AthletesWorld

WINTER 2026

A BURBAYNE™ MAGAZINE

FEATURED ATHLETE PROFILE

Akhilesh Ghore

Athlete based in Little Elm, TX, United States

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ABOUT AKHILESH

Akhilesh is an athlete based in Little Elm, TX, United States with an interest in Running / Jogging, Fitness / Gym, Cycling, Swimming, Yoga, Cricket, Marathon, and Triathlon. Akhilesh is open to exploring new brand partnerships, sponsorships, and other opportunities.

ATHLETE PROFILE

Name	**Akhilesh Ghore**
Location	**Little Elm, TX, United States**
Athlete Status	**Athlete**
Sports / Activities	**Running / Jogging • Fitness / Gym • Cycling • Swimming • Yoga • Cricket • Marathon • Triathlon**
Available for Opportunities	**Yes**

At 46, Akhilesh is proving that age is no barrier to transformation, determination, or chasing extraordinary goals. A plant-based hybrid athlete, endurance runner, and creator of Lift & Run Life (@liftandrunlife), his fitness journey is a powerful story of resilience and personal reinvention. With an athletic background that includes childhood swimming, completing a marathon in 2012, and conquering a 101-mile cycling challenge in 2015, Akhilesh has always had a passion for endurance sports. However, as life's priorities shifted, his weight reached 220 pounds by December 2025, motivating him to take control of his health and rewrite his story.

What began with simple daily walks evolved into an incredible lifestyle transformation. Through consistent running, strength training, cycling, and plant-based nutrition, Akhilesh lost an impressive 58 pounds, reaching 162 pounds while rebuilding his strength, endurance, and confidence. Today, he embraces early-

morning gym sessions and endurance training, having returned to half-marathon running while preparing to pursue his biggest athletic dream yet: IRONMAN 70.3 Little Elm in 2027. Beyond the physical changes, his journey has strengthened his mental resilience, discipline, and gratitude, teaching him that true progress comes from showing up even when motivation fades.

Through his fitness platform, Lift & Run Life, Akhilesh shares authentic training experiences, nutrition insights, and motivation to inspire others, especially individuals over 40, to embrace healthier lifestyles and push beyond their perceived limits. As a fitness creator and brand ambassador, he welcomes opportunities to collaborate with sportswear, fitness, nutrition, wellness, and endurance brands that share his passion for authenticity and personal growth. Akhilesh's journey is a reminder that age is just a number, the journey is never finished, and the first victory begins the moment you tie your shoes. Follow his journey on Instagram @liftandrunlife.

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