can use it to draw attention to the fact that you are taking part in the race, making you a local hero! All you need to do is add the necessary information to the sections printed in **bold** and send the text to your local media outlets together with a photo.

 **GORE-TEX® Transalpine-Run 2017: 4 Countries, 2 Runners, 1 Week - One Dream!**

The GORE-TEX® Transalpine-Run is one of the toughest, most emotional and without a doubt most famous stage races in the world. The 13th edition of this legendary event will take place from 3 to 9 September 2017. Since it was first held in 2005, around 5000 runners between 18 and 74 years of age from more than 50 countries have taken on the challenge of crossing the Alps on foot. The “TAR”, as it is often called by the athletes, is a classic race in the trailrunning scene and considered the ultimate challenge for ambitious athletes.

Once again in 2017 the seven-stage race will see 300 teams of two athletes – including (**first name and surname**) – complete almost 250 kilometres on the traditional western route from Fischen im Allgäu (GER) to Sulden/Ortler (ITA), climbing more than 15,000 vertical metres on their way from Germany to Italy. Stunning landscapes, fantastic trails, high-speed descents and new friends will accompany them as they push themselves to the limit day after day.

(**Surname**) is participating in the GORE-TEX® Transalpine-Run for the xxth (**please insert number**) time. The man/woman (**please delete as appropriate**) from (**please insert place of residence, such as Munich**) can look forward to stages of up to 40 km in distance and with more than 2,000 vertical metres of ascent on the way across the Alps. This year’s western route starts in Fischen im Allgäu and leads over the border into Austria before heading for the villages of Lech and St. Anton am Arlberg.

The journey continues via the town of Landeck and then over the Swiss border to Samnaun at 1800 metres above sea level. After a stop at Scuol in the Engadin region of Switzerland, it is time for the runners to traverse one more frontier as they enter Italy and head for Prad/Prato at the foot of the mighty Stelvio pass. Finally, after six days of running, the athletes will have to gather their strength for one final push up to Sulden/Solda at an altitude of almost 2000 metres, passing over the 2880-metre-high Bärenjoch ridge on the way. An emotional reception is guaranteed as the runners finally arrive at the finish line and receive their finisher jersey. In the 2017 edition of the GORE-TEX® Transalpine-Run the runners will cover 264.6 km, climb 15,957 vertical metres and descend 14,610 vertical metres.

The xx-year-old (**please insert age**) together with partner (**please insert first name and surname of partner**) has prepared thoroughly for the transalpine race.

“Since (**please insert month**) we have been training for the GORE-TEX® Transalpine-Run. We run about xx (**please insert number**) kilometres and will be fit, healthy and ready to go when we get to the start line," comments (**surname**).

The most challenging and spectacular stage race in the world will see the trailrunners from (**insert place of residence for runner 1**) and (**insert place of residence for runner 1**) spend seven days with 600 like-minded sports enthusiasts from around the world, including members of the international trailrunning elite. “To prepare for the event we have taken part in (**please** **insert events such as the** **SALOMON ZUGSPITZ ULTRATRAIL powered by LEDLENSER**). However, it is hard to know just how tough crossing the Alps on foot in seven days will really be,” admits (**name**) from (**team name**).

For safety reasons the two runners in each team must always stay together. (**NAME 1**) and (**NAME 2**) (**met in / know each other from – please insert information**). The team (**team name**) is looking forward to the start of the race on 3 September with respect but no fear. “Our aim is to (**get through the race without any injuries / be up there with the fastest runners**),” says (**first name, surname**).

Both runners have plenty of experience in endurance sports, which will stand them in good stead when taking on this toughest of challenges.

*There is space here to give details about the sporting careers of both runners. Those who have taken part in the GORE-TEX® Transalpine-Run before can add information about how many times they have successfully completed the race.*

Please do not hesitate to contact PLAN B if you require more information, pictures or the event logo.

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