



For Immediate Release; Contact Media@strivetrips.org for press inquiries

Tyler Andrews Smashes Everest Base Camp Trail Records in Single-Day Push

Lukla, Nepal - Professional runner Tyler Andrews (HOKA ONE ONE/Strive Trips) set the Fastest Known Time (FKT) on the world-famous Everest Base Camp Trail on March 16, 2020 with a time of 23 hours, 42 minutes, and 13 seconds. The “bucket-list” trail often takes the 30,000 annual hikers 15 days to complete, and the previous record of 30 hours, 00 minutes by local Nepali, Pemba Sherpa, had stood for nearly a decade. Andrews’ also set the 1-way records from Lukla to/from EBC en route.

The Everest Base Camp Trail measures approximately 104km (65 miles), starting in the small town of Lukla, Nepal and continuing to its high point at 5,380m (17,650 ft) at Everest Base Camp, before returning back. High altitude plays a critical role, as the trail never drops below 2,650m (8,700 ft) and the vast majority travels over 3,500m (11,500 ft). The trail features steep rocky climbs, traffic from local trains of yaks and donkeys, and other challenges such as possible snow, mud, freezing temperatures, and extreme winds.

Andrews’ record run came just 16 days after competing in the U.S. Olympic Marathon Trials. Though primarily a road runner, with a 2:15:52 marathon personal best (Albany, NY, 2016), he already owns the record for the similarly famous, 61km Inca Trail. He has excelled in ultra marathon distances, finishing 2nd at the 2016 50K World Championships and winning the 2019 US 50 Mile Road Championship.

Of this latest record, Andrews said, “With so many spring races being cancelled, I wanted to set myself up to do something special here in the Himalaya. This huge route felt like it played to my strengths --high altitude, long distance-- while also being a totally new kind of challenge. It was by far the longest run I’ve ever done, both in distance and time; I’m not even sure the last time I was awake that long!”

Whatever happens in the coming months, Andrews will continue to train and search for ways to push himself on the roads and in the mountains. In closing, he said, “Whether I’m on the starting line of a marathon with thousands of other people around me or setting off on a trail alone in the middle of the night, I’m still just looking to find my own limits, push the sport forward, and inspire others.”

Follow Andrews’ journey on Instagram and other social platforms at [@TylerCAndrews](https://www.instagram.com/TylerCAndrews).

About HOKA ONE ONE® - HOKA ONE ONE® is the fastest growing premium running shoe brand in the world. Two life-long runners launched HOKA in 2009, after years spent handcrafting and shaping lightweight shoes with extra-thick midsoles. Initially embraced by ultrarunners because of enhanced cushioning and inherent stability, HOKA now offers shoes for all types of athletes who enjoy the unique ride the shoes provide. For more information visit www.hokaoneone.com or follow [@hokaoneone](https://www.instagram.com/hokaoneone).

About STRIVE Trips - STRIVE was founded in 2009 to promote growth, service learning, and adventure for active people through travel to Kenya and Peru. With trips for high schoolers, college students, and adults, programs are designed to provide a unique cultural immersion experience, taking participants to inspiring locations to enjoy daily athletic training and learn about and contribute to ethical service projects. For more information, visit www.strivetrips.org or follow [@strivetrips](https://www.instagram.com/strivetrips).