

ABOUT MIURA EVEREST 2013 PROJECT

～Trace of Hope～



Yuichiro Miura first summited Mt. Everest at age 70 on May 22nd, 2003, making the world record of oldest man to climb Mt. Everest at the time. He then summited again in 2008 on May 26th at age 75, in which he became the only man on earth to summit Everest twice after becoming 70 years old.

After his second summit in 2008, Yuichiro set his next goal to challenge summiting again at age 80.

However, his dream was soon stonewalled the following year in 2009 when he fractured his pelvis and left thigh bone in an accident while skiing, and full recovery was said to be impossible at age 76 by many experts. Yet, his strong determination and yearning towards Mt. Everest refuted experts' expectations, and Yuichiro resumed his training just 6 months after the injury.

Yuichiro Miura's endeavor to Mt. Everest has never been easy. He was diagnosed with a serious case of metabolic syndrome before his first challenge in 2003. He then suffered from arrhythmia (irregular heartbeat) and atrial fibrillation (irregular shaking of atrium), and underwent two operations (catheter ablation) right before departing to Everest for his second summit in 2008. His third challenge will not be just challenging his aging processes, but also overcoming physical problems – metabolic syndrome, arrhythmia, and this time, pelvic bone fracture.

His last 2 challenges were described as “Ultimate Anti-Aging”. At super high altitude of 8848m, physical body age is said to become 70 years plus the actual age – indeed is the last place on earth where human body could sustain.

80-year-old Yuichiro Miura’s physical body age at 8848m, at the summit of Mt. Everest, will be 150 years old.

Why challenge again?

Yuichiro’s reasoning is simple:

It is to challenge own ultimate limit
It is to honor the great Mother Nature
Hoping to raise even an inch of human possibility -
Believing that this strong aspiration will open doors to more
And if the limit of age 80 is at the summit of Mt Everest, the highest place on earth,
One can never be happier

Engraving the Trace of Hope on our precious Planet Earth

Light of hope will shine the steps moving forward
These steps will indeed continue to one longing dream

After experiencing the devastating Great East Japan Earthquake and Tsunami on March 11th, 2011, Yuichiro sought the meaning of hope and life evermore. Miura wishes wholeheartedly that his challenge will become a glimpse of hope and dream and happiness of life, and that it will shed light to future generations.

■ Revisiting Passion for Everest

Yuichiro Miura had marked numerous records in skiing and mountaineering in his adventure career: participating in the Italian Kilometer Lanchard as the first Japanese and marking the world record of speed skiing in 1964; skiing down Everest from 8000m South Col with a parachute as a breaking device - an Oscar-winning extreme adventure - in 1970; and being the first human to ski down seven summits of the world.

His adventure seemed to come to an end when he entered in his sixties, but he was soon on his feet again after being inspired by his 100 year-old father Keizo who still devoted his life to skiing, and by his Olympian son Gota who was a star mogul skier at the time.

His long lost passion for summiting Mt. Everest reemerged, and his endeavor began - remembering his first expedition to Everest in 1970 at age 37.

“ Am I really alive? I pounded with my hands and banged my head on the ice – I was living again – How dearly I felt that I was myself again! It is really good to be alive but the Everest of our dreams is still to be conquered. That elusive Everest of our dreams will be refined and polished in our hearts and minds, gleaming like the translucent air of the Himalayas where the true, the eternal are elemental. That vision will be treasured however we grieve at the pollution of our hearts and minds by the sullied air and impurity of this murky nether world. In life, one event merges to the next.

What is this Everest of our hearts? What was it that snatched me from the jaws of death, back to the world of man? I am a pilgrim again, to trudge the rest of my life toward the distant unknown, seeking this Everest, with this new lease of life granted to me.”

*-Excerpts from Yuichiro Miura's diary after his Everest Skiing Expedition
in 1970 at age 37-*

This 80 year-old Yuichiro Miura's Everest expedition is a pilgrimage paying homage to the Mountain Goddess of Mother Nature “Qomolangma” and also revisiting his young passion for Everest.

■ Miura Everest Anti-Aging Research Project

Oxygen concentration at the summit of Mt. Everest (8848m) is one third of at sea level. When decreasing curve of aerobic fitness of aging is compared to subsidizing physical fitness by altitude, it tells that 80 year-old Yuichiro Miura's aerobic capacity may become as old as 150 years of age. This indicates that Yuichiro Miura climbing Everest at age of 80 must endure technical climbing at an age that is far beyond the age of the oldest women ever lived - Jeanne-Louise Calment, a French woman who lived until 122 years old.

In addition to aerobic capacity challenge, Yuichiro suffered from fractured pelvis and arrhythmia in the past 10 years. Since both of these injuries and illnesses are common among many elderly, his challenge to climb Everest is the challenge against age – Anti-Aging.

To scientifically study this anti-aging challenge, a research and doctor team led by Gota Miura has been formed.



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Gota Miura is the second son of Yuichiro and has summited Mt. Everest with his father in 2003 as the first Japanese father-and-son summit. Gota was also a part of the 2008 expedition aiming to reach his second summit with his father, but suffered symptoms of HACE (High Altitude Cerebral Edema) during the ascent to Camp 5 (8000m point) and had to retire from the summit push.

Gota, a Ph.D. researcher at Juntendo University, will be Yuichiro's partner for this Everest challenge as well as a researcher heading the project's anti-aging research.

The research team will collaborate with Juntendo University, Kanoya University, and University of Hiroshima to monitor and study Yuichiro's challenge.

For Gota Miura's recent research findings, please refer to link below:

"Heme oxygenase-1 (HO-1) is constitutively up-regulated in top alpinists"

Gota Miura, Kazunori Kato, Takahiko Shimizu, Daniela Shiga, Takuji Shirasawa

<http://www.sciencedirect.com/science/article/pii/S0006291X1102078X>

■ MIURA EVEREST 2013 Expedition Member List

Summiting Members

Yuichiro Miura (Age 80) - Expedition Team Leader

Gota Miura (Age 43) - Expedition Sub Leader; In charge of Biometrics, Medical, IT & Communications

Hiroyuki Kuraoka (Age 51) - Climbing Leader; In charge of Logistics, Official Photographer

Kazuya Hiraoka (Age 33) - Official Cameraman; In charge of Official Footage

Support Members

◇ **Kazuya Igarashi** - Expedition Manager; In charge of Official Record, Food, Accounting, Gears

◇ **Takuya Mitoro** – Climbing Support; In charge of Official Record, Food, Gears

Base Camp Support Members

◇ **Yuta Miura** - In charge of Weather, IT & Communications

◇ **Dr. Kazue Ooshiro** - Team Doctor

◇ **Muneo Nukita** – In charge of Expedition Logistics, Local Relations

Sherpas : 18 Sherpas for MIURA EVEREST 2013 Expedition

【Climbing Sherpas : 13 Members】

◇ (1) Pemba Galtzen Sherpa– Sherpa Leader (Age 44; Everest Summit (ES)=10 times; 2008 Miura Everest Expedition

◇ (2) Ongje Sherpa (30; ES=3; 2008 Miura Everest Expedition), (3) Ngima Nurbu Sherpa (30; ES=10; 2008 Miura Everest Expedition), (4) Kamisinge Syanba Tamang (35; ES=2), (5) Beer Kajee Tamang (35; ES=2), (6) Sange Sherpa (34; ES=1), (7) Pemba Nuru Sherpa (39; ES=6), (8) Chhiring Wangchu Sherpa (31; ES=4), (9) Nima Kancha Sherpa (38; ES=3; 2008 Miura Everest Expedition), (10) Mingma Nuru Sherpa (28; ES=2), (11) Danuru Sherpa (40; ES=1), (12) Pema Chiri Sherpa (26), (13) Ang Kaji Sherpa (31)

【Kitchen Sherpas : 5 Members】

◇ (14) Ang Lhakpa Sherpa, (15) Krishna Tamang, (16) Dawa Sherpa, (17) Dendi Sherpa, (18) Gyan Bahadur Sherpa

■ YUICHIRO MIURA & GOTA MIURA CV

YUICHIRO MIURA (AGE 80)



Born in Aomori, Japan, on October 12th, 1932.

Graduated *Hokkaido University, Department of Veterinary*. Competed in *Italian Kilometer Lanchard* (Speed Skiing Competition) as the first Japanese in 1964, marking the world record at the time. Skied down Mt. Fuji using parachutes as breaking device in 1966. Skied down Mt. Everest from South Col (8000m) in 1970, with its documentary film winning the Academy Awards in 1975 (“*The Man Who Skied Down Everest*” *Best Documentary, 1975 Academy Award Winner*). Summited and skied down all seven summits of the world by 1985. On May 22nd, 2003, became the world’s oldest Everest Summitter at the time together with his second son Gota as the first Japanese father-and-son summit. Reached his second Everest summit on May 26th, 2008 at age 75. Internationally known as Adventure Skier. Principal

of [CLARK Memorial International High School](#).

GOTA MIURA (AGE 43)



Born in Kamakura, Japan, August 10th, 1969.

Climbed Mt. Kilimanjaro, Africa as the youngest summitter at age 11 with his family. Other family expeditions include to Mt. Elbrus, Russia, and Monte Rosa, Switzerland. Competed in Freestyle Ski Mogul from 1991 and won numerous titles in Japanese Nationals and in World Cups over 10 years period. Major titles include 13th Place in 1998 [Nagano Winter Olympics](#) and 5th Place in World Cup. A two-time Olympian (1994 *Lillehammer Winter Olympics*, 1998 *Nagano Winter Olympics*).

Graduated *University of Utah* in May 2001 with a B.A in Sports Physiology. In 2003, summited Mt. Everest with his father [Yuichiro Miura](#), as the first Japanese father-and-son Everest summit. Continues activities as professional skier as well as the Managing Director for Miura Base Camp Hypoxic Training System in [Miura Dolphins Co. Ltd.](#)

Finished Ph.D. program in *Graduate School of Juntendo University, School of Medicine*, with major concentration in Genetic Expression Under Hypoxic Environment, in March 2012.

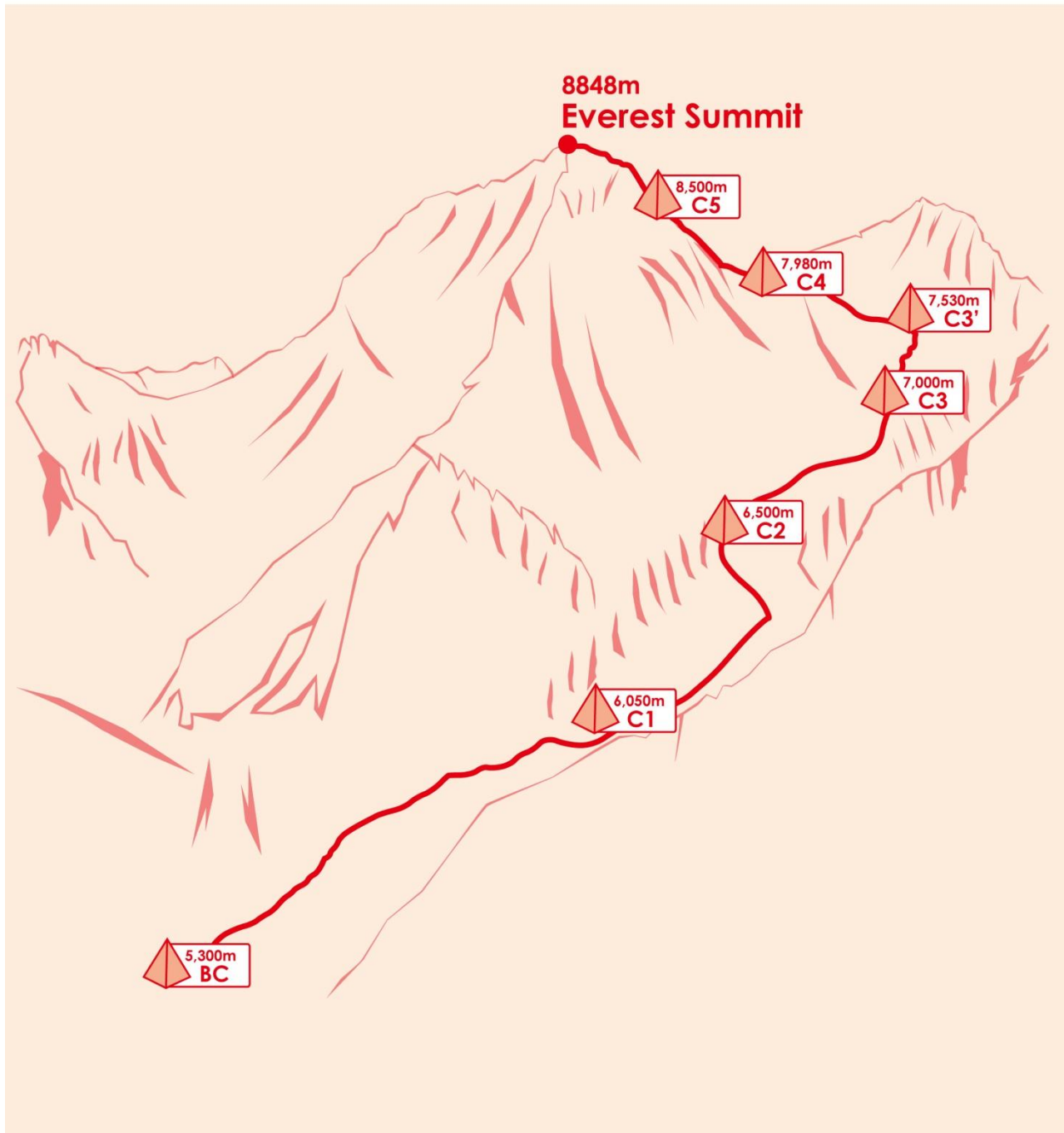
MIURA EVEREST 2013 Schedule

◎Pokalde Acclimatization～Everest

Overall	Climbing	Date	Day	Activity	Altitude
1		3/23	Sat	Preparation Team Departure	
6		3/28	Thu	Yuichiro & Gota Miura Team Departure	
7		3/29	Fri	Haneda/Bangkok/Kathmandu	
8		3/30	Sat	Kathmandu	1320
9		3/31	Sun	Kathmandu/Lukla/Phakding	2610
10		4/1	Mon	Phakding/Jorsale	2740
11		4/2	Tue	Jorsale/Namche Bazar	3440
12		4/3	Wed	Namche Bazar	3440
13		4/4	Thu	Namche Bazar	3440
14		4/5	Fri	Namche Bazar /Deboche	3730
15		4/6	Sat	Deboche/Shomare	4070
16		4/7	Sun	Shomare/Dingboche	4300
17		4/8	Mon	Dingboche	4300
18		4/9	Tue	Dingboche	4300
19	Acclimatization	4/10	Wed	Dingboche/Lhangbo Kharka	4850
20		4/11	Thu	Lhangbo Kharka/5200m Capm	5130
21		4/12	Fri	5200m Camp/ Pokalde Base Camp	5440
22		4/13	Sat	Pokalde BC	5440
23		4/14	Sun	Pokalde BC/ Pokalde High Camp	5640
24		4/15	Mon	Pokalde Hi Camp	5640
25		4/16	Tue	Pokalde Hi Camp	5640
26		4/17	Wed	Pokalde Hi Camp/Lobuche	4930
27		4/18	Thu	Lobuche/Gorak Shep	5170
28	1	4/19	Fri	Gorak Shep/Everest Base Camp	5300
29	2	4/20	Sat	Everest BC	5300
30	3	4/21	Sun	Everest BC	5750
31	4	4/22	Mon	Everest BC	5300
32	5	4/23	Tue	Everest BC	5300
33	6	4/24	Wed	Everest BC	5300
34	7	4/25	Thu	BC／Camp 1	6000
35	8	4/26	Fri	C1／Camp 2	6500
36	9	4/27	Sat	C2	6500
37	10	4/28	Sun	C2／BC	5300
38	11	4/29	Mon	BC／Dingboche	4300

Overall	Climbing	Date	Day	Activity	Altitude
39	12	4/30	Tue	Dingboche	4300
40	13	5/1	Wed	Dingboche	4300
41	14	5/2	Thu	Dingboche	4300
42	15	5/3	Fri	Dingboche/Lobuche	4900
43	16	5/4	Sat	Lobuche/Gorak Shep	5170
44	17	5/5	Sun	Gorak Shep/Everest BC	5300
45	18	5/6	Mon	BC	5300
46	19	5/7	Tue	BC	5300
47	20	5/8	Wed	BC	5300
48	21	5/9	Thu	BC/C1	6050
49	22	5/10	Fri	C1/C2	6500
50	23	5/11	Sat	C2	6500
51	24	5/12	Sun	C2/Camp 3	7000
52	25	5/13	Mon	C3/Camp 3' (Camp 3 Dash@Pistol Rock)	7530
53	26	5/14	Tue	C3/Camp 4(South Col)	7880
54	27	5/15	Wed	C4/Camp 5	8500
55	28	5/16	Thu	C5/SUMMIT/C4	8848
56	29	5/17	Fri	C4/C2	6500
57	30	5/18	Sat	C2/BC	5300
58	31	5/19	Sun	ReserveDay	
59	32	5/20	Mon	↓ (Max 17 days)	
74	47	6/4	Tue	Reserve Day	
75	48	6/5	Wed	BC/Dingboche	4300
76		6/6	Thu	Dingboche/Deboche	3730
77		6/7	Fri	Deboche/Shyangboche	3760
78		6/8	Sat	Shyangboche/Kathmandu (Mi-17)	1320
79		6/9	Sun	Kathmandu	1320
80		6/10	Mon	Kathmandu/Bangkok/	
81		6/11	Tue	/Narita (Tokyo)	

Expedition Route Map



- Considering Yuichiro Miura's age of 80, an additional camp - Camp 3' - will be set above Camp 3. There also will be Camp 5 as set in 2003 and 2008 expedition. The total number of high camps will be 6, which is 2 camps more than in the normal route.

■ MIURA EVEREST 2013 PROJECT TIMELINE

(Expedition Abroad marked in Green)

May 26th, 2008 Yuichiro Miura summits Mt. Everest for the 2nd time at Age 75 and 227 days
February, 2009 Yuichiro fractures his pelvis and left thigh bone at a skiing accident in Sapporo, Teine Highland.

* * * * *

【2011】

September Medical Check, Physical Test, Training in Yakushima

November Mera Peak (6400m), Himalaya Expedition

*High Altitude Physical Testing, Ski Training

【2012】

January Skiing and Hypoxic Training in Japan

April Heli-Skiing Tour in Canada

May Himalaya Trekking

July Training in Japan (Mt. Yotei, Tsurugidake, Hypoxic Training at Miura Base Camp)

October 12th MIURA EVEREST 2013 Project Press Conference &

Yuichiro Miura's 80th Birthday Party

Oct 17th~Nov 6th Lobuche East (6119m), Himalaya Expedition

* Altitude Acclimatization, Equipment Inspection,

Physical Condition Check, Climbing Training

*Yuichiro Miura suffers arrhythmia, and returns to Japan

November 14th Yuichiro undergoes his 3rd catheter ablation operation

December Skiing and Hypoxic Training in Japan

【2013】

January 15th Yuichiro undergoes his 4th catheter ablation operation

March 22nd MIURA EVEREST 2013 Expedition Press Conference & Reception

March 23rd MIURA EVEREST 2013 Preparation Team Departs to Nepal

March 28th MIURA EVEREST 2013 Expedition Team (Yuichiro & Gota Miura)

Departs to Nepal

April~June MIURA EVEREST 2013 EXPEDITION

*Summit Bid is scheduled in Mid-May



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■ Project Website

Miura Everest 2013 will be providing up-to-date expedition feeds including expedition diaries, biometric data, and weather information via project's official website supported by KDDI CORPORATION (mainly in Japanese)

www.miura-everest2013.com

For further information, please contact info@snowdolphins.com