

PRESS RELEASE

Magical trail run in the Mongolian mountains

- *The stunning **Mongolia Sunrise to Sunset (MS2S)** 42km and 100km ultra trail run celebrated its 20-year anniversary this summer. Jun Matsumoto (Japan) and Cornelia Oswald (Austria) claimed the 100km victories!*
- *The 2019 MS2S race week will take place from August 3-9, the race is scheduled for August 7. **Registrations are now open:** www.ms2s.org!*
- *The untouched nature of Hovsgol National Park and the unique lifestyle of the local population make this non-profit adventure race an unforgettable experience.*

Mongolia (October 4, 2018) – 20 years of the most remote and beautiful ultra-trail running, 20 years of charity for Hovsgol National Park and its population: The anniversary Mongolia Sunrise to Sunset (MS2S) 42km and 100km trail run took place in early August at the shores of mighty Lake Hovsgol in Northern Mongolia. Runners from no less than 15 countries took part in this exceptional challenge and witnessed first-hand why MS2S is widely considered to be one of the most beautiful trail runs on the planet: Lakeside trails, windblown lowlands, craggy mountain passes, mossy fairy-tale forests and meadows full of wildflowers. The runners pass by wild yaks and horses. Mongolian horsemen serve as race marshals. Jun Matsumoto from Japan claimed the 100km victory in 12:37 hours. Among the ladies, Austrian Cornelia Oswald was the fastest (16:04 hours) to overcome the very challenging ultra-distance with an accumulated elevation gain/loss of 3.375m.

- ➔ *Check out the video of the 20-year-anniversary edition of Mongolia Sunrise to Sunset: https://www.youtube.com/watch?v=kuHpE_VorSk&*

Register now for 2019!

Registrations for the 2019 edition of MS2S – a proud member of the International Trail Running Association ITRA – are now open on www.ms2s.org. This unique Mongolian adventure will take place in the week of August 3-9, 2019. In the days before and after the race day (August 7), the participants stay at a picturesque camp at the gorgeous Lake Hovsgol, sleep in traditional Mongolian “Gers”, enjoy outdoor activities such as horseback riding, kayaking, hiking, fishing and daily yoga sessions. They also get in touch with the local population and get a glimpse into their unique nomadic lifestyle. The race itself is as challenging as it is beautiful: The accumulated elevation gain/loss in the marathon distance is more than 2.200 meters, in the 100km ultra run it is 3.375 meters. Still, everybody with a strong spirit and good training can complete the race. The cut-off time – for both 42km and 100km – is 18 hours.

Race director Nicolas Musy: “MS2S is more than just a race. MS2S offers a full week in one of the world’s most pristine and untouched areas, a week of exploration and adventure – it is an eye-opening experience.” Early-bird travel packages are available until end of February 2019. The race is limited to 100 runners.

- ➔ *Check out the trailer for MS2S 2019: <https://www.youtube.com/watch?v=Gq0FBGh7i9s&>*

Run to protect the nature

With the proceeds of the event, the organizers support charity initiatives in the National Park. “The Hovsgol Lake area is a paradise on earth. Our goal is to keep the National Park as clean as it is, and to support the inhabitants so they can continue their unique way of life – and be proud of it”, says Musy. Through the ecoLeap foundation, garbage trucks are bought, park rangers hired, eco-friendly garbage bags provided. The MS2S organizers also raise awareness about the importance of environmental protection through TV ads and educational projects.

“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+)

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Caption 1: Jun Matsumoto from Japan won the MS2S 2018 100km ultra in 12:37!

Caption 2: Female winner Cornelia Oswald from Austria at the lakeshore of Lake Hovsgol.

Caption 3: MS2S includes some challenging and steep climbs.

Caption 4: Mongolian horsemen serve as race marshals and guide the runners!

Caption 5: Running near Lake Hovsgol.

Caption 6: Wildflowers along the route.

Caption 7: MS2S participants sleep in cozy Mongolian “Gers”.

Caption 8: Local helpers.

Caption 9: Where else can participants inspect the race course on horseback?

Caption 10: Carbo-loading with some potatoes!

Caption 11: Otgonzaya Uudus from Mongolia won the rainy, mountainous 42km distance in amazing 4:27 hours!

Caption 12: Yoga sessions at Camp Toilogt.

Caption 13: Running in Mongolia will put a smile on your face.

Download high resolution photos here: <https://www.hagenpr.com/wp-content/uploads/2018/09/Pics-highres.zip>

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

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

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