



## THE EVEREST TRAIL RACE by THE ELEMENTS MOST RURAL

**Suman Kulung and Anna Comet take the victory in the second stage and keep the lead. Gerard Morales improves in the general classification and reaches the second place.**

After 8 editions, the *Everest Trail Race by The Elements* recovers its initial essence and has designed a route that runs through the first 4 stages in rural areas with no sign of tourism, with highly technical and demanding paths and paths. It runs through small villages, far removed from civilisation and dedicated mainly to agriculture, a fact that is surprising considering that most of the race is in the 3,000m altitude line. In the new route it is very easy to get lost. This fact has been a great challenge for the marking and organization team due to its characteristic techniques and great variety of terrain, with a lot of mud, crossing rivers, and passing through areas of immense vegetation that have had to be released to be able to step on the path that was hidden.

The second stage of the road book marked 26 km of route with 3,735m of accumulated slope characterized by the climb to the roof of the race: the top of Pikey Peak at 4,100m of altitude. Today's day has been radiant and sunny at this altitude and has allowed athletes to contemplate the great giants of the Himalayas such as Everest, Lhotse or Ama Dablam. Once the Pikey Peak has been crowned, the runners have descended to Jase Bangjan, to immediately start the ascent to the well-known Lamjura La. This is a must for all planes and helicopters traveling from Solokhumbu in the direction of Kathmandu. From Lamjura La they have started a long descent through technical terrain until the third and last pass

control. From this point a last ascent of 4km took the participants who had a maximum of 10 hours to complete the day until the end of the stage located in the small village of Pungmuche.

## The Nepali Kulung and the Catalan Comet are awarded the victory of the 2nd stage

The fastest to complete the second stage were the local Suman Kulung and the Catalan Anna Comet (*The Elements*). The Nepali finished the stage with a total time of 3:34:43, while the second classified, Gerard Morales (*The Elements*) reached the finish just over half an hour from the Nepali. Ten minutes later the 3rd classified, the Norwegian Hanz Smedsrod, arrived in Pungmuche. In the overall classification Suman Kulung remains as leader and second place for Gerard Morales who surpasses Miguel Heras. The Bejarano now occupies the third position in the general classification. In the female category the triumph has been for The Elements athlete Anna Comet with a time of 4.37:46. Second position for Núria Domínguez (Tuga) and Manu Vilaseca (*The Elements*), finished third just 2 minutes behind the second classified. Tomorrow third stage between Pungmuche and Karikhola with 30 km of course and 5.396m accumulated. More than 3,000m negative will be downhill in the second longest and hardest stage of the ninth edition of the Everest Trail Race by The Elements.

