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Interview with Martin Anthamatten

Zermatt, VS - Today, we are talking to Martin Anthamatten – a professional trail running athlete and course designer for the EXTREME race at Matterhorn Ultraks. He provides insights into the evolution of Skyrunning, highlights of the Matterhorn Ultraks, and his inspiration for the EXTREME course. He also discusses his personal preparation for races and how he manages to persevere through the challenges of the races.

What developments have you observed in trail and skyrunning in recent years?

Many organizers are pushing each other to present technically more challenging races, which is very cool. From a runner's perspective, however, athlete safety should always come first. Therefore, it's crucial that course designers have a good understanding of the terrain. In general, there are many more high-level runners today.

What highlights does the Matterhorn Ultraks have compared to other races in the Alps?

The start and finish of all races (except for the VERTICAL) take place in a larger arena. Anyone can participate in our races, and there is a suitable course for all skill levels. Our goal was for each route to circle Zermatt, allowing runners to pass through the most beautiful paths and viewpoints. The nature and views during this race are incomparable.

As the course designer for the EXTREME race at Matterhorn Ultraks, you know the route very well. What inspired you to create this exceptional course?

Our goal was to live up to the name EXTREME. We wanted to move away from the trails and civilization, creating a technically challenging race without crash terrain. We entrust runners with a lot of responsibility; 70% of the route is not clearly marked. They run from flag to flag, navigating through the terrain on their own. To ensure safety, we only allow runners with proven mountain experience.

What advice would you give to those participating in the Matterhorn Ultraks for the first time?

Study the course carefully before the race. Zermatt is already at an altitude of 1600 meters, and some sections reach up to 3,400 meters. Don't neglect the altitude and take enough time to acclimatize. Choose the course that best suits your fitness level. You can always challenge yourself more next year. This way, you won't lose the joy of it.

Can you provide insight into your personal preparation before a race? Are there specific routines or preparations that you focus on?



In training, we prepare for such races throughout the year. The competition is the reward. For me, the most important thing is to start well-rested. I make sure to get enough sleep in the week leading up to the race and avoid any strenuous training sessions. Tapering from training is crucial!

Trail running can be an intense mental and physical challenge. How do you motivate yourself, especially during the race, to maintain your performance?

Positive thinking is key. In trail running, every meter is different, and there are always completely new perspectives. I always try to look forward to the next section.

About Human Sports Management AG

HSM is the leading agency for the marketing and organisation of high-quality mass sporting events. HSM develops regional events with a focus on the sports of running and cycling into nationally and internationally unique, successful and centrally managed mass sports platforms. The agency, founded in 2015, aims to inspire as many people as possible for sport with top-organised events (#wemoveyou).

HSM is owned by founder and CEO Armin Meier and PHIDA Groupe SA, which also owns the market leader in Western Switzerland, Grand Chelem Event SA.

HSM organises, among others, the CIC ON Swiss Bike Cup, the Cyclotour du Léman, the Switzerland Marathon Light, the Aargau Half Marathon and the OCHSNER SPORT Zurich Marathon.

Please feel free to contact us for further information

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