

Athletes Are Tested Over 100km in Egypt on 25 November 2011

DirectRooms.com reports that long distance runners that think they have the stamina can sign up for a unique race being held in Egypt that will push runners for a total of 100km.

October 5, 2011 (FPRC) -- This year will be the 11th edition of the 100km Pharaonic Race, an event that originated during the time of King Taharqa who devised the race as way to maintain the fitness of his soldiers.

The history of the race dates back to when the king was in power between 690 until 660 BC and when visiting one of his military camps he saw that the soldiers were in good shape and wanted to maintain their physical condition. The 100km race was then born and a keen sportsman himself, the king even took part in the race.

Runners can follow where the king and his soldiers would have ran as the race today will still follow a similar route inline with the hieroglyphics that document the event.

Competitors will pass ancient pyramids and other historic sites from Faiyum to Sakkara and the target for all entrants is to complete the distance in under eight hours. Even during the reign of the king his soldiers are reported to have finished the race within a similar time and runners can also enter as relay teams of up to five, to try to break the eight hour barrier.

Lek Boonlert, marketing head at DirectRooms.com commented: 'Many athletes come from outside Egypt to take up the challenge. This will mean that hotels in Cairo City Centre are going to be much busier around the day of the race on 25th November 2011.'

About DirectRooms

DirectRooms is an independent discount hotel reservations company based in Asia. Established and online since 2000 with over 55,000 hotels worldwide.

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