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## *Pre-Transalpine Run*

**„USING MENTAL STRENGTH TO PUSH YOURSELF HARDER!“**

*The Panamerican Runner Jamie Ramsay and Trailrunner Kev Foster in the Portrait*

August 7, 2017 - What does it take to run a distance of 263 km in one week, while overcoming ascents and descents totalling 30,000 m? This is exactly what two teams of two adventure runners want to find out while competing in the world's toughest multi-stage alpine race, the GORE-TEX® Transalpine-Run, taking place from September 3 to 9, 2017.



**FELDKIRCHEN-  
WESTERHAM (GER)** - In 2015 Jamie Ramsay (UK) ran from Canada to Argentina, covering a distance of over 17,000 km and crossing 14 countries. He pushed a running stroller throughout the trip and wore out 17 pairs of shoes, typically running 56 km a day. He traversed the Andes and crossed the Atacama Desert (700 km).

However, the GORE-TEX® Transalpine-Run has a special appeal for him: “It's going to be completely different to anything I've done before. I've never faced the multiple challenges of a multi-day endurance event. And if there's a race that fits the bill, it has to be the GORE-TEX® Transalpine Run.”

Jamie is always looking for adventure. He lives in a camper van and is “of no fixed abode”. There are no prizes for guessing where he met Kev Foster (UK), his running partner. They met trail running. Kev commutes every Tuesday from Chamonix (F) to London. He leaves his cabin in the mountains on a quad bike and then drives to the airport. When he gets to London, he takes a bus and the underground. At nine o'clock sharp he's sitting at his desk. Every Thursday he does the trip same in reverse. Asked “why” he does it, he says: “Running makes me feel free. I forget the stress of my everyday life and the pressure of work and can focus on what I want to do with my life. Chamonix is the perfect place for that.”

It was Jamie who encouraged Kev to do the GORE-TEX® Transalpine Run. They both agree that despite their experience it's going to be a real challenge. “When you run at a major event, the mental aspect is incredibly important. We'll also have to get our bodies used to the fact that there's very little time to recuperate.”



The other team is made up of two Munich girls: Magdalena Kalus, otherwise known as Maggy, and Anja Kaiser. This September, they will also be one of the 300 teams standing at the starting line in Fischen, in the Allgäu region of Germany. They both have perfectly normal jobs. Their lives, however, are anything but normal. They spend as much of their free time as possible looking for adventure. Maggy explains their fascination for adventure: “You never know whether an adventure will go as planned, it always involves a calculable risk.”

The GORE-TEX® Transalpine-Run is just the kind of adventure that Maggy and Anja are looking for. They both have tremendous respect for anyone who has managed to finish all seven stages of the race.

Nevertheless, they have set themselves a clear goal: “For us amateur runners, the goal has to be to cross the finishing line within the allowed time and to do that without

injury. Of course we'd like to be up at the front with the better runners, but we have to be realistic.”

“Without the right equipment, it would be impossible to complete this incredibly tough run, especially as you have to keep up your performance for seven whole days,” Anja says. “When you're running in the mountains it's vital that you have good shoes with a secure grip and, of course, the right clothing. You never know when the weather might change” The two teams agree on this point, trusting in the quality of GORE-TEX® product solutions.

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