



MY DESERT HAPPINESS RUNNING THROUGH THE SAHARA - THE MARATHON DES SABLES

by Gerhard Schick



SYNOPSIS

The Marathon des Sables is the world's most difficult extreme footrace: 250km through the Sahara at temperatures of up to 50° in the shade. Why do runners put themselves through such torture? Claudia Odekerken has been preparing for the race for a long time. We accompany her during her training and travel with her to the desert. The mixture of fear and euphoria makes this an intensely up close and personal film. During the race it departs from reality and journeys into the runners' inner worlds. In the desert they can leave everything behind, and things emerge which are often suppressed in daily life. The film tells of their pain, their wins and losses, and above all of their battles with themselves. The one who makes it to the finish line is at that moment the happiest person on Earth.

FESTIVALS

NaturVision FF in Neuschoenau, International Mountain & Adventure Filmfestival Graz

CAST AND CREW

DIRECTOR Gerhard Schick · PRODUCER Birgit Schulz · EDITOR
Oliver Held · DOP Saschko Frey

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52 min

FORMAL CATEGORIES

Biographie/Portrait, Sports, Adventure

ORIGINAL LANGUAGES

German

PREMIERE

Germany (2011)

PRODUCTION COMPANY

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