

PRESS RELEASE

Running with wild horses: Mongolia Sunrise to Sunset

- *Runners from no less than 21 countries gathered at the shores of Lake Hovsgol to participate in the Mongolia Sunrise to Sunset trail run 2016. The Brazilian athlete Cicero Souza won the 100km category.*
- Trail running in the Mongolian wilderness is a unique adventure. **Registrations for the 19th edition of the breathtaking Mongolia Sunrise to Sunset 42km and 100km are now open on www.ms2s.org!**
- *All proceeds of the non-profit event go to environmental and cultural projects in Hovsgol National Park.*

Mongolia (10 October 2016) – You cannot feel further away from the hectic, modern world: Wild horses, yaks, untouched nature, some shamanic “Ovoos” and a few Mongolian gers here and there. Every year since 1999, runners from all around the world soak up this unique atmosphere and participate in the Mongolia Sunrise to Sunset (MS2S). The MS2S, a non-profit 42km and 100km ultra trail run, is without a doubt among the most beautiful and memorable runs on the planet: seas of Edelweiss and other wildflowers, the majestic mountains, marshy forests and of course the deep blue pearl of Mongolia, Lake Hovsgol.



“Our race offers spectacular views from start to finish – be it on the lakeside single trail when the sun rises behind Lake Hovsgol, on the impressive mountain passes or through the

windblown lowlands and dry riverbeds”, says Nicolas Musy, race director of the MS2S. Not only the views are breathtaking, the race itself is as well: The accumulated elevation gain/loss in the marathon distance is more than 2.200 meters; in the 100km ultra run it is more than 3.300 meters. Musy: “Still, everybody with a strong spirit and good training can finish the race. The cut-off time is 18 hours.”

Early bird rates – register now!

The registration period for next year’s race has already begun. Runners with an appetite for a special adventure can now secure early bird rates for the race package online on www.ms2s.org. “This is not a one-day event. We offer a whole week full of discovery and adventure”, explains Musy. Participants gather in a picturesque camp at the lakeshore and sleep in traditional Mongolian yurts. In the days before and following the race, runners can enjoy a variety of leisure activities: horseback riding, fishing, kayaking, hiking, or mountain biking. The 2017 race week will take place from July 29th to August 5th 2017.

2016: an international running family

In the 2016 race, runners from 21 countries participated in the MS2S. Runners spent a week together at the shores of Lake Hovsgol, creating an exceptional atmosphere – one big running family. The Brazilian runner Cicero Souza was able to secure the win on 100km in a time of 12:59 hours. British Ruth Murdie was the fastest ultra-lady in 16:19 hours. The 42km winners were the Mongolian runners Tugldur Tselmegsaikhan and Purevchuluun Narmandakh. In the veteran 100km category, Swiss Hans Jörg Hegner won in strong 15:50 hours.



Preserving the National Park

The Mongolia Sunrise to Sunset is organised on a non-profit basis. All proceeds are used to keep Hovsgol National Park pristine and clean as well as to support the culture of the local

nomads via the ecoLeap foundation registered in Geneva, Switzerland. “We want to keep this pristine mountain area as beautiful as it is now. That is why we fund a litter control project and its ongoing operation including hiring park rangers, providing eco-friendly garbage bags and raising awareness nation-wide through TV ads and education of local children and families”, explains race director Nicolas Musy. The ecoLeap foundation also supports the local culture, adds Musy: “It is not only the pristine nature that makes this part of the world so special. It is also the unique culture of the nomads and their way of life. The nomads should be proud of their abilities and culture.”

The Hangzhou Mountain Marathon (HZMM), a preparation run for MS2S, will take place on October 22nd in the hills near the famous West Lake in Hangzhou, China (<http://ms2s.dk/hangzhou-mountain-marathon/>).

Photo Credits: www.ms2s.org / Khasar Sandag

Caption 1: Stunning views, untouched nature and wild horses: MS2S is a unique trail run.

Caption 2: Flowers in full bloom along the trail.

Caption 3: The early morning start in the Mongolian darkness.

Caption 4: This is how running in Mongolia looks like!

Caption 5: Steep mountain passes. MS2S is a challenging trail run.

Caption 6: A son finishes with his father: Tetsuya Kamatani came in second in the 100km distance.

Caption 7: Exhausted but happy. 100km take their toll.

Caption 8: MS2S 100km champion Cicero Souza from Brazil!

Download high-resolution photos here: <http://www.hagenpr.com/wp-content/uploads/2016/08/Press-Photos-1.zip>

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For more information, please visit: www.ms2s.org and www.facebook.com/MongoliaSunriseToSunset and www.twitter.com/MS2S_Trail

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