



Press Release –

**Munich Marathon Winner announces to race Challenge Regensburg
- Professional triathlete Julia Viellehner will play her marathon strength**

18th MARCH 2016 - More and more professionals are announcing their start at Challenge Regensburg. As first female athlete of the expected professional field, the organizers are pleased to announce the start of German Pro athlete Julia Viellehner.

The 30-year-old athlete is known not only in triathlon circles. The studied health manager is moreover known as an excellent runner, proved it with her victory at Munich Marathon in 2:40:26 last year.

Viellehner also expects an excellent run split for Challenge Regensburg: "Under three hours would be perfect," she reveals her plan in advance. That this announcement makes her an candidate for top spots should be clear. A look at her athletic vita makes her ambitions even more serious: In 2015 she finished Challenge Roth in 9:23 hours as seventh. Also she gained an European title on the middle distance and numerous age group wins so far.

In an interview she reveals not only her ambitions for the race on August 14th 2016, but also how to prepare for Challenge Regensburg perfectly.

CR: Hi Julia! What is your goal for Challenge Regensburg?

Julia Viellehner: The main goal for a long distance race is always to finish. Next: Finish with a smile (laughs). If everything goes well, I would be very happy about a top 5 spot. An absolute dream would be podium, for sure!

CR: If you could invite competitors, next to whom would you like to stand behind the starting line?

Julia Viellehner: Particularly I would love to stand next to local hero Sonja Tajsich. But also next to Chrissie Wellington - I read her book on the flight to Hawaii and am very impressed with their fighting spirit!

CR: Last year was an especially successful one. You finished seventh at Challenge Roth in 9:23 hours. You won Munich Marathon in 2:40:26. What are your plans for the marathon at Challenge Regensburg?

Julia Viellehner: Clearly: I would like to run under three hours at Regensburg.

CR: Why did you decide to race Challenge Regensburg?

Julia Viellehner: I like the city and the region. I competed at local bike races before and was able to explore the region. Also I've got many fond memories of Regensburg. For example, the German Cross Country Championship, a sports festival, training hours with a local runners club and even the cham-

Der Challenge Regensburg online

Im Web: www.challenge-regensburg.com

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pionship over 1,000m, which I would never run again (laughs). I had and have a lot of friends at Regensburg!

Of course, also the race course is a real highlight. A varied cycling course that leads through idyllic villages and shady forests in the beautiful landscape of the Bavarian Forest. The course is a unique combination of rich audience stretches through the lively university town with many bakeries and cafes, and quieter stretches along the Danube!

The finish will be a special highlight of this race - the unique and imposing Regensburg Cathedral Square will be an amazing spot to celebrate!

CR: To run a fast marathon, is one thing. To run a fast marathon during a long-distance race, is quite another. What is your tip for the ideal running performance in triathlon?

Julia Viellehner: My tip is: Include brick workouts into your training. I myself run up to 30 kilometers on those days. During the race itself you should make sure to have a good nutrition plan for the bike leg and not to start the run too fast!

CR: What was your most memorable triathlon moment?

Julia Viellehner: My most memorable moment has certainly been crossing the finish line at Hawaii during my first Ironman. I have still no idea how I survived the last 20 km of the marathon - but ... I did it!

CR: You're living not too far from Regensburg. Do you know the course? What advice would you give Age Group athletes?

Julia Viellehner: I know parts of the course and know that the bike course includes some hills. That's why I'd advise to train some climbs.

CR: Are you going to bring friends and family to Regensburg?

Julia Viellehner: Certainly! A race without them would be only half as fantastic!

On May 16, Julia Viellehner will accompany the official bike course check. More events can be found under <http://en.challenge-regensburg.com/longterm-programme/>

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