



by THE
ELEMENTS

8th Edition: From 4th to 16th November 2018

COUNTDOWN FOR THE EVEREST TRAIL RACE

The 8th Edition of the Everest Trail Race by the Elements will start on Thursday in Jiri (Himalaya Nepalese). Along 6 stages the athletes will run 160km and physically and mentally overcome 29.000m of slope. Each participant has to carry on in the personal backpack all the technical material needed during the 6-day's stages. The ETR organization will provide food and drinks daily in the campsite, where the participants will sleep along the 6 stages. The Solukhumbu area where the race takes place is only accessible by walking or helicopter. The runners will be able to enjoy and at the same time suffer a path between the 2000 and 4100m of altitude, with the highest mountains watching their steps: Everest, Lothse, Ama Dablam, Tamsarku, Kagtega, Kongde etc. Being at the beginning of the dry season offers a favourable climate conditions to practice trail running in Nepal.

The Catalan runner Jordi Gamito from The Elements team, who was third in the Mont Blanc Ultra Trail, comes again to the competition after reaching the podium in the last edition of the ETR. "This is a perfect race. I am more tired than last year, after a long season. I'm going to enjoy the experience, to push hard when I'm able to, and to do my best in my season's last race", Jordi Gamito explains before travelling to Kathmandu. He joins the Elements team together with the Brazilian runner Manu Vilaseca, who makes her debut in this competition. "It is a dream for me, at the beginning when they told

me bout the race and the opportunity of being in Nepal, I couldn't believe. I am sure that it is an incredible race". She and the rest of the runners arrived in Kathmandu on Monday for a unique experience in the Himalaya, which is the best place to perform a mountain trail race in the world without a doubt. It will be a new experience for Vilaseca in a competition where Nepal runners have always taken the victories, when they have joined it. In the last year, the men's category Luis Alberto Hernando was about to get that victory in the last day' stage.

