

PRESS RELEASE

Registration is open!

The Mongolia Sunrise to Sunset ultramarathon gears up for 24th annual race

- **Early bird prices are available until December 15, 2023 on www.ms2s.org**
- *Mongolia Sunrise to Sunset (MS2S), one of Asia's oldest ultra-trail races, prepares for its 24th edition. **The 2024 race will take place on August 14.** Race week is from August 10-17.*
- *MS2S is one of the world's most isolated events. Hovsgol National Park in Northern Mongolia provides for a stunning setting for the beautiful and challenging 42km and 100km routes.*
- *Running for Mother Earth: All proceeds of MS2S are used to fund environmental projects in the Hovsgol National Park and to preserve the unique nomadic lifestyle and culture of its population.*

Mongolia (November 2, 2023) – Mark your calendars: The 2024 edition of the Mongolia Sunrise to Sunset (MS2S) ultra-trail will take place on August 14, with race week from August 10-17. This will be the 24th edition of the traditional event. The first MS2S took place in 1999, making it one of Asia's oldest ultra-trails.

Mongolia Sunrise to Sunset is without a doubt one of the world's most spectacular and remote ultra runs: Taking place in the stunning Hovsgol National Park in Northern Mongolia, the participants of the 42km and 100km ultra-distance pass through fairytale forests and windblown lowlands, climb craggy mountain passes and run along the lakeshore of mighty Lake Hovsgol. Mongolian horsemen serve as race marshals and help at the aid stations, herds of yaks watch the runners passing by.

Participants do not only come to Mongolia for the trail race, but to experience a week filled with adventure. In the days before and after race day, they get in touch with the local nomadic population. The participants sleep in traditional Mongolian Gers and explore the gorgeous wilderness on horseback.

Running for Mother Earth

All proceeds of the charity event are used to fund environmental projects in Hovsgol National Park, in cooperation with Global Nature Fund, as well as to preserve the unique nomadic lifestyle and culture of its population. MS2S race director Nicolas Musy: "Visiting the Hovsgol Lake area is like stepping into a different world. It is a paradise on earth. We work hard to keep the National Park as clean as it is, and to support the inhabitants so they can continue their unique way of life."

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. MS2S is a member of the International Trail Running Association ITRA. Finishers of the 100km ultra distance get four UTMB qualifying points. MS2S is also a partner of the Asia Trail Master.

Register now!

The registrations for 2024 are open – early bird race week travel packages are available on www.ms2s.org. The race is limited to 100 participants.

→ Registrations for MS2S 2024 are open – watch the trailer:
<https://www.youtube.com/watch?v=7Q0hc1-MJk>

→ This was the 2022 MS2S race week:
<https://www.youtube.com/watch?v=aGeyfsB15aE>



Caption 1: Mongolian adventure: MS2S is one of the world's most beautiful trail runs. (MS2S.org / Braulio Romero)



Caption 2: Early morning start at the lakeshore. (MS2S.org / Braulio Romero)



Caption 3: Wildflowers and untouched nature: That's the beautiful MS2S course! (MS2S.org / Braulio Romero)



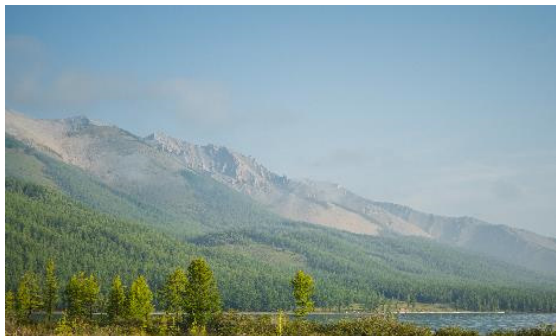
Caption 4: Mongolian horsemen serve as race marshals and guide the runners. (MS2S.org / Darko Todorovic)



Caption 5: Raw nature: Running in the Mongolian mountains. (MS2S.org / Konstantin Shishkin)



Caption 6: Running at gorgeous Lake Hovsgol. (MS2S.org / Braulio Romero)



Caption 7: All proceeds of the race are used for environmental projects in Hovsgol National Park. (MS2S.org / Braulio Romero)



Caption 8: The 100km winner of 2023, Koichi Kawakami of Japan, at the shores of Lake Hovsgol. (MS2S.org / Uuganzaya Purevdorj)



Caption 9: A horse cools down right next to Toilogt Camp, the site of the start and finish of MS2S. (MS2S.org / Uuganzaya Purevdorj)

Download high resolution photos [here](#).

Please send PDFs of publications to news@hagenpr.com or to Hagen PR, Montfortstrasse 32b-9, 6850 Dornbirn, Austria

For more information, please visit: www.ms2s.org, www.facebook.com/MongoliaSunriseToSunset, and www.instagram.com/ms2s_trail

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