

## **Contribution of High Altitude Athletics Training Centers to Community Livelihoods in Elgeyo Marakwet County, Kenya**

Esther Jelimo Kotut<sup>1</sup>, Beatrice Imbaya,<sup>2</sup> Rita Nthiga<sup>3</sup>

<sup>1</sup>(Social Studies Department, Kenya Utalii College, Nairobi, Kenya)

<sup>2</sup>(Tourism Department, Moi University, Eldoret, Kenya)

<sup>3</sup>(Tourism Department, Moi University, Eldoret, Kenya)

---

### **Abstract**

This main objective of the study was to investigate the contribution of High Altitude Athletics Training Centers (HAATCs) to host community livelihoods in Elgeyo Marakwet County (EMC) in Kenya. It examined the impacts of HAATCs on the host community assets/capitals: human, social, physical, natural, and financial. Since there is limited research conducted in Kenya in this area, this study intends to fill this gap. This study used a qualitative research design and data were collected through a mixed-method approach involving participant observation, 6 focus group discussions (FGDs), and in-depth interviews with 16 key informants consisting of athletics coaches, elite athletes, and HAATCs managers. Secondary data consisting of government documents, journals, previous research, and archival records were also used. The results indicate that as at the time of this study HAATCs contributed positively to the assets/capitals: social, natural, human, physical, and financial of the host community of EMC, Kenya. The host community livelihoods improved through stimulation of the local economy, provision of employment to the youth and women, the community experienced a sense of belonging and pride for being associated with elite athletes, there was the transfer of knowledge and training skills to the youth of the community from elite athletes on road races, long-distance races, and marathons. The natural environment around HAATCs improved with reforestation and protection of the forests of Kipkabus and Kaptagat where HAATCs in the county are located. The study concludes that tourism ventures may contribute positively to host community assets/capitals in EMC, Kenya. However, the national and county government should provide financial support to build HAATCs which meet international standards and customer service training to meet sports tourist requirement concerning food services and destination guiding techniques

**Keywords:** High Altitude Training Centers, positive livelihood capitals, livelihood outcomes

---

Date of Submission: 22-02-2021

Date of Acceptance: 07-03-2021

---

### **I. Introduction**

The purpose of this study was to investigate the contribution of High Altitude Athletics Training Centers (HAATCs) to host community livelihoods in Elgeyo Marakwet County (EMC) in Kenya. It examined the impacts of HAATCs on the host community assets/capitals: human, social, physical, natural, and financial, and the livelihood outcomes resulting from host community participation in these tourism ventures. Since there is limited research conducted in Kenya in this area, this study intends to fill this gap.

Tourism has been recognized by world governments (United Nations, World Bank, Asian Development Bank), non-governmental organizations (NGOs) (DFID, CARE, NSV); national and local governments as a development driver (DFID, 1999; Mason, 2010; ROK, 2012; UNWTO, 2017; World Bank 2010; Asian Development Bank 2008) capable of enhancing host community livelihoods by providing employment, foreign exchange earnings, and alleviating poverty (Goeldner & Ritchie, 2012; Mason, 2010; Wall & Mathieson, 2006). Thus, host communities in developed and developing countries perceive tourism positively because it can diversify their traditional livelihoods dependent on agriculture and mining to include tourism which may provide extra income and employment to marginal remote and rural areas where few economic activities are available (Richards, 2007; Goeldner & Ritchie, 2012; Wall & Mathieson, 2006).

Globally, tourism ventures have been developed by international, national, and local governments for social development, to regenerate declining agricultural rural areas, diversify the host communities' livelihoods, and mitigate poverty. Tourism ventures in the Americas (USA, Canada, Mexico, and Peru) consist of cultural tourism, casinos, and gaming, wilderness, camping (Goeldner & Ritchie, 2012). In Asia (Cambodia, Laos, China) (Asker et al., 2010) tourism ventures are predominantly cultural tourism, community-based ecotourism, and conferencing while in Europe Cyprus and Finland) (Ayers, 2000; Higham, 2007) they are cultural tourism, community-based ecotourism, and conferencing. In Africa, South Africa's tourism ventures are townships,

Sangoma (native doctor healing seasons), bed and breakfast, and tours to rural areas (Richards, 2007; Meyer, 2014). In Botswana and Zimbabwe, the tourism ventures are community-based natural resource management (CBNRM) and CAMPFIRE respectively developed to protect the environment, manage wildlife resources for the community, and to diversify the local economy (Sebele, 2010; Marunda, Marunda & Munyanyiwa, 2013). In Tanzania, CBTs consist of hotels, tented camps, and lodges surrounding the national parks of the northern region: Ngorongoro, Serengeti, Arumeru, Arusha, and Kilimanjaro. These tourism ventures have diversified Tanzania's tourism product and local economy leading to an increase in individual and household income, and improved standard of living for the host community in the tourist destination (Ngonya, 2015; Mrema, 2015).

In Kenya, tourism is a significant economic activity and the number three foreign exchange earner after tea and horticulture (Ondicho, 2017). It contributed 10% of the gross domestic product (GDP) (ROK, 2013) and earned 1 billion US dollars, and created 9.3 % employment (Kenya Tourism Board 2015). In its development blueprint referred to as Kenya Vision 2030, tourism is a major pillar and it is recognized as a productive sector that may stimulate agriculture and industry and reduce poverty (Sindiga, 1999; Reid, 2003; ROK, 2013). At independence in 1963, the Kenya government pledged to achieve sustainable development by adopting various economic strategies that are aimed at wealth and employment creation, poverty reduction, education, and agricultural improvement. In the Sessional Paper No. 1 of 1965 and the *Sessional Paper No. 2 of 2005 on Development of Micro and Small enterprises for Wealth and Employment Creation for Poverty Reduction*, Kenya committed to alleviating poverty through the development of small enterprises (SMEs) managed by the local people (ROK, 2005). Some of the SMEs consist of tourism ventures such as accommodation, restaurants, cultural activities, and attraction sites. Kenya Community Based Tourism (KECOBAT) a non-governmental organization established in 1983 assists host communities to develop tourism ventures in their destination. Tourism Act 2011 provides the legal framework for tourism development in host communities (ROK, 2012). Thus, some host communities in Kenya participate in tourism ventures as part of their livelihood.

However, there are several studies of tourism ventures in many counties in Kenya in which host communities have established. Wasini Island in Kwale County has tourism ventures consisting of accommodation, cultural performances, and local crafts which are managed by women and youth in the community, and they have contributed to the Island infrastructure, income for individuals and households, and development of education and health facilities (Koki, 2017). In Kimana Conservancy Amboseli in Kajiado County, lodges and tented camps employ the local people, and conservation of the Kimana ecosystem (Ondicho, 2016). In Samburu County, IL Ngwesi lodges have diversified the ASALs pastoralist livelihood of the northern region leading to improved livelihood with income from employment in the lodge and the conservancy, provision of security for the local people, and the wildlife against poachers and intruders. The financial benefits from the lodge have contributed towards the establishment of education and health facilities, infrastructure, and conservation of the environment which includes the protection of elephant migration corridor to Shaba national park.

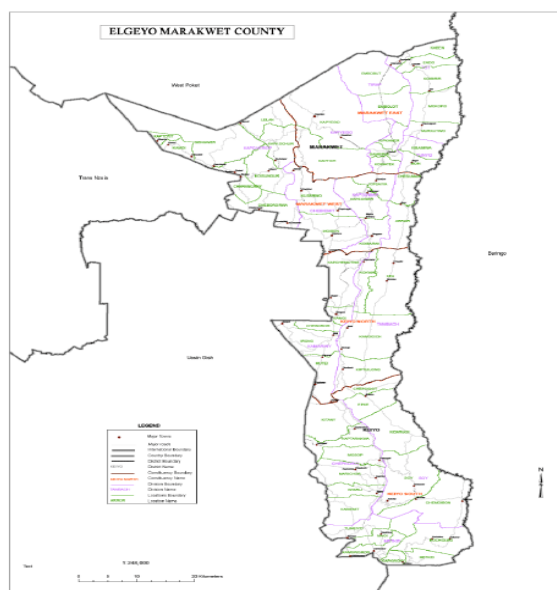
In North Rift Region in Elgeyo Marakwet County (Figure 1.1) where this study is carried out, Tubey and Tubey (2014), Njoroge (2015), and Ng'oriarita (2013) study the region's tourism ventures: hotels, homestays, and high altitude athletics training centres show their existence but the contribution of the same to the host community livelihoods needs to be examined. This study seeks to establish the contribution of HAATCs to the livelihoods of the host community in Elgeyo Marakwet County, Kenya.



**Figure 1:1**

Map of Kenya showing the position of Elgeyo Marakwet Country.

[https://www.researchgate.net/figure/Map-of-Kenya-showing-the-position-of-Elgeyo-Marakwet-Country\\_fig3\\_268190388](https://www.researchgate.net/figure/Map-of-Kenya-showing-the-position-of-Elgeyo-Marakwet-Country_fig3_268190388) (sourced 7/11/2019)



**Figure 1:2**

Map of Elgeyo Marakwet Country showing the four constituencies

[https://www.researchgate.net/figure/Map-of-Elgeyo-Marakwet-Country\\_fig2\\_268190388](https://www.researchgate.net/figure/Map-of-Elgeyo-Marakwet-Country_fig2_268190388) (sourced on 7/11/2019)

## **II. Material and Methods**

The methodology used in this study allowed the participants to share their stories, pass on their knowledge, and give their perspective on a topic (Boeijs, 2010) which is to investigate the contribution of high altitude athletics training centres to the host community livelihoods. Mixed method descriptive and exploratory research designs with qualitative research approaches were used because it is flexible and provides room for the respondent to discuss the topic adequately. The mixed-method approach involving participant observation, 6 focus group discussions (FGDs), and in-depth interviews were used with 16 key informants consisting of athletics coaches, elite athletes, and HAATCs managers. Secondary data consisting of government documents, journals, previous research, and archival records were also used.

Data were collected in three phases from three sources. Data collection began with field visits in July 2016 for two weeks. The field visits allowed direct observations and informal discussions with local tourism participants and non-participants. The second data was collected in December 2016 and June 2017 for two months through 6 focus group discussions (FGDs) with athletes and HAATCs managers. 4 focus group discussions were consisting of 8 athletes who are males only aged between 20 years and 30 years. Two focus group discussions consisting of 10 athletes each with 2 females all aged between 20 years and 25 years. The focus group discussions were purposively selected using a snowballing technique. One focus group would refer to the next focus group until no new information was being received. The focus group discussions used a semi-structured guide with themes generated from community assets/capitals: natural, human, social, physical, and financial. An open-ended question was asked on the contribution of HAATCs to each of the five capitals, positive, negative and other contribution which tourism can provide to host community in general. Two focus group discussions took two hours, and three took three hours while one took four hours. All discussions were done in Kalenjin, Kiswahili, and English language while note-taking was in the English language.

The final set of data was collected from 16 key informants consisting of athletics coaches, elite athletes, and HAATCs managers. They were key informants selected purposively for their expert knowledge on HAATCs in EMC and their contribution to host community livelihoods. The HAATC managers were asked open-ended questions using a semi-structured guide on the five community assets/capitals with emphasis on the benefits and costs of HAATCs to the host community. The interviews lasted between three to four hours. The focus group discussions generated information on community participation in tourism and it was later linked to data from in-depth interviews and secondary data from archival records.

This study was carried out in Elgeyo Marakwet County (EMC) in Kenya which is located in the North Rift Region in Rift Valley in Kenya (Figure 1.1). It covers a total land area of 3029.9 kilometers square which

constitutes 0.4 percent of Kenya's total area. It is surrounded by four counties: West Pokot to the North, Baringo to the East and Trans Nzoia to the North West, and Uasin Gishu to the West. The county has an elongated shape that resembles an Olympic torch. It is divided into four constituents namely, Keiyo South, Keiyo North, Marakwet East, and Marakwet West (Figure 1:2) (ROK, 2013). EMC derives its name from the two dominant tribes who occupy the county: Keiyo and Marakwet tribes. These tribes belong to the Plain Nilotes and a sub-dialect of the Kalenjin tribes (Sutton, 1993; Feeders & Salvadori, 1979; Kipkorir & Ssenyonga, 1980). Keiyo is derived from the word Elgeyo which is a Maasai word for valley dwellers while Marakwet is the British adaptation and corruption of the name of one of the territorial sections known as Markweta and used by them for the several contiguous groups north of the Keiyo. These two groups are culturally one in almost every respect except for dialect differences. They also have similar social and economic institutions as well as material culture and creative art forms (Kipkorir & Ssenyonga, 1980) and they perceive everything in their surrounding as sacred: nature, cattle, rain, and grass (Steen & Riddervold, 1993, p.17; Samovar & Porter, 2000, p.91). The Keiyo and Marakwet tribes of Kenya are famous marathon runners whose county in Kenya is known as the home of champions.

This county is divided into three distinct topographic zones: the Highlands, the Valley, and the Escarpment. The highland constitutes 49 percent of the county area is densely populated because it has fertile soils, reliable rainfall, and a pleasant climate. All the HAATCs are situated in the Highlands. The Escarpment and the Valley make up 11 percent and 40 percent respectively. These areas are sparsely populated because of poor soils, low rainfall and are prone to natural disasters such as drought and landslide. The Escarpment and the Valley fall under the semi-arid and arid lands (ASALs) in Kenya. Besides, these ASALs in EMC are communally owned and have high insecurity caused by cattle rustlers preying on the livestock of pastoralist communities of Keiyo and Marakwet. However, this county has thriving economic activities which include irrigation agriculture (mangoes, oranges, passion, and bananas), tourism, and small businesses. The ASALs are also considered tourism attractions that fall under natural attractions with the sunny, hot, and dry climate that favor tourism (Inskeep, 1991; ROK, 2013).

The study area was chosen because of several reasons: it supports tourism ventures such as the high altitude athletics training centers (HAATCs), hotels, lodges, campsites, cultural centers, and wildlife conservancies (Tubey and Tubey, 2014; Kiprutto, Sitati and Ng'oriarita, 2013) and yet there is 57 percent poverty and 50 percent unemployment rate (GOK, 2013). Therefore, this study seeks to investigate the contribution of HAATCs to host community livelihoods.

### **III. Result and Discussions**

The study established that High Altitude Athletics Training Centers in Elgeyo Marakwet County contribute positively to the community livelihoods: social capital, human capital, natural capital, physical capital, and financial capital, though some challenges were noted as well. A summary of the respondents is provided in five themes to represent the community assets/capitals as follows:

#### *Contribution of HAATCs to the natural capital in EMC*

According to Emery and Flora (2006), natural capital is the assets that are linked to a particular place such as weather, geographic location, natural resources, and natural beauty. Boronyak, Asker, Carrard, and Paddon (2010) explain that natural capital can be used to improve people's livelihoods and can reduce poverty.

High Altitude Athletics Training Centers in EMC at Altitude (2400 meters above sea level) are also within a serene, quiet, and natural Kaptagat forest, Kipkabus forest, Kessup forest, and Bugar forest. This environment also provides an ideal environment for athletes who require to build endurance or to keep fit before a long-distance race or a marathon because it is natural, quiet, and the dirt trails are preferred by athletes because it is gentle on their feet (Communication Athletics coach).

EMC HAATCs is situated in a natural environment which is densely populated agricultural land that is used for crop growing, cash crops, and dairy. It is the Highland area which consists of 49% of the EMC area at the geographic location of Altitude 2,400 meters above sea level which is ideal for High Altitude training (ROK, 2013).

Brother Colm (sports coach) states:

*EMC Highlands at an altitude of 2400 meters above sea level is considered ideal High Altitude training for athletes who train for road races and marathons. High altitude became important in sports after the 1968 Olympic Games in Mexico. After Mexico, altitude became everything in sports training for athletes such as marathoners. It has attracted High Altitude athletes who seek this natural environment since the 1970s. And in 2017, high altitude training is very important. As for EMC, its attraction to international and local athletes is because of the natural dirt trails, hills, red volcanic soil which is soft on the runners' feet, and its rural, quiet and serene environment makes it special. EMC has also a traditional culture of running: children run to school,*

*they run errands for their parents, they run down the valley and back to the highlands, and the people here run because they have a passion for running.*

HAATCs in EMC have benefited from the natural capital (the high altitude of EMC). This county has 49 percent of the land as Highland with altitudes ranging from 2400 to 3400 meters above sea level, cool dry climate, water, forests, and rural quiet environment. HAATCs (Complete Camp, Global Communication, and Rwoik) are involved in the conservation and protection of the natural environment through sustainable management of their camps and the local forests of Kaptagat and Kipkabus. High Altitude Athletes also keep a strict training regime that protects their training environment by sensitizing athletes to manage the natural environment by keeping to the training trails and not littering. The coaches and team managers carry athletes' drinking water and pick their empty water containers from designated checkpoints during the races. The athletes who are EMC for their High Altitude training patronize the local heritage sites, the scenic Kerio View, Rimoi National Reserve, and the destination fauna and flora for a fee. Therefore, the heritage sites are being managed by the county government of EMC and Kenya Wildlife Service (KWS) to provide more for these athletes through Sports tourists' trips organized by their HAATCs.

#### *Contribution of HAATCs to the social capital in EMC*

Social capital is the feelings, attitudes, and connections that keep a community together and provide a sense of belonging (Flora & Flora, 2013). The FGDs at HAATC stated as follows:

*These training centers have brought international and local athletes together to train at Kaptagat for various races in Europe and the USA although we come from four different counties. Our sponsor here (one of the athletes) comes from Baringo County; I am from EMC with this young man. He is from West Pokot and he is from Nandi. We run together as a team. I am a long-distance runner, these two are half-marathon runners and the rest are marathon runners. We live, train, and share our lives for three months or more. We are not the only ones, of course, there are over 400 High Altitude Athletes training together morning (4 am or 6 am), and evening (4- 6 pm) every day. Train short distances of 10 kilometers or 20 kilometers and so on. We all know the route well: Brocklyne junction to Kaptarakwa shopping center and sometimes beyond. Each team knows the slogan: A team wins together and team losses together, and it doesn't matter where they came from."*

The FGDs stated that the HAATCs have helped to connect the local people of EMC with international and local athletes from Kenya into one local community sharing the training trails, food, social life, and race winnings and losses. Some of the athletes support community projects as patrons, mentors, and sponsors for dispensaries, schools, churches, and social activities such as weddings and funerals because they feel they belong to the local people.

Participant observation registered that the local community and the athletes enjoy a good relationship. They exchanged greetings, interact warmly in the shopping centers, and run together. Therefore, HAATCs provided social cohesion, cultural identity, and a sense of belonging. The international and local athletes enjoy the cultural exchange, friendship and EMC residents experience community pride when they host visitors (plate 1).



**(Plate 1):** International and local athletes with local people at HAATC at Kaptagat (courtesy of Justin Lagat, EMC).

Brother Colm (a coach) stated:

*The local people are very proud of the athletes and they take a keen interest in their races. They follow their international races keenly, watch and cheer them on the screen and when they win they celebrate their victory. If they lose they cry with them.*

#### *Contribution of HAATCs to the physical capital in EMC*

The physical capital of a place consists of the land, livestock, or the built environment which supports human society such as roads, airports, buildings, and public places (Flora & Flora, 2013). The High Altitude Athletics Training Centers in EMC are forms of physical capital that local and international athletes use. In the FGDs the discussants stated that the High Altitude Athletes credited their success to the HAATCs in EMC.

One FDG discussant responds:

*This Kaptagat has made me who I am today. I came here to run 7 years ago seeking a high-altitude training center. I was just a poor young man without money. I was welcomed by an elite athlete to join their training team. I trained and I kept my mind focused on my training. Athletics is my source of livelihood. In the morning I start early at 6 am I start my work (running). In the evening I run also. I have been a pace set for prominent athletes but, I have been blessed. I now run my races. I have made some money (financial capital) (he made over 62 million in one race). This money I made I used to buy a farm (physical capital), livestock (physical capital), and to build a good house (physical capital). I would like to retire in another year or two. Therefore, I am working on my retirement: building rental houses (physical capital).*

HAATCs contributed to the athletes acquiring skills, knowledge, and ability to participate in the races which enable them to earn more income which they invest to improve their livelihoods and mitigate poverty. The local athletes, coaches, and managers who shared the stories concerning the HAATCs provided information concerning the use of one capital to acquire another form of capital. The access of assets/capitals enabled the local people to achieve desired livelihood outcome: more income, increase well-being, reduce vulnerability, and achieve more sustainable use of natural resources. Some local and international athletes, HAATC managers, and local leaders posited that Eldoret Airport (physical capital) was established because of the North Rift Regions elite athletes.

#### *Contribution of HAATCs to the financial capital in EMC*

The financial capital represents (saving, supplies to credit, regular remittances or pensions) available to individuals and households that provide an opportunity for the pursuit of different livelihood options (Butler & Hinch, 2007; Flora & Flora, 2013). According to Asker, et al., (2010) sports tourists' visits to a destination can contribute to community livelihoods through entrepreneurial skills which reduce dependence on natural resource extraction such as logging, hunting, and agriculture. The development of HAATCs in EMC has led to the development of small businesses such as food kiosks, vegetable markets, and shopping centers in their vicinity. The high-altitude athletes who stay in some of the HAATCs prepare their meals. Therefore, they purchase fresh produce from the local food suppliers.

Tourism facilities that experience low seasonality during the year have provided training facilities for high altitude athletes in the EMC. For example Naiberi campsite and resort, Elagerini campsite, Kaptagat Hotel, Kaptagat Farm Resort, Kerio View Hotel, and Keellu Resort. These tourism facilities have re-invigorated the local economy by managing capacity during tourism seasonality.

According to a local hotel entrepreneur:

*There is money to be made from high altitude training in this region because there are more than 2000 athletes in EMC per year training for various races in the world. This is a good market for food, laundry, physiotherapy, running guides, pace running, coaching, and other services. These provide job opportunities for youth and women who supply most of these services. The creation of micro-enterprises has created employment for marginalized groups such as youth and women and can contribute to local community livelihoods and alleviate poverty.*

#### *Contribution of HAATCs to the human capital in EMC*

The human capital consists of educational and technical skills, knowledge, and the ability of individuals and groups to participate in various livelihood pursuits (Flora & Flora, 2013). HAATCs use human capital such as coaches, running guides, pacer makers, physiotherapists, mentors, HAATC managers, and facility workers (cooks, housekeepers, cleaners, gardeners, security). Most of these employees of the HAATCs are local people who use their traditional acquired skills. Coaches are predominantly retired elite athletes who have technical and social skills, knowledge about road races and marathons. Some of them are specialized in High Altitude Athletics. According to Asker et al., (2010) Community-based Eco-tourism in Koh Yao Noi Club Thailand was involved in sports tourism which dealt with mountaineering, hiking, and nature trail guiding. The local community developed a partnership with the sports tourists' where knowledge, skills, and self-confidence of the community members were shared across the country. This networking and partnership contributed to more sustainable resource management of their sports tourism. In EMC HAATCs the coaches and elite athletes participated in the transfer of technical skill and knowledge from professional international and local athletes to amateur local athletes. Complete Camp HAATC affiliated to African Inland Church at Kaptagat provides holistic training to the athletes so that they may train to compete in athletics, learn life skills to facilitate athletes for life after athletics, and provide further education for athletes who would like to further their

studies. During this study in December 2018, two local athletes from Chepkorio EMC who were amateur athletes received sponsorship to study Pharmacy in the United States of America.

*Negative impacts of HAATCs on the assets/capitals*

The establishments of HAATCs in EMC have led to negative impacts especially as the international and local athletes flock to the county to take advantage of the high altitude training and to learn technical skills and knowledge of professional road races, long-distance running, and marathons from champions like Eliud Kipchoge, Ezekiel Kemboi, Vivian Cheruiyot amongst many well known Kenya athletes.

Increased numbers of athletes in EMC have led:

a). Traffic congestion is not a familiar phenomenon in rural areas. However, the training trails are becoming busy especially during morning runs and evening runs. The quiet, rural, and serene EMC is slowly becoming a bustling town.

b). A poor quality job such as cleaning and gardening is available to the local people in the HAATCs because some of the available jobs require college and university training which some of the poor youth and women available for the cleaning jobs have not received formal training. The level of education of the local people willing to work in the HAATCs is high school because college and university-trained locals migrate to the cities for better employment.

c). Pressure on the natural environment is mounting in the region because the training trailing is all occupied all the time. Some of the locals who do not participate in tourism express concern for the future of the high altitude athletic training centers which may become overrun by athletes.

#### **IV. RECOMMENDATION**

This study recommends that HAATCs and tourism facilities be coordinated to maximize their capacity. Hotels may be used during low seasons since high altitude athletics training is whole year-round. However, establishing HAATCs is a major capital investment that is out of reach for some of the local people who have the natural capital: land situated in the ideal high altitude region at 2400 meters above sea level in EMC but due to financial constraints, HAATCs which are provided are basic, lack indoor plumbing, electricity and tap water. The county government of EMC and local private developers should be encouraged to support these tourism initiatives. This will increase the benefits which accrue to the local community from the tourism ventures.

The HAATCs should be provided with skills training to enable the employees to provide customer service, management skills to run the establishment efficiently and effectively because HAATCs provide destination hospitality as well.

#### **REFERENCES**

- [1]. Balodi, K. N.; Naithani, S.; Kaur, J.; Singh, A.; Chauhan, A.S. (2014) Eco-tourism: A Sustainable Livelihood Option for Mountainous Communities in Uttarakashi, Uttarakhand, India, *Journal of Studies in Dynamics and Change (JSDC)*, 1(8), pp 320-327.
- [2]. Creswell, J.W. (2013) *Research designs: Qualitative, quantitative, and mixed methods approaches* (4<sup>th</sup>ed.). Thousand Oaks, CA: Sage Publications.
- [3]. Derby, R. and DeWeber, K. (2010) The Athlete and High Altitude. *Curr. Sports Med.Rep.*, Vol. 9, No. 2 pp.79-87, 2010.
- [4]. Ehsani, M., Sogdel, H. S., Heidary, A., and Jamshidi, A. (2012) The Impact of Hosting Sporting Events on Sport Tourism Development: A Case Study. *International Journal of Research in Business and Social science* Vol. 1 No. 1, 2012 ISSN: 2147-4478.
- [5]. Giampiccoli, A. and Kalis, J. H. (2012) Community-based tourism and local culture: the case of the amaMpondo. *Pasos* Vol. 1 No.1 Pp 173-188.
- [6]. Giampiccoli, A. and Mtapuri, O. (2017) Role of external parties in Community-Based Tourism development: Towards a new model. *African Journal of Hospitality, Tourism and Leisure*, Volume 6 (2)- (2017) ISSN: 2223-814X
- [7]. Goh, H. C. (2015) Nature and Community-based tourism (CBT) for poverty alleviation: A case study of Lower Kinabatangan, East Malaysia. *Malaysian Journal of Society and Space* 11 issue 3 (42-52).
- [8]. Higham, J., and Hinch, T. (2009) *Sport and Tourism: Globalization, mobility, and identity*. London: Elsevier.
- [9]. Isaac, M. and Wuleka, C.J. (2012) Community-Based Ecotourism and Livelihood Enhancement in Sirigu, Ghana. *International Journal of Humanities and Social Science* Vol.2.18; October 2012
- [10]. Juma, L. O, and Khademi-Vidra, A.(2019) community-based Tourism and Sustainable Development of Rural Regions in Kenya; Perceptions of the Citizenry. *Sustainability*
- [11]. Kayat, K (2014) Community-Based Rural Tourism: A proposed Sustainability Framework

- [12]. Kiprutto, N., Sitati, N. and Ngariarita, J. (2012) Impediments to Regional Tourism development in Kenya's North Rift Region. *International Journal of Business and Commerce*. Vol. 2, No.4: Dec 2012[39-50] (ISSN:2225-2436).
- [13]. Koehle, M., Cheng, I. and Sporer, B. (2014) Canadian Academy of Sport and Exercise Medicine Position Statement: Athletes at High Altitude.
- [14]. Mitch, J. and Ashley, C. (2009) *Tourism and Poverty Reduction: Pathways to Prosperity*. London: Earth scan
- [15]. Njoroge, J., M., Atieno, L. and Do Nascimento (2017) Sports tourism and perceived socio-economic impact in Kenya: The case of Machakos County. *Tourism and Hospitality Management*, Vol. 23, No. 2, pp. 195-217, 2017.
- [16]. Njoroge, M. J. (2015) Challenges to sustainable sports tourism development in the non-metropolitan region in Kenya: A case of Iten Township, Kenya. *African Journal of Tourism, Hospitality and Leisure Studies* Vol. 1 (1)-2015.
- [17]. Page, S.J. (2015) *Tourism Management* Routledge: Taylor & Francis Group. New York.
- [18]. Page, S.J. (2015) *Tourism Management*. Routledge: Taylor & Francis group. New York
- [19]. Peter, R. Luck, M. Smith, S.L. J. (2013) *Tourism*. CABI. Nosworthy Way Wallingford Oxfordshire: UK
- [20]. Spenceley, A and Rylance, A (2016) *Responsible Wildlife Tourism in Africa*.
- [21]. Su, Z. and Li, Q. (2017) The Efficiency of Tourism Impact on People's Livelihood: A Theoretical Framework. 2017 2<sup>nd</sup> international conference on Humanities Science, Management and Education Technology (HSMET 2017) ISBN:978-1-60595-494-3.
- [22]. Timothy, D and Teye, V. (2009) *Tourism and lodging sector*. Oxford: Butterworth-Heinemann
- [23]. Timothy, D. and Teye, V. (2009) *Tourism and the Lodging Sector*. Oxford: Butterworth-Heinemann.
- [24]. Tubey, W. and Tubey, R. (2014) Resources and Attractions for Sport Tourism in the North Rift region in Kenya. *Journal of Economics and Sustainable Development*. Vol. 5, No. 23.
- [25]. Worapinij, P., Jantarakolica, K. and Kanittinsuttitong, N. (2017) Sport Tourism management Model and the development of sport tourism in Thailand. The 22<sup>nd</sup> International society of Business Innovation and Technology Management Conference. Aug 31<sup>st</sup> –Sep 2<sup>nd</sup>, 2017, The Mandarin Hotel, Bangkok, Thailand.

Esther Jelimo Kotut, et. al. "Contribution of High Altitude Athletics Training Centers to Community Livelihoods in Elgeyo Marakwet County, Kenya." *IOSR Journal of Humanities and Social Science (IOSR-JHSS)*, 26(03), 2021, pp. 10-17.