**At the highest level**

**Olympic Tower: 1020 steps up, 1020 steps down - Carsten Neder runs backwards up the stairs for a good cause**

**Munich, September 2021.** The stair running scene can look forward to another adventure this year: On 10 December at 6 p.m., extreme athlete Carsten Neder will once again start the "Olympiaturm24run", a charity run for the *Initiative krebskranke Kinder München e.V. and Condrobs e.V.* . The venue for the spectacle is once again the Olympic Tower in Munich, which rises 200 metres with 1020 steps. Unlike in 2018, Carsten Neder will **run** the **steps backwards**. "My goal is to run a total of 100,000 steps in 24 hours, says Neder. That would probably be a new world record. " One of the sponsors of the tower run, the company expertplace networks group AG, is donating 10 cents to the association for every step run. Further sponsors are of course welcome and wanted. More at: [https://www.olympiaturm24run.de/.](https://www.olympiaturm24run.de/)

**Steps for the future**

Carsten Neder, a full-time graphic designer, has been an enthusiastic ultra-trail runner and running coach for many years. He learned his hobby from a professional and then turned it into a (side) profession. Neder completed his trainer training with Andreas Butz (Laufcampus). Since then, he has led company runs and personal training sessions and regularly takes part in trail runs (www.trailfreunde.de). He is also connected to the *Initiative krebskranke Kinder München e.V.* (www. krebs-bei-kindern.de) came about through the trail friends, who have been running for donations for several years. The association has set itself the task of helping families of children with cancer to cope better with the extreme situation and to create a better quality of life and a perspective for the future. The connection to Condrobs e.V. came about through the constant lack of perspective among young people. Through his extreme runs, Carsten Neder wants to encourage the young people and point out that help is always available. For almost 50 years, Condrobs has been pursuing one goal: to build a bridge to a self-determined, healthy life for people with offers tailored to the needs of the individual. Whether children, adolescents, young adults, underage and adult refugees, addicted women\* and men\*, relatives or older people - the help provided by Condrobs has grown steadily over the decades beyond pure prevention and help for those at risk of and suffering from addiction.

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**Donations**

*Initiative krebskranke Kinder München e.V.*

HypoVereinsbank Munich

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Intended purpose: Olympiaturmrun & Please include your address!

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Intended purpose: Olympic run K230