

PRESS RELEASE

Sunrise to Sunset: Registrations for traditional Mongolian ultra-trail run opened

- *The 22nd edition of the breathtaking **Mongolia Sunrise to Sunset (MS2S)** 42km and 100km ultra trail run will take place on August 12, 2020. Early bird race week packages (August 8-15) are available on www.ms2s.org!*
- *MS2S is one of Asia's oldest ultra-trail runs. It offers an unforgettable running experience in the untouched nature of Hovsgol National Park.*
- *Nonprofit: All proceeds of MS2S are used to fund environmental projects in the National Park and to preserve the unique nomadic lifestyle of its population.*

Mongolia (December 16, 2019) – Mongolian horsemen serve as race marshals. Herds of yaks and wild horses watch the runners passing by. And the untouched, raw nature of Hovsgol National Park with the majestic Lake Hovsgol provide for the perfect setting. Since 1999, the Mongolia Sunrise to Sunset (MS2S) 42km and 100km ultra-trail is an integral part of the international adventure trail running calendar. The 22nd edition of MS2S, a member of the International Trail Running Association ITRA, will take place on August 12, 2020. Early bird travel packages for the whole race week (August 8-15) are available on www.ms2s.org – the race is limited to 100 participants.

➔ *That is what running in Mongolia looks like – check out this MS2S video:*
<https://youtu.be/0Q2xGV83-tl>

MS2S is more than just a spectacular ultramarathon event. Participants spend a whole week in the Mongolian wilderness. They sleep in traditional Mongolian Gers in a picturesque camp at the shores of Lake Hovsgol in the North of Mongolia, not far from the Siberian border. They get in touch with the nomadic population and explore the gorgeous area on horseback. In the days before and after the race, they can enjoy kayaking on the lake, fishing, hiking, mountain biking, daily yoga sessions or simply relax in this beautiful untouched part of the Mother Earth.

In 2019, runners from no less than 15 different countries participated. Piotr Bojka from Poland won the 100km ultra run in 14:25 hours. US-American Yekaterina Petrova was the fastest lady to overcome this challenging ultra-distance. MS2S is widely considered to be one of the most beautiful trail runs on the planet – no wonder that the racecourse will not be changed in 2020: Lakeside trails, windblown lowlands, craggy mountain passes, mossy fairy-tale forests and meadows full of wildflowers. 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.

Run to protect the wilderness

Race director Nicolas Musy: “MS2S is more than just a race. It 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.” 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.

Photo Credits: www.ms2s.org / Braulio Romero

Caption 1: Piotr Bojka from Poland won the MS2S 2019 100km ultra!

Caption 2: Running in paradise: Female winner Yekaterina Petrova from the United States.

Caption 3: Early morning start at the lakeshore.

Caption 4: Running up Chichee Pass while the sun rises of Lake Hovsgol.

Caption 5: Mongolian horsemen serve as race marshals and guide the runners!

Caption 6: Gorgeous lakeside running at Lake Hovsgol, the “Blue Pearl” of Mongolia.

Caption 7: Running through seas of wildflowers.

Caption 8: Untouched nature. MS2S raises money to protect Hovsgol National Park.

Caption 9: Lowlands and craggy mountain passes.

Caption 10: Mongolian fairy-tale forest.

Caption 11: An unforgettable Mongolian adventure.

Download high resolution photos [here](#).

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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