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## Registration opens for the Dynafit Transalpine Run powered by Volkswagen R 2022: alpine spectacle on a largely new route

**On September 3, 2022, the Dynafit Transalpine Run powered by Volkswagen R will start on its eight-day journey across the Alps, from Garmisch-Partenkirchen to the finish in Vals in South Tyrol on September 10. With 290 kilometers and 17,320 meters of elevation gain, the route is considered one of the most challenging in the history of the legendary crossing of the Alps. A maximum of 300 teams of 2 runners each will take on the challenge, joined by another 150 teams of 2 who will get a taste of Transalpine air on the first two days at the "RUN2". Registration for both races opens on December 1, 2021.**

The Transalpine Run (TAR) 2022 will be a great celebration for alpine trail lovers. The route itself is in large parts new and above all spectacular, with glacier passages and the crossing of the 3000m limit several times. The **queen stage** itself awaits on day 3 **from Imst to Mandarfen**: With 54 kilometers and 2800 meters of ascent, it will demand everything from the participants\*. Nevertheless, on the following day the shortest stage of the Alpine Crossing awaits with the mountain sprint up to the Riffelsee.

**Martin Hafenmair, route director of the TAR**, is already looking forward to it: "The route is really spectacular and will be a real adventure even for Transalpine warhorses. Four of the eight stages are completely new, and we have also been able to increase the trail portion of the other stages. We are convinced that we can offer the participants\* an unforgettable experience in one of the most magnificent natural landscapes in the world."

### The stages at a glance:

1st stage: Garmisch-Partenkirchen (GER) – Nassereith (AUT) 43 km, 2180 hm uphill, 2040 hm downhill.

2nd stage: Nassereith (AUT) – Imst (AUT) 31 km, 1770 m uphill, 1840 m downhill

3rd stage Imst (AUT) – Mandarfen (AUT) 54 km, 2800 hm uphill, 1780 hm downhill

4th stage Bergsprint Riffelsee 11 km, 920 hm uphill, 320 hm downhill

5th stage Mandarfen (AUT) - Obergurgl (AUT) 37 km, 2450 hm uphill, 2200 hm downhill

6th stage Obergurgl (AUT) – Stubaital (AUT) 37 km, 2400 hm uphill, 2500 hm downhill

7th stage Stubaital (AUT) – Gossensass (ITA) 43 km, 2100 hm uphill, 2700 hm downhill

8th stage Gossensaß (ITA) – Vals (ITA) 34 km, 2700 hm uphill, 2350 hm downhill

Since 2005 the Transalpine Run offers runners from all over the world the unique experience of crossing the Alps "by fair means". The TAR is run in teams of 2 and is not open to individual runners. "Originally, we had introduced this mode for safety reasons, but **running in a team over a week provides above all pure emotion**," explains Uta Albrecht, project manager of the TAR.

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EIGHT DAYS, THREE COUNTRIES, TWO RUNNERS - ONE DREAM!





**Priority number 1 for the organization remains the safety of the athletes:** This includes alternative routes worked out in advance for each stage, detailed route markings that are specially checked again each day shortly before the start with the help of forerunners, medical care on the route and assistance from mountain guides at neuralgic sections.

### **RUN2: Over 70 kilometers of trail fun**

Fun and excitement can also be expected by the maximum of 150 2-person teams of the RUN2, which will accompany the TAR troop on the first two days. With **74 kilometers and almost 4000 meters of elevation gain**, from Garmisch-Partenkirchen via Nassereith to Imst, the small TAR is also considered a real challenge - and an ideal appetizer for the Transalpine Run.

Registration for the Transalpine Run 2022 and RUN 2 starts on December 1 at [www.transalpine-run.com](http://www.transalpine-run.com). The TAR is limited to 300 teams of 2, the RUN 2 to 150 teams of 2.

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