



## PRESS RELEASE

### 22<sup>nd</sup> Mongolia Sunrise to Sunset set to take place on August 11, 2021

- *The 22<sup>nd</sup> edition of the **Mongolia Sunrise to Sunset (MS2S)** charity ultra-trail run is planned for August 11, 2021. The race week will be from August 7-14.*
- **Secure your spot and register now – pay once the race is fully confirmed in the spring of 2021. Registrations are open on [www.ms2s.org](http://www.ms2s.org)!**
- *MS2S, one of Asia's first ultra-trail runs, offers an unforgettable running experience in the untouched Mongolian nature. All proceeds are used to fund environmental projects in Hovsgol National Park.*

Mongolia (November 17, 2020) – After the Mongolia Sunrise to Sunset (MS2S) 42km and 100km ultra trail run was cancelled in 2020 due to Covid-19, the organizers now plan a comeback of the traditional trail race: The 22<sup>nd</sup> edition of MS2S is set to take place on August 11, 2021. MS2S, a member of the International Trail Running Association ITRA, is more than just a spectacular ultra-trail run – the participants enjoy a full week in the Mongolian wilderness. The race week is scheduled from August 7-14. Registrations are already open on [www.ms2s.org](http://www.ms2s.org) – runners and their friends and families can now register and secure their spot – the race is limited to 100 participants. **Payments will be required only once the travel situation in Mongolia is back to normal and the event is 100% confirmed.**

#### Once in a lifetime experience

MS2S, held annually since 1999, is a unique charity run in one of the most untouched and wild parts of Mother Earth. Mongolian horsemen serve as race marshals. Herds of yaks and wild horses watch the runners passing by. The majestic Lake Hovsgol provides for the perfect setting. The days before and after the race are as impressive as the race itself: The participants sleep in traditional Mongolian Gers in a picturesque camp at the lakeshore in the North of Mongolia, not far from the Siberian border. They get in touch with the nomadic population, explore the gorgeous area on horseback, and enjoy activities such as kayaking, fishing, hiking, mountain biking, and daily yoga sessions.

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

MS2S is widely considered to be one of the most beautiful trail runs on the planet, and the race course will not be changed in 2021: 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 offers 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](http://www.ms2s.org) / Braulio Romero



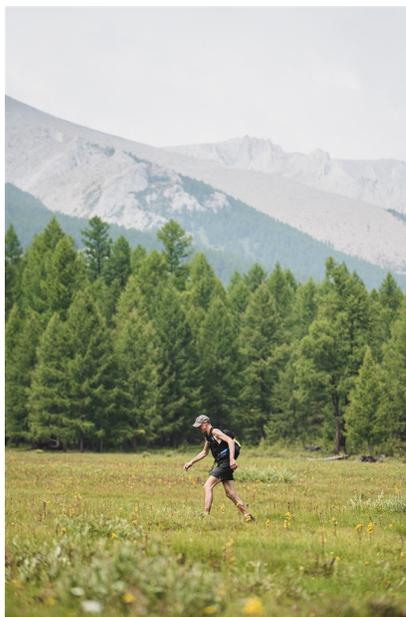
*Caption 1: Running through seas of wildflowers!*



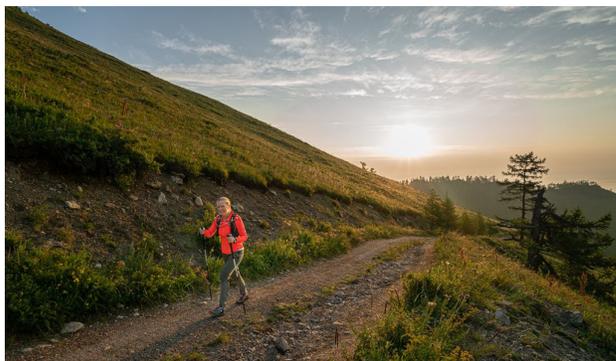
*Caption 2: Mongolian horsemen serve as race marshals and guide the runners!*



*Caption 3: Gorgeous lakeside running at Lake Hovsgol, the “Blue Pearl” of Mongolia.*



*Caption 4: Untouched nature. MS2S raises money to protect Hovsgol National Park.*



*Caption 5: Participants in the 100km ultra overcome an elevation gain/loss of 3.365 meters.*



*Caption 6: Into the Mongolian forests! All proceeds of the race are used for environmental projects in Hovsgol National Park.*



*Caption 7: Before sunrise at the lakeshore of Lake Hovsgol.*



*Caption 8: Unique experience – Mongolia Sunrise to Sunset!*

**Download high resolution photos [here](#).**

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For more information, please visit: [www.ms2s.org](http://www.ms2s.org) and [www.facebook.com/MongoliaSunriseToSunset](https://www.facebook.com/MongoliaSunriseToSunset), [https://twitter.com/MS2S\\_Trail](https://twitter.com/MS2S_Trail) and [https://www.instagram.com/ms2s\\_trail/](https://www.instagram.com/ms2s_trail/)

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