

PRESS RELEASE

PLAN B event company GmbH

Munich, January 26, 2011

The 3rd SALOMON KEEP ON RUNNING ST.WENDEL – an essential event for all real trail runners

Already for the third time, the SALOMON KEEP ON RUNNING is taking place from October 1 – 3, in Saarland's sports metropolis of St. Wendel. The three-day trail running spectacle promises – again in its third edition – a professional and perfect organization by PLAN B event company GmbH, an emotional trail running experience on three daily stages and the proven mixture of professional and ambitious athletes, hobby runners and running novices.

"All the positive response from last year has convinced us not to change anything about the format. Especially at the CityNight Sprint, we were able to increase participant numbers significantly last year. Of course, we are hoping that word about this positive feedback will have spread among the running community and that we'll again see a growth in the number of participants at the third edition of this three-stage event," says Anika Stephan, project manager for the SALOMON KEEP ON RUNNING of PLAN B event company GmbH.

That means many trail runners are again expected to come out for CityNight-Sprint's 3.1-kilometer long zigzag course through the festively lit city center of St. Wendel, starting at 19:00, on October 1. On Sunday, October 2, participants will head off into open terrain. Aside from speed and muscle power, running skills will be needed on the 30.7-kilometer long Spiemont-Trail because the profiled course will demand not only stamina but also coordination skills. On Monday, October 3, the Bosenberg-Trail will wrap up the third SALOMON KEEP ON RUNNING in St. Wendel. On those 18.8 kilometers at the end of the trail running weekend, runners will again have to show what it takes to be a "real" trail runner



1. – 3. OKTOBER 2011

SALOMON
KEEP ON
RUNNING
ST. WENDEL

before finally experiencing the joy of reaching the finish against the beautiful backdrop of city hall in downtown St. Wendel.

By the way, for the third year in a row the event is supported by the city St. Wendel. Registrations for the third SALOMON KEEP ON RUNNING, taking place from October 1 – 3, can as of now be submitted at www.keep-on-running.com.

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