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Registration for the legendary DYNAFIT Transalpine Run 2023 powered by Volkswagen R opens soon and for the first time, welcoming solo runners.

On September 9, 2023, the 18th DYNAFIT Transalpine Run powered by Volkswagen R (TAR) will set off on a seven-day journey across the Alps, starting in Lech am Arlberg in Austria, travelling through Switzerland, and finishing in Prad am Stilfserjoch in South Tyrol. Approximately 80% of the route is new, challenging runners to master a total of 268 kilometers and 15330 meters of altitude over 7 days. A maximum of 200 teams are available and for the first time in the 18-year history of the TAR, 200 solo spots will also be offered, along with 150 teams of 2 who will get a feel for the Transalpine Run on the first two days at the "RUN2". Registration for all 3 competitions open on December 6, 2022.

The Transalpine Run 2023 will be special in many ways:

- For the first time, solo runners will make their way across the Alps. "We have been getting more and more requests from athletes who are having a hard time finding suitable team partners, but who absolutely want to experience the Transalpine Run once in their running lifetime. That's why we decided to give 200 runners the opportunity to start individually," says project manager Uta Albrecht. The vast majority of those crossing the Alps, however will remain 2-person teams, as well 150 2-person teams who will run the first two stages in the "RUN2".
- With 7 stages, the 2023 TAR will be one day shorter than in most previous years. "Despite increased costs in all areas, we do not want to impose price increases on our participants. That's why we're removing the traditional mountain sprint which will essentially have a very minimal change to the overall route," explains Albrecht.
- The route itself is very demanding with 268 kilometers and 15330 meters of altitude. Martin Hafenmair, course director and race director says: "For the TAR 2023, despite well-known stage locations, we have discovered new trails and combined them into an extremely exciting and spectacular route. Around 80% of the route is new."

2023 stages at a glance/NEW

1st stage: Lech am Arlberg (A) - St. Anton am Arlberg (A) 33 km, 1800 m uphill, 1930 m downhill

2nd stage: St. Anton am Arlberg (A) - Ischgl (A) 31 km, 2100 hm uphill, 2000 hm downhill

3rd stage: Ischgl (A) - Galtür (A) 42 km, 2550 hm uphill, 2320 hm downhill

4th stage: Galtür (A) - Klosters (CH) 42 km, 2200 hm uphill, 2250 hm downhill

5th stage: Klosters (CH) - Scuol (CH) 48 km, 2300 Hm uphill, 2300 HM downhill



6th stage: Scuol (CH) - S. Valentin (I) 32 km, 2730 Hm uphill, 2460 Hm downhill

7th stage: S. Valentin (I) - Prad am Stilserjoch (I) 40 km, 1640 Hm uphill, 2200 Hm downhill

RUN2: Over 64 kilometers of mountain fun

Adventure and excitement is also expected for the 150 max, 2-person teams of the RUN2, which will accompany the TAR journey during the first two days. Starting in Lech and finishing in Ischgl, even the mini TAR is challenging with 64 kilometers and 3900 meters of altitude. It's the ideal starter kit for the Transalpine Run.

Registration for the Transalpine Run 2023 and the RUN2 starts on December 6 at 12 noon via www.transalpine-run.com. The TAR is limited to 200 teams of two, there are 200 new solo spots and the RUN2 has a max. of 150 teams of 2.

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