

GORE-TEX Transalpine Run

more than just a run



Beautiful landscapes, the challenge of running seven consecutive days and months of training are all huge factors when deciding to sign up for the Gore-Tex Transalpine Run. While spending time with your partner on the trails will likely be the highlight, there are other aspects of this race that may also be equally rewarding.

Pasta Parties / Stage Briefings

Each hosting stage town prepares dinner and sometimes, entertainment for the racers. They are often hosted at local community halls or at the top of a ski resort. You will need to present your racer tag (which you get at package pick up) that will get checked off as you enter the food line up. Dinners often consist of a different pastas (with and without meat) salads and dessert. Beer, water and wine are also offered for a fee. It's such a cool vibe to sit and eat with over 600 people from all over the world, share stories from your day and feel inspired knowing that everyone around you is tired but happy, working hard on completing the same goal.

After the awards, there is a nightly race briefing detailing the latest course updates, any reroutes, mandatory gear adjustments and weather projections/considerations. Following the briefing is a beautiful slideshow of pictures and videos of the day leaving you feeling proud and motivated from seeing what you and your fellow runners accomplished that day.

Finish Line Festivities

The finish line areas are energetic, exciting and welcoming. There are lounge chairs, beer and often the stage towns will provide post-race snacks such as cheese, meat, soup, sandwiches and/or fruit. If you need and/or rely on specific recovery food, however, you should have it with your drop bag. You'll also find plenty of restaurants within walking distance of each finish line. The team at Plan B also does a really nice job of adding a personal touch to the finish lines with a photo booth for you and your partner or new friends, providing you a daily keepsake. I love this part of the each day when my partner and I would grab a beer, get our photo taken and then soak in a cold creek or fountain before heading to our hotel.

Massage & Physio Services

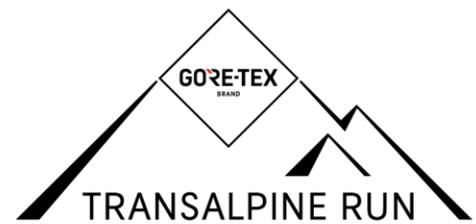
The Gore-Tex Transalpine Run cares about the racers and knows how important recovery is every day and they have been working with the team at Outdoor Physio to bring runners massage and therapeutic kinesiology taping services for years. You can pre-book online or book when you get to the race. Either way, this is a wonderful service and the staff at Outdoor Physio are professional and experienced.

Aid Stations

Get ready for lots of enthusiasm and energy from the aid station teams and really amazing food! There will be a mix of fruit, veggies, nuts, sweets, cake, biscuits, specials from the countries you're running in, energy bars, water, coke, tea and electrolytes. Depending on the weather and temperature, you may also see soups and pasta. Not every food station will have all of these items, as they offer variety throughout the race and it also depends on which food station it is, as there are upwards of three aid stations per day and some are tougher to access than others.

DREI LÄNDER, ZWEI LÄUFER, EINE WOCHE - DER TRAUM!
THREE COUNTRIES, TWO RUNNERS, ONE WEEK - THE DREAM!





Race Office

The team at Plan B have resources set up to be helpful & supportive throughout the week. The Race Office is a place you can visit if you have any concerns or issues that arise throughout the week. It is also where they offer information on logistics, luggage transfer/tracking or shuttles to your hotel. There is usually a representative from the local tourism office to help with directions to your hotel or help find a hotel if you're stuck. They have maps of each stage town, with the shuttle routes, bus routes or can provide you with a number to call a taxi if needed.

Course Markings

I have been running this race for 7 years and I have never had any concerns with the course markings and it is always very well marked. The marking team uses bright orange ribbons, branded Gore-Tex Transalpine signs and chalk. Some sections have course marshals or cheering squads along the route and there is a sweep team in place. Don't forget, however, that it is a requirement that you must carry the map every day and I recommend reviewing it the night before with your partner, attending the race briefings and referencing it as necessary.

Medical Crew

The medical crew at the Gore-Tex Transalpine Run are top notch and available for runners before each stage, during the stage at certain check points and at the finish lines. Just look for the medic van / tent or ask a Plan B staff member if you need assistance.

Rene Unser is a 7 time Gore-Tex Transalpine Run participant and has finished hand in hand with her partners, finished solo, DNF'd, has won stages and finished 3rd overall in the open women's category. Throughout all these experiences, she has learned so much about herself, partner racing and stage racing and is working with PLAN B to share monthly stories and insights that will help others make the most out of their 2018 journey across the Alps. Rene also writes training plans for novice and experienced runners, which have helped teams successfully finish this event every year. #keeporunning #transalpine2018

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