

PRESS RELEASE

Mongolia Sunrise to Sunset: 20 years of adventure and charity

- *The 20th anniversary edition of the spectacular **Mongolia Sunrise to Sunset (MS2S)** 42km and 100km ultra trail run takes place in the week from July 28th to August 4th, 2018. Race day is on August 1st.*
- *Unforgettable experience: The untouched nature of Northern Mongolia and the nomadic culture of the local population make this race exceptional and unique.*
- **Registrations are now open!** Sign up on www.ms2s.org and join the MS2S in one of the world's most remote mountain areas. Reduced package prices until end of February!

Mongolia (November 17, 2017) – In 1999, a small crowd of adventure seeking runners met at the shores of beautiful Lake Hovsgol in Northern Mongolia for the first ever Mongolia Sunrise to Sunset 100km trail run. The organizers did not only pioneer ultra-trail running in Asia, but also established a charity organization to support the local population and the unique environment. “When we discovered this remote, untouched and stunningly beautiful area, we decided to put our efforts into preserving it. Over the years, we funded a litter control project, bought garbage trucks, hired park rangers, supported the local culture including shamans, and raised awareness with nation-wide TV spots”, explains Nicolas Musy, one of the founders and race director of MS2S. All the proceeds from Mongolia Sunrise to Sunset are used to finance these charity initiatives.

Two decades later, runners from all over the world will come together to take part in the 20th edition of the race, taking place on August 1st, 2018. MS2S is more than just a one-day marathon and ultra-marathon race: It offers a full week of adventure and exploration (July 28th to August 4th). Participants get in touch with the nomadic culture of the population and learn about Mongolian traditions, beliefs, and way of life. In the days before and after the race, they experience the unique nature by kayaking, horseback riding, mountain biking or fishing. MS2S opens new perspectives.

“It was an outstanding event - not to be missed. I have often been asked to name the race that I enjoyed most. My previous hesitations to name my favorite event are now replaced by a certitude: Mongolia Sunrise to Sunset.”

Henri Girault - World Record Holder for the Greatest Number of completed 100km races (600+)

Register now!

Registrations for this once-in-a-lifetime experience are now open on www.ms2s.org. Reduced package prices for the race week are available until end of February. The race is limited to 100 runners!

On their quest to complete this spectacular course, runners pass by wild horses and yaks, seas of wildflowers, the craggy mountains and windblown lowlands. The race is not only beautiful but also challenging: 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. Still,

everybody with a strong spirit and good training can complete the race. The cut-off time is 18 hours.



Then...



...and now!

Photo Credits: www.ms2s.org / Name of photographer

Caption 1: Stunning scenery at Lake Hovsgol: That's what running in Mongolia looks like!

Caption 2: The race starts before sunrise!

Caption 3: Runners enjoy the beautiful sunrise at Lake Hovsgol.

Caption 4: Local helpers.

Caption 5: Through remote forests and marshlands.

Caption 6: Untouched nature: craggy Mongolian mountains.

Caption 7: Participants get in touch with the nomadic population.

Caption 8: Enjoying a traditional Mongolian dance performance.

Caption 9: Painfully beautiful: steep mountain trails!

Caption 10: Little spectator.

Caption 11: Running in Mongolia will put a smile on your face!

Caption 12: The "Ger" camp at the shores of Lake Hovsgol.

Caption 13: A photo from the very first MS2S in 1999... MS2S celebrates the 20-year-anniversary!

Download high resolution photos here: <https://www.hagenpr.com/wp-content/uploads/2017/11/MS2S-photos-highres.zip>

Please send PDFs of publications to news@hagenpr.com or to Hagen PR, Klostersgasse 2-26, 6850 Dornbirn, Austria

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

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