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## Two Participants from Bhopal Complete the World's Most Challenging Frozen Lake Marathon

### Description

Two individuals hailing from Bhopal, Bhagwan Singh and Mahesh Khurana, have established themselves on the world athletic stage by successfully concluding the strenuous Pangong Frozen Lake Marathon 2024 held in Leh-Ladakh. This event marks the second iteration of Ladakh's Frozen Lake Marathon, commonly known globally as the "World's Highest Frozen Lake Marathon", which was conducted this year on the 20th of February.

Despite the inclement weather, in the form of heavy snowfall, and the daunting altitude of 18,680 feet, these brave athletes endeavored to conquer the rigorous conditions, with temperatures plummeting to a bone-chilling negative 15 degrees Celsius. This resulted in the event solidifying its challenging reputation as one of the world's toughest marathons.

Bhagwan Singh, who is employed at a sports department, threw light on the preparatory measures undertaken for the event. He mentioned that participants had to undergo a series of strenuous examinations prior to the race. Daily medical tests were conducted during the lead up to the event. However, he added that due to severe weather, the original 42-km race length had to be reluctantly reduced to a 21-km half marathon.

It is noteworthy that Bhagwan has also previously set a record by becoming, from Madhya Pradesh, the first mountaineer to scale the tallest peak on earth, Mount Everest.

This monumental event was brought to life by the joint efforts of Ladakh's Adventure Sports foundation, in collaboration with the Administration Union Territory of Ladakh and the 14 Corps of the Indian Army. Surprisingly, this grueling race attracted a total of 120 eager runners from seven different countries. They participated in two categories, including 21 km and 10 km.

In other news, RCC Magnum Foundation organized a marathon aiming to provide vocational training to underprivileged residents. Approximately 2,500 participants took part in this charitable event, covering distances such as 1.5 km, 5km, 10km, and 21 km. The marathon route commenced at Olcott School, situated in Besant Nagar and oversaw the participation of RCC Magnum president, Vishal Bhootra, and secretary, Vikas Roonwal.

Moreover, Gurgaon is officially being mapped as a marathon city. It is ready to host its initial marathon, accredited internationally, and is all set to kick-off at Leisure Valley park. The event is projected to attract an estimated 8,000 attendees, as reported by the official website.



Lastly, Pooja and Sandeep, a power couple who transformed their life by clocking extensive running miles and who are currently functioning as pacers in the demanding L&T Sea Bridge Marathon, are all geared up to confront the marathon head on. This motivational couple has previously completed the grueling Border100k ultra marathon in Jaisalmer. Additionally, Michelle Kakade, another participant, has had the achievement of completing the Sultan Marathon Des Sables and the 4 Deserts Ultramarathon Series.

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## Vocabulary List:

1. **Strenuous** // (adjective): Requiring or showing great effort and energy.
2. **Concluding** // (verb): Bringing something to an end.
3. **Inclement** // (adjective): Severe, stormy, or harsh (especially of weather).
4. **Eager** // (adjective): Having or showing keen interest or intense desire.
5. **Accredited** // (adjective): Officially recognized or authorized; certified.
6. **Motivational** // (adjective): Related to providing encouragement or inspiration.

## CATEGORY

1. Uncategorized

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