



Where all shades of green meet craggy mountains: Northern Mongolia.

**REGISTRATION FOR
THE MS2S IS NOW OPEN.
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Mongolia Sunrise to Sunset 2016

by Joanna Ryter

In the first week of August, adventure-seeking runners from all over the world will take part in the 18th annual Mongolia Sunrise to Sunset (MS2S) trail run in northern Mongolia.

The MS2S is a non-profit 42K and 100K ultra trail run, and it is among the most beautiful runs in the world. Runners pass by wild horses and yaks, seas of wildflowers, the craggy mountains, windblown lowlands and of course the deep blue pearl of Mongolia, Lake Hovsgol.

“The untouched nature is truly stunning. Our race offers spectacular views from start to finish, be it on the lakeside single trail when the sun rises behind Lake Hovsgol, the impressive mountain passes or the marshy, remote forests,” says race director Nicolas Musy.

In 2015, the organizers welcomed participants from 22 different countries. A young Mongolian runner named Tumenbayar Shagdar secured the win in the 100K event with a time of 11 hours and 54 minutes. Aurélie Veyre of France was the fastest female runner in 15 hours and 16 minutes. In last year’s 42K event, the winners were Tugldur Tselmegsaikhan of Mongolia and Canadian runner Jennifer Pasiciel.

All proceeds from the MS2S are used to maintain Hovsgol National Park, as well as to support the culture of the local nomads through the EcoLeap Foundation. “We want to keep this pristine mountain area as beautiful as it is now,” explains Musy. “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 nationwide through TV ads and education of local children and families. These efforts also help preserve the nomads’ unique culture and way of life.” **CC**



The early morning start in the Mongolian darkness.