

MIURA EVEREST 2013 PROJECT

～Trace of Hope～



Press Information

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Internationally renowned professional skier and adventurer YUICHIRO MIURA will challenge to summit the world's highest pinnacle Mt. Everest (8848m) for the third time at age 80 with his son Gota next May.

~Trace of Hope~

Yuichiro Miura first summited Mt. Everest at age 70 in May 2003, making the world record of oldest man to climb Mt. Everest at the time. He then summited again in 2008 at age 75, making him 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 from the Chinese side at age 80 (his previous 2 summits were from the Nepalese side).

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 overthrew 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 again 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 becomes 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 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 give a glimpse of hope and dream and happiness of life, and that it will shed light to future generation.

~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 point 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 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 “Qomoloangma” 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 age that is far beyond the age of the oldest women ever lived - Jeanne-Louise Calment, a French woman who lived until 122 years of age.

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 his age – Anti-Aging.

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

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 researcher at Juntendo University, will be Yuichiro's partner for this Everest challenge again as well as 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.

~Miura Everest 2013 Schedule~

Yuichiro Miura and his team will go on to their final training expedition to the eastern peak of Lobuche (6119m) in the Himalayas from October 17th to November 10th, 2012.

The team will return to Mt. Everest in April 2013. The project period will be from April to June 2013.

~Miura Everest 2013 Team~

Summiting Members

- ◇ **Yuichiro Miura** (Age 80) - Expedition Team Leader
- ◇ **Noriyuki Muraguchi** (Age 56) - Climbing Leader; In charge of Logistics, Official Footage
- ◇ **Gota Miura** (Age 43) - Expedition Sub Leader; In charge of Biometrics, Medical, IT & Communications

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

◇ **Pemba Galtzen** – Sherpa Leader

◇ **plus 17 Sherpas**

~**Miura Everest 2013 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.

www.miura-everest2013.com

For further information, please contact info@snowdolphins.com