

EVEREST SKY RACE VII 2015

MAKALU – EVEREST

« ALTIUS, ALTIUS, ALTIUS »

(30th October to 17th November 2015)



Jorbir Rai, Lizzy Hawker and Deepak Rai in Pangboche (3930 m), with Everest (8850 m) and Ama Dablam (6856 m)

HIMALAYA : THE " MOUNTAIN CONTINENT "

Himalaya, literally the "Kingdom of Snows" in Sanskrit, is the highest mountain range in the world. It stretches in Asia throughout Pakistan, Cashmere, India, Tibet, Nepal, Sikkim and Bhutan. From 250 to 500 km wide between Tibet in the North and Indo-Gangetic plain in the South, Himalaya is 3.000 km long from Hindu Kuch (Afghanistan) in the West to Yun-nan (China) in the East. This mountain range is the highest, but also the youngest of the planet. It is inhabited by various people, with very old traditions and religions. Nepal is a "digest" of this ethnic and cultural variety.

10 of the 15 Himalayans summits above 8.000 meters are located in Nepal. The ones rising beyond its borders are K2 or Dapsang (8.611 m), Nanga Parbat (8.125 m), Gasherbrum I (8.068 m), Gasherbrum II (8.035 m) in Pakistan, and Shisha Pangma (8.013 m) in Tibet. Everest, called Sargarmatha by Nepalese and Chomolungma by Sherpa (8.848 m), Kanchenjunga (8.598 m), Lhoste (8.501 m), Makalu (8.475 m), Yalung Kang (8.420 m), Lhoste Shar (8.383 m), Dhaulagiri (8.167 m), Manaslu (8.156 m), Cho Oyu (8.153 m) and Annapurna (8.091 m) are the ten summits that tower above 8.000 meters in Nepal.

EVEREST: THE MOUNTAIN OF A CONTINENT

Reaching its highest point at 8,850 m, Everest is the highest summit in the world. Mount Everest is located on the border between Tibet and Nepal, in the midst of Himalaya. This mountain got the name of a famous Welsh geographer, Sir George Everest, because people didn't know that Tibetans already called it, for a long time, Chomolongma, i.e. « World mother Goddess ». Sagarmatha is the Sherpa name of Everest. The Everest height was calculated for the first time in 1852, by an employee of the geographical service of India – which was, at that time, a British colony. Measurements carried out in 1954 by British researchers enabled to evaluate its height as 8,846 m. In 1999, a system of sensors using Global Positioning System (GPS), system of position measurement by satellite, brought to the Himalayan summit by an American team, set this height at 8,850 m. Moreover, these measurements have also shown that the “Roof of the World” moves laterally from 3 to 6 mm every year to the North-East, because of the push of the Indian tectonic plate.

From the start of the 20th century, Europeans were attracted by Mount Everest geographers, naturalists, and doctors took part in expeditions organized by alpinists who tried the climb. In the second half of the 19th century, every summit in the Alps had been climbed, and the conquest of the highest summit in the world could only attract sportsmen. As people asked George Leigh Mallory, who died in 1924 while trying the climb, about his desire for climbing the Mount, he answered : “Because it's there!”



Everest West Shoulder (7200 m), Mont-Everest (8850 m) and Nupste (7879 m).

EVEREST : BEGINNINGS OF A CONQUEST

The first expeditions started from Darjeeling, crossed Himalayas to reach the Tibetan plateau, and then arrived near Everest from the West side. In 1921, the expedition managed by colonel Howard Bury was above all a reconnaissance expedition. It discovers that the top of Everest Mount had a pyramidal shape. This top is often decorated with a cloudy plume made of snow and ice pulled up by the wind. Glaciers, cut off by seracs and crevasses, bristling with snow blocks, go down from the mountain slopes. In the North, a ridge cut by a pass goes from the summit and links it to a lower peak. Firsts expeditions tried to reach the top by this way. On the West, a “combe” (valley), topped by a glacier, lies at the bottom of the mountain: this is the way that will lead to victory.

Following this first expedition, equipment has improved. For instance, as oxygen becomes scarce at high altitudes, alpinists, as soon as 1922, were provided with oxygen masks that limited their breathlessness. In 1922 and 1924, alpinists climbed up to 8,300 m, an altitude never reached before. But nine porters and two alpinists – George Leigh Mallory and Andrew Irvine – died. Nobody knows if they reached the summit.

The expedition of 1933, preceded by aerial reconnaissance that was at the time an achievement by itself, failed, likewise those of 1936 and 1938. The difficulty and length of the route chosen, the quick exhaustion of men at high altitude, wind and cold certainly caused these failures.



Everest Base Camp (5364 m), with Everest West Shoulder (7200 m) and Western Cwm (Ice fall).

EVEREST : 29TH MAY 1953, 11:30 AM

The expeditions, interrupted by World War II, resumed in 1951, but from Kathmandu, in Nepal, because, meanwhile, Tibet turned under Chinese rule; moreover, alpinists decided to try the climb by the West side. In 1951, an English expedition, in which New-Zealander Edmund Hillary took part, made a reconnaissance, but was stopped by a seracs fall, and then by a 30 to 100 m wide crevasse.

The following year, Swiss alpinists tried the adventure; among them were Lambert and the chief of Sherpas, which name was Tensing Norgay. After they went through the crevasse thanks to a rope bridge, they saw that the combe was closed by a slope ending up to a pass – under which stood the pyramid of the summit. From the pass, they saw, behind the South summit, 8 754 m high, the highest summit: 8 848 m. But the assault tried by Lambert and Tensing Norgay, failed at 8 600 m, and the autumn expedition, the first one that began in this season, was thwarted because of a cold of - 40 °C.

In 1953 however, the English expedition was more lucky. Edmund Hillary and Tensing Norgay Sherpa ranked among members of this expedition managed by colonel John Hunt (1910 - 1998). An improved equipment had beforehand been tried in Switzerland before the expedition, and alpinists had carefully studied their route; lastly, they had carried out a training period of 3 weeks at a height of 6 000 m. A path was opened through the combe, the slope was climbed, and a camp was set up on the South pass. Colonel Hunt established two assault teams, supported by help teams that accompanied them to the last camp.

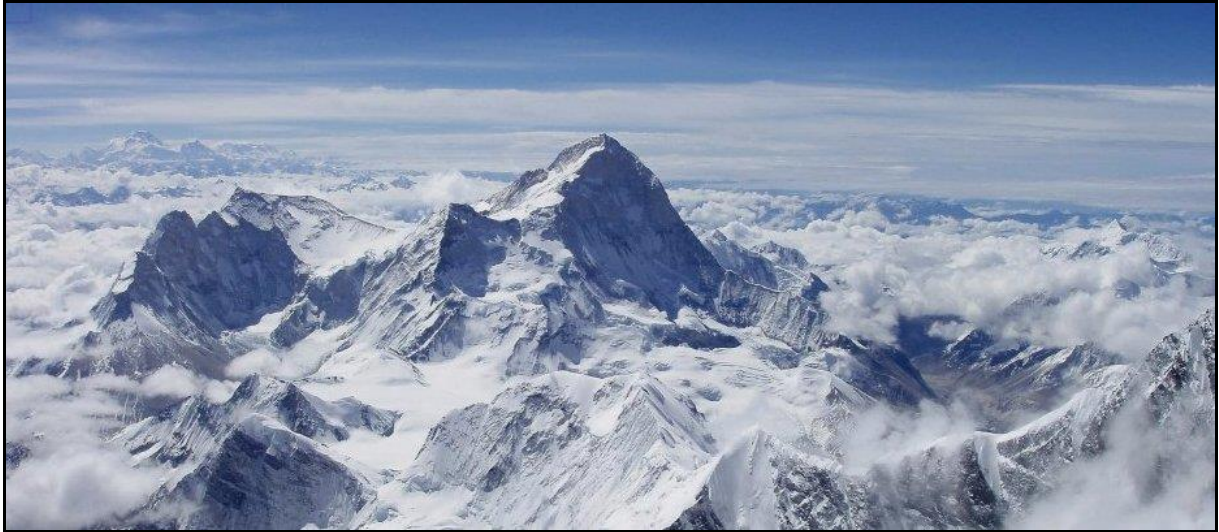
The first assault team failed, on May 26th, at 8 754 m. But on May 29th, Edmund Hillary and Tensing Norgay Sherpa, after spending the night at 8 590 m, reached the summit at 11:30 am, being then the first two men triumphing over the highest summit of our planet: Everest, Chomolongma, Sagarmatha. Three names for only one mountain, to go up *Altius, Altius, Altius...*

Altius, Altius, Altius... is the motto of **EVEREST SKY RACE**. Behind this name, a race never imagined before... A mountain race at the bottom of the highest summit in the World, in the country where the way of the Horses of Wind never finishe...



Mont-Everest : The mountain of a continent.

MAKALU : THE MOUNTAIN PYRAMID



Makalu Himal (8463) from Mont-Everest.

Makalu is the fifth highest peak in the world. It is located southeast of Mount Everest on the Tibetan-Nepalese border at 8463 meters altitude. Makalu is an isolated, four sided pyramid shaped mountain. Makalu has two notable side peaks: Kangchungtse or Makalu II (7678 m) and Chomo Lonzo (7804 m).

Makalu is considered by mountaineers as one of the most technical Himalayan peaks. The first successful ascent was done by Lionel Terray and Jean Couzy on May 15th, 1955, during a French expedition led by Jean Franco on the north side and the north-eastern edge. The next day, on May 16th, three other members reached the top: Jean Franco, Guido Magnone, and the Sirdar Gyalzen Norbu. On May 17th, Jean Bouvier, Serge Coupe, Pierre Leroux, and André Vialatte reached the top.



Makalu (8463 m) from Makalu Base Camp (4823 m).

AIMS OF THE KATHMANDU DECLARATION

To protect effectively the mountain environment, its flora, fauna and natural resources.

To reduce the negative impact of man's activities.

To respect the cultural heritage and dignity of local populations.

To stimulate activities which restore and rehabilitate the mountain environment.

To encourage contact between mountaineers of different countries through friendship, mutual respect and peace.

To spread information and knowledge in order to improve relationships between mankind and its environment.

To use only technologies, which respect the environment, as far as energy needs and the elimination of waste are concerned.

To support developing mountain countries with a view to environmental protection.

To expand access to mountainous regions without political obstacles.



Mont-Everest (8850 m) from Kala Pattar (5450 m).

EVEREST SKY RACE : RACE TECHNICAL CARD

GENERALITIES

EVEREST SKY RACE is organized by Base Camp, Nepalese agency based in Kathmandu, Nepal.

EVEREST SKY RACE is open to men and women over 23 years old, and matching the following five selection criteria :

1. Experience of mountain running; 2. Experience of multi-days running; 3. Experience of “high altitude” (4.800 m and above) or hypoxia test in laboratory corresponding to an altitude of 5.000 m; 4. A significant result in trail running race, adventure race or mountain race ; 5. Experience of orientation race (reading of maps and using a compass).

The first thirty (30) first registered runners matching these five selection criteria will be selected for the 2015 release of **EVEREST SKY RACE**. This stage race (multi-days running) will use footpaths over a maximum distance of 300 km with 15.000 m of ascent and 13.000 m of descent. The race is divided into 13 stages with common departures. Depending on meteorological conditions, natural, or medical or political event, or any other force majeure event, the organization, Base Camp, has the right to modify the route as appropriate. Also please note that, if altitude would endanger most part of the runners of **EVEREST SKY RACE**, a stage could be turned into acclimatization or walking day.

The Technical Team, is made up of 20 persons, employed by Base Camp, Nepalese agency based at Kathmandu, Nepal and organizer of **EVEREST SKY RACE** – will take care of the race organization. This Technical Team is divided into several sub-teams, which will be spread over the whole itinerary. It will take care of time keeping at checkpoints and arrival, booking of the lodges (guest houses, hotels) as well as the provision of breakfast and evening meals (see supplies chapter).

Competitors are fully responsible (complete autonomy) during each stage, using a map marked with the departure point, arrival point and one or several control checkpoints. Between these points, the competitor will choose his/her route and respect the instructions of the race director, the control checkpoints or mandatory paths. Competitors can run and walk using poles/sticks but should take care not to injure anyone. At the end of the first stage, two groups will be made up: Group 1 (competitors ranked 1st to 15th) and Group 2 (16th to 30th), and two starts will be arranged at the beginning of the second stage. Please note that these groups will change during the race, because the daily competitors’ ranking will be used to make up the two groups.

In Nepal the only way to move is walking, therefore the local population uses the trails a lot, and runners are allowed to ask them for assistance during the race. Some areas are however deprived of village and human life. So, the competitor will have to rely on his/her orientation skill and his/her own analysis of the route. The route of **EVEREST SKY RACE** is not marked out, therefore a good reading of the maps will be essential.

MANDATORY EQUIPMENT

Each competitor of **EVEREST SKY RACE** has to keep a series of compulsory items from the beginning to the end of the race. Bag checks will be made during the race. Any compulsory item missing in a competitor’s backpack will lead to a two-hours penalty, and the requirement of having a complete pack to be allowed to continue.

List of compulsory equipment : backpack, sleeping bag (-15°C extreme), survival blanket, headlamp with spare batteries, whistle, mirror, first-aid kit containing a bandage, personal drugs (each competitor will be able to take a good care of him/her, so he/she will have drugs against usual infections in Asia and in mountain), one-litre flask, snap hook, a pair of crampons, a three (3) meters rope, and survival rations (2.000 Calories). Sticks are advised.

For additional personal equipment, the competitor is free to carry what he/she wants.

RACE NUMBERS

Each competitor will be provided with two bib numbers (bring pins). One (20 by 20 cm) must be worn on the chest, i.e. on the upper body, the other has to be fixed to the backpack. The competitor’s number and the sponsors of **EVEREST SKY RACE** must be always visible: any infraction of this rule will lead to a two-hour penalty.

PERSONAL SPONSORSHIP

According to obligations about the organisation's bib numbers, the competitor may use any remaining space on the T-shirt (excluding the chest), on the backpack or on other equipment (sleeves, shorts, tights, headgear, flask, socks, etc.) for other sponsorship. Note that competitors are free to gain maximum sponsorship value, providing that clothing and behaviour respect the philosophies of Himalaya native people and the spirit of the race. Please bear in mind all these points. Remember the dimensions of the bib numbers for **EVEREST SKY RACE** are 20 by 20 cm.

SUPPLIES

During the race the competitor is independent and must manage his/her own food and water. He/she may prepare supplies before departure or stock-up during the race. Except for some sections and some stages of the race, a village is passed approximately every thirty minutes. As snacks, one will find biscuits, chocolate bars and chocolate tablets or even a "dal-bat" (lentils and rice) between 10 am and 12 noon.

Water is not a problem. It can be found in every village and consider also streams, brooks and rivers. Water is available at least every fifteen minutes. However, water has to be treated with Micropur (purifying agent) before consumption (one tablet for a litre of water). Because of this, there is a one-hour waiting period before it can be drunk without risk. Therefore a twin-bottle-belt is ideal. While one is being purified, the other is drinkable. It is also possible to buy bottled water but it cost 30 – 120 rupees (0,5-2 €) per litre depending on the altitude.

During the twelve days of **EVEREST SKY RACE**, the organisation takes care of accommodation, breakfast and dinner. Lunch is managed by the competitor. Anticipate 300 rupees (3 €) per day. Please note that, except for tea, all other drinks consumed by the runner (bottled water, soft drinks, beer) are at his/her own cost.

RUNNERS' SOLIDARITY CHARTER

Throughout EVEREST SKY RACE, a solidarity charter is in place requiring competitors to help other runners who are in trouble. Non-compliance leads to elimination.

In the event of mountain sickness, heart/breathing problems, consequences of a fall or hypothermia, the runner in difficulty must warn the nearest person. If this person is another competitor, he/she must stay with the injured party and provide first aid, providing he/she is capable to do so. Before leaving, the runner must wait for the arrival of a member of the organisation. Any time lost will be deducted.

If another runner arrives on the scene, he/she must alert the technical team. The related time lost will be deducted from his/her finishing time and he/she will also receive a one-minute bonus for every five minutes spent during this aid-run. The runner will be responsible for measuring time lost whilst helping the injured/sick competitor. The race directors will trust this assessment.

Any breach or deliberate misinterpretation of the content of this charter will be penalised by immediate disqualification without appeal. The disqualified runner will be excluded from the race and will have to return to Kathmandu by his/her own means.

SURRENDER

In case of surrender, specific instructions will be given at each stage, because conditions to reach departure, arrival or a leaving point will be different every day. In case of surrender, the competitor will have to wait for the following pack, which will accompany him to the arrival of the current stage. At this point, he/she will no longer be involved in **EVEREST SKY RACE** and will be required to return his/her race bib numbers to the race director before returning by his/her own means to Kathmandu. It should be noted that in the event of surrender, the competitor will not be able to use the "helicopter rescue" insurance, except in case of medical reasons: fracture, broken limb, heart/respiratory problems, and acute mountain sickness..

ELIMINATION FROM THE RACE

The Nepalese hospitals doctors and the race doctors are authorised to eliminate a competitor from the race if they consider him/her to be not able to continue the race. Their decision will be final and without appeal. If he/she is affected by mountain sickness, in a state of advanced fatigue or psychologically too weak, he/she will not be allowed to continue the race.

Every year the mountains in Nepal kill simple hikers who have failed to respect the rules of walking in high altitude. Runners of **EVEREST SKY RACE** will be moving two or three times faster than a hiker, and will quickly reach the critical altitude for mountain sickness (3.500 m). Each problem will be studied on a case-by-case basis. Depending on the place where the competitor is eliminated from the race, if it is impossible to wait for the rescuers, the rescue will take place using the nearest road or airfield, either by foot, by mule or being carried by people. Helicopter evacuation may be quickly possible, depending on the place of the incident.

PENALTIES AND DISQUALIFICATION

Any breach or deliberate misinterpretation of the content of the “Runners’ Solidarity Charter” will lead to immediate disqualification without the right of appeal. The disqualified runner will be excluded from the race and will have to return to Kathmandu by his/her own means.

Seven (7) other situations can lead to time penalties, also leading to disqualification in case of a second occurrence. These are: absence of any compulsory equipment for **EVEREST SKY RACE** (two-hour penalty for each missing object with the requirement of having a full equipment to be allowed to continue); any concealment of the official **EVEREST SKY RACE** sponsorship on the bib numbers (two hours); missing or not checking at every checkpoints (four hours); breach of course director’s instructions (four hours); land-based assistance (six hours) except the one provided by a competitor; non-respect of the environment or the local population (immediate disqualification) – see chapter “Aims of the Kathmandu Declaration”. And finally, non-respect of conditions imposed during the linkage walking stage (immediate disqualification). No time limit will be imposed on competitors. In case of late arrival, no penalty will be imposed and the competitor will be allowed to continue the following morning – providing his physical state is acceptable.

Apart from this, the runner is considered as a responsible and adult sportsperson

INSURANCE

Each competitor must subscribe to an insurance for helicopter mountain rescue in foreign countries. It must be subscribed by the competitor before his/her departure to Nepal. The decision to call out the helicopter in the event of a physical disability to complete the race, (fracture, broken limb, etc.) or acute mountain sickness, is taken by the race doctor. Until assistance arrives, the organisation assures the competitor’s safety.

MEDICAL CERTIFICATE

Each runner must produce a medical certificate specifying that he/she is able to participate to **EVEREST SKY RACE**. He/she has to produce a first certificate with registration form, and a second one, one month before race departure. If he/she has no experience of mountain races above 4.000 m, he/she is strongly advised to conduct a hypoxia test in order to determine whether or not his/her body is able to cope with the requirements of high altitude.

MEDICAL FORM

This form, including a photo, contains the following information: name, first name, age, gender, blood group, vaccinations, current medication, previous operations/surgery, chronic disease, emergency contact including telephone number in case of an emergency, name and telephone number of the insurance company as well as the number of the repatriation insurance contract. The competitor must contact his/her doctor to find out which ones are necessary for a journey to Nepal as well as whether or not an anti-malaria treatment is recommended.

ASSISTANCE FORM

This form includes a photo and the following information: name, first name, age, gender, blood group, vaccinations, current medication, previous operations/surgery, chronic disease, emergency contact including telephone number in case of an emergency, name and telephone number of the insurance company as well as the number of the repatriation insurance contract. This form is for the use of the organisation in Nepal.

EQUIPMENT

The **EVEREST SKY RACE** is a race that lasts several days and competitors must be prepared to deal with daytime temperatures between -5°C and $+30^{\circ}\text{C}$ and as low as -20°C at night. However, it is possible to take part of this event with total equipment weighting less than 9 kilos. An example follows including backpack weight and in “summer” wear, weighting 8 kg...

EXAMPLE OF TYPICAL EQUIPMENT

Backpack 30/35 litres (quantity: 1) : (700g)
-15°C sleeping bag (1) : (1000g)
Fleece windcheater (1) : (700g)
Gore-Tex windcheater jacket (1) : (700g)
Gore-Tex windcheater trousers (1) : (300g)
Trail shoes (1) : (700g)
Shorts (1), T-Shirt (1), underwear (2) : (200g)
Race socks (2), Carline rest socks (1) : (200g)
Carline short, Carline long : (300g)
Running tights (1), Carline tights (1) : (400g)
Silk gloves, windcheater gloves, hat or mountain cap : (400g)
Food complements and energy bars : (1200g)
Compulsory first aid kit and survival blanket : (700g)
Personal medication : (200g)
Toiletries : (300g)
“Snow” sunglasses (1) : (100g)
Racing poles (2) : (500g)
Water bottle/belt with two empty bottles (1) : (700g)
Headlamp (1) : (400g)
Map-holder, map, watch: (300g)

MANDATORY OBLIGATORY

Each competitor of **EVEREST SKY RACE** has to keep a series of compulsory items from the beginning to the end of the race. Bag checks will be made during the race. Any compulsory item missing in a competitor’s backpack will lead to a two-hours penalty, and the requirement of having a complete pack to be allowed to continue.

List of compulsory equipment: backpack, sleeping bag (-15°C extreme), survival blanket, headlamp with spare batteries, whistle, mirror, first-aid kit containing a bandage, personal drugs (each competitor will be able to take a good care of him/her, so he/she will have drugs against usual infections in Asia and in mountain), one-litre flask, snap hook, a pair of crampons, a three (3) meters rope and survival rations (2.000 Calories). Sticks are advised.

For additional personal equipment, the competitor is free to carry what he/she wants.

EVEREST SKY RACE

The route of **EVEREST SKY RACE** : 300 km, +15000 m, - 13000 m, 13 stages

- Day 1** (30-10). Fly to Kathmandu.
Day 2 (31-10). Kathmandu (1350 m).
- Day 3** (01-11). Kathmandu (1350 m) - Tumlingtar (520 m) by plane.
Stage 1. Start ESR 2015. Tumlingtar (520 m) - Bhote Bash (1725 m).
- Day 4** (02-11). **Stage 2.** Bhote Bash (1725 m) - Num (1560 m) - Arun River (620 m) - Seduwa (1480 m).
- Day 5** (03-11). **Stage 3.** Seduwa (1480 m) - Tashi Gaon (2070 m) - Unshisha (3180m).
- Day 6** (04-11). **Stage 4.** Unshisha (3180m) - Kauma (3560 m) - Keke La (4127 m) - Shipton Pass (4216 m) - Tutu La (4075 m) - Yangre Kharka (3645 m).
- Day 7** (05-11). **Stage 5.** Yangre Kharka (3645 m) - Yak Kharka (4570 m) - Shershon (4720 m) – Makalu Base Camp (4823 m) - Yak Kharka (4570 m). **Walking junction.**
- Day 8** (06-11). **Stage 6.** Yak Kharka (4570 m) - Yangre Kharka (3645 m) - Tutu La (4075 m) – Shipton Pass (4216 m) - Keke La (4127 m) - Tashi Gaon (2070 m).
- Day 9** (07-11). **Stage 7.** Tashi Gaon (2070 m) - Seduwa (1480 m) - Kartiki Ghat (315 m).
- Day 10** (08-11). **Stage 8.** Kartiki Ghat (315 m) - Gothe Bazar (685 m) - Salpa Phedi (1520 m).
- Day 11** (09-11). **Stage 9.** Salpa Phedi (1520 m) - Salpa Bhanjyang (3414 m) - Gudel (1965 m) – Hongu Khola Bridge (1350 m) - Bung (1620 m).
- Day 12** (10-11). **Stage 10.** Bung (1620 m) - Surke La (3170 m) - Gai Kharka (2399 m) – Pankongma La (3178 m) - Bupsa (2360 m).
- Day 13** (11-11). **Stage 11.** Bupsa (2360 m) - Khari La (2860 m) - Chutok La (2945 m) - Phakding (2610 m) - Namche Bazar (3440 m).
- Day 14** (12-11). **Stage 12.** Namche Bazar (3440 m) - Tengboche (3860 m) - Dughla (4620 m).
- Day 15** (13-11). **Stage 13. Arrival.** Dughla (4620 m) - Gorak Shep (5170 m) - Everest Base Camp (5364 m).
Walking junction. Everest Base Camp (5364 m) - Kala Patthar (5450 m) - Pheriche (4240 m).
- Day 16** (14-11). Pheriche (4240 m) - Namche Bazar (3440 m). Walking junction.
Day 17 (15-11). Namche Bazar (3440 m) - Lukla (2840 m). Walking junction.
Day 18 (16-11). Lukla (2840 m) - Kathmandu (1350 m) by plane.
Day 19 (17-11). Kathmandu (1350). Fly to....

EVEREST SKY RACE

Selection form

LAST NAME : _____ **First name:** _____ **Please put a passport picture there**

Date of birth: _____ **Age :** _____ **Gender :** _____

Association or company : _____

Catégory : _____ **Profession :** _____ **Blood group:** _____

Address: _____

_____ **Country :** _____

Tel. (home) : _____ **Tel. (work) :** _____ **Tel. (mobile) :** _____

E-mail : _____

Experience in mountain running (location, year, distance, maximal altitude, total ascent, time and rank)

Highest altitude ever reached : _____ **(Location) :** _____ **(Year) :** _____

Experience in multi-days running (location, year, distance, time and rank) : _____

Experienc in mountaineering: _____

_____ **Can you abseil ?** _____

Personal record for marathon : _____ **(Location and year) :** _____

Other significant times : _____

Other sports practised : _____

Do you have a first-aid diploma: _____ **(Location and year) :** _____

Define in few words what mountain running, Nepal, and Himalaya represent for you Himalaya : _____

Conditions of selection

1. Experience of mountain running.
2. Experience of multi-days running.
3. Experience of "high" altitude (4.800 m or above) or test of hypoxia in laboratory corresponding to an altitude of 5.000 m.
4. Experience of orientation race (reading maps, using a compass).
5. A significant result in trail running race, adventure race, or mountain race.

If one of these criteria isn't achieved, you'll necessarily have to complete it before the deadline of registration. Exceptions will be studied by the selection committee on a case-by-case basis.

EVEREST SKY RACE

Registration form

LAST NAME : _____ **First name**: _____ Please put
a passport picture here
Date of birth: _____ **Age** : _____ **Gender** : _____
Association or company : _____
Catégorie : _____ **Profession** : _____ **Blood group**: _____
Address: _____

Country : _____
Tel. (home) : _____ **Tel. (work)** : _____ **Tel. (mobile)** : _____
E-mail : _____
Racer (1) **Walker** (1) (1) *Strike out/delete as appropriate*

Cost for **EVEREST SKY RACE** : 2200 \$ USD (2000 Euros)
Registration deadline: 30th August 2015

Please attach the following documents to the registration form :

- Selection form
 - A medical certificate stating that there are no health reasons for you not to run a marathon at high altitude..
 - The results of your hypoxia test. Test is strongly recommended for low-altitude runners.
 - Insurance certificate covering costs of hospitalisation and repatriation from Nepal to France (or relevant country), and helicopter mountain rescue in foreign countries.
 - A runner's CV including significant performances and mountain experience. Include press release if necessary.
- REMEMBER: selection is based on this file.**
- Six passport pictures.
 - The "terms of payment" form.
 - The medical form.
 - The assistance form.
 - **Included in the registration fees:** Lodging at Manaslu Hotel in Kathmandu (two nights, bed and breakfast), lodging during the race (half board, breakfast and dinner), camping and cooking equipment, the Base Camp race assistance staff (20 employees), transport in Nepal, Kathmandu - Tumlingtar flight, Lukla – Kathmandu flight, entry to the Makalu National Park, entry to the Sagarmatha National Park, permits and special authorizations for the race, equipment offered by the organisation, trophy and prize dinner-reception.
 - **Not included in the registration fees:** cancellation fees and other insurances, visa fees, airport taxes, meals, drinks and visits in Kathmandu, lunch during the race.

Competitors are treated as responsible adults and fully endorse the risks and dangers inherent to **EVEREST SKY RACE**. In the event of an accident leading to a physical disability or the death of a competitor, or of mountain sickness or cardiac problems leading to the death of a competitor, the organisation has taken all necessary measures so that it cannot be held responsible..

Date, name, first name, and signature of the applicant preceded
by the sentence "lu et approuvé (read and agreed)".

EVEREST SKY RACE

Medical form

Please put
a passport picture here

LAST NAME : _____ First name: _____

Date of birth: _____ Age : _____ Gender : _____

Profession : _____ Blood group : _____

Vaccinations and date of last injection : _____

Current medication : _____

Chronic diseases: _____

Previous surgeries: _____

Name of insurance company : _____

Address of insurance company : _____

Telephone number: _____

Insurance contract number: _____

Emergency contact name : _____

Telephone. – Home : _____ Work : _____

This medical form is confidential. Please put it in an envelope and clearly write your name in capital letters. For the vaccinations, please ask your doctor to find out which ones are necessary for a journey to Nepal, and whether or not an anti-malaria treatment is advised.

Assistance form

Please put
a passport picture here

LAST NAME : _____ First name: _____

Date of birth: _____ Age : _____ Gender: _____

Catégorie : _____ Profession : _____ Blood group : _____

Name of insurance company : _____

Address of insurance company : _____

Telephone number : _____

Insurance contract number : _____

Emergency contact name : _____

Telephone. – Home : _____ Work : _____

INSURANCE : Each competitor must subscribe to an insurance including helicopter mountain rescue in foreign countries. It must be subscribed by the competitor before his/her departure to Nepal. The decision to call out the helicopter in the event of a physical disability to complete the race (fracture, broken limb, etc.) or acute mountain sickness, is taken by the race doctor. Until assistance arrives, the organisation assures the competitor's safety.

TERMS OF PAYMENT

Registration fees for the **EVEREST SKY RACE** have been fixed at 2200 \$ USD (2000 Euros) excluding international flight. Deadline for registration: 30th August 2015

This 2200 \$ USD (2000 Euros) fees cover administration, association costs, and organisation of the race in Nepal.

NOTE : It is possible to take part of the **EVEREST SKY RACE** without participating to the full programme. For instance, those who are already on site or travelling from another country (other than France). Must show up at the headquarters of the Base Camp Trek & Expeditions in Kathmandu in the afternoon of day 2 to meet up with organisers and fellow competitors of the **EVEREST SKY RACE**.

PAYMENT SCHEDULE : You should pay the entire amount of 2200 \$ USD (2000 Euros) by wire transfer before your departure to Nepal. Bank details for the transfer are following :

Base Camp Trekking and Expeditions

Account number : 40978 – 00007 – 1402496Z001 - 66

IBAN : FR46 4097 8000 07140249 6Z00 166

BIC : BSPFFRPPXXX

Location :

BANQUE PALATINE

Sèvres Raspail branch, 39 Boulevard Raspail, 75007 Paris, France.

Name, first name, and signature of the applicant preceded by the sentence “lu et approuvé (read and agreed)”

CONTACT OF THE ORGANISATION

Base Camp Trek & Expedition.

Rashmi Thamot and Jerome Edou, G.P.O. Box : 3491. Kathmandu. Nepal

E-mail: info@basecampletrek.com

Base Camp Trek, C/O Bruno Poirier

19, Rue des Douettes. 85130 Saint-Aubin-des-Ormeaux. France.

Telephone : +33 (0)6 19 55 81 87 et +33 (0)6 81 82 08 01.

E-mail: bruno.poirier@ouest-france.fr & himal@wanadoo.fr

Website : www.leschevaliersduvent.fr