

Running inspiration

Be here, run this, feel fantastic



WORLD'S HIGHEST MARATHON

The annual Tenzing-Hillary Mount Everest Marathon starts from Basecamp on the Nepali side of the mountain, with a breathtaking altitude of 5644m and close to the spectacular Khumbu Icefall. About 100 local and foreign runners negotiate the challenging downhill route, crunching through snow and ice, negotiating rocky trails and dodging yaks all the way to the Sherpa 'capital' Namche Bazaar at 3446m. Interested? You can go with KE Adventure Travel as a runner or

spectator, acclimatising over the first 13 days during a spectacular climb to Everest Basecamp.

>>> Find out more about KE Adventure's Everest Marathon trip from 15 May to 3 June at www.keadventure.com

HOW TO TRAIN

Julia Tregaskis-Allen, KE Adventure Travel trek leader, says:

- 1 Spend time on your feet hill-walking and running off-road, especially downhill. This is more important for this race than fast road training or intervals.
- 2 Know the route profile – the course route may change slightly from year to year.
- 3 Acclimatisation is key to enjoyment and performance. Regardless of how fit or fast you may be, ascend to Basecamp slowly and take on plenty of fluid.



PHOTOS: KEADVENTURE WWW.KEADVENTURE.COM