



by THE  
ELEMENTS

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

## JORDI GAMITO PUTS ON TRACK THE FINAL VICTORY OF THE EVEREST TRAIL RACE

Tengboche (12-11-18). Fifth consecutive victory of the Everest Trail Race for Jordi Gamito, who is about to get the final victory if tomorrow nothing unexpected happens in the last day of the Everest Trail Race by The Elements. The Nepali Purnimaya Rai has achieved a new victory while the second in the ranking Manu Vilaseca of The Elements has arrived with tears in her eyes.

The participants of The Everest Trail Race by The Elements have had the privilege of running at the bottom of two emblematic 8000m peaks, as Everest and Lhotse in today's stage. They have reached almost with their fingers Ama Dablam, which is known by the most wonderful mountain in the world. They have also navigated among historical summits in the alpinism such as Tamserku, Kantega or Tawoche. All this within 20Km and 3.246m of elevation gain in the 5<sup>th</sup> stage with final in Tyangboche. Probably because of all the emotions experienced through the day, one of the most mentioned comments in camp has been "no other race in the world have such an amazing scenario". And it is true, because the effort that needs to be done in order to organize a stage race like this one is sublime. Also for the participants who, with the strengths very exhausted and with the consequences of running in high altitude. They have needed to overcome two sections of very hard ascenders during this almost last stage of the race. One, the uphill to Namche Bazar, main Sherpa village, with 600m after crossing one of the most iconic spots of the competition: the Hillary Bridge.





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After crossing the main village of the Sherpa world, the runners have run towards Tyangboche, end of the stage, after having done an almost 400m downhill. At the end of the day, they have done a Bonus track of ascense with 450m of uphill slope in 2,5 Km to cross the finish line in Tyangboche. The environment is so wonderful to the eyes that the views suggest much information, while contemplating the amazing landscapes, with the Himalayan high summits really close.

Yesterday the leader Jordi Gamito explained that he didn't want to risk anything. And without one, the runner of The Elements team has reached the 5<sup>th</sup> consecutive victory in the race. The second position in the stage is for the Catalan Joan Soler, that today has reached the third place in the general ranking, overtaking Eleuteri Adelantado. Tomorrow in the last stage Soler will need to fight for the podium with the Nepali Pasang Sherpa, who is just behind in the general ranking: fourth position at just 1 minute and 45 seconds. In the general ranking, Sergio Arias from Madrid keeps the second position at 2 hours and 32 minutes of Gamito. The Catalan runner is about to make history if tomorrow wins for the first time the race.

Within the women's ranking, no changes in the general ranking. Third triumph of the leader of the race, the Nepali runner Purnimaya Rai. Second position for Manu Vilaseca who has reached the finish line feeling very emotional. She has cried when reaching the paradise where the finish line is located. Third, the British Rebecca Ferry. Today, without any doubt, the stage has mixed the emotions of the runners and the organization due to the accumulated pressure, effort and suffering. Is because of that that





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a lot of runners like Manu Vilaseca have crossed the finish line with tears in their eyes, while contemplating the wonderful environment. At the finish line they expressed how this race is incomparable, undescriptible, difficult to describe in words, because one needs to live it! Tomorrow the race ends with the 6<sup>th</sup> stage. The Everest Trail Race by The Elements will reach Lukla after 30Km and 5.243m of elevation gain.

