



## 42km & 100km Trail run 26<sup>th</sup> June 2002

For the fourth time runners will converge on a beautiful lake in northern Mongolia to take part in Mongolia Sunrise to Sunset (MS2S) - a 42km and 100km trail run. Offering an opportunity to run a challenging course in one of the world's most pristine and remote National Parks, MS2S also offers the chance to visit and explore Mongolia.



Photo: Armin Schirmer

"I hope you are pleased with the results of your somewhat wild but brilliant idea. For me, it was a complete success. 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 favourite event are now replaced by a certitude: Mongolia Sunrise to Sunset."  
**Henri Girault** - World Record Holder for the Greatest Number of completed 100km races (440 and counting...)

**MS2S is organised and owned by**  
**Hovsgol Travel Co. Ltd**

**[www.ultramongolia.org](http://www.ultramongolia.org)**



MS2S takes place way, way out there - 700km from Mongolia's capital, Ulaan Baatar, in **Hovsgol National Park** - one of the world's most remote and beautiful National Parks.

**Accommodation:** In 3 star hotels in Ulaan Baatar and in a 'ger camp' in Hovsgol National Park. The ger camp is a rustic and comfortable facility that provides guests the novelty of traditional Mongolian-style living with environmentally friendly 'western' comforts including hot showers and solar electricity.

**Elevation: Race start:** 1,625m; **42km race:** 2,255m elevation gain/loss; **100km race:** 3,365m elevation gain/loss

**The course:** Trail running all the way - a mix of single track and jeep tracks along lakeside meadows and mountainside forests. There are hills but the views make the climbs worthwhile!

**Aid-stations:** Manned aid-stations with local doctor every 12-15km. Western race doctor on call at race HQ.

As a second time participant, I am so happy that this event keeps its magical atmosphere. While running, you truly feel and discover the incredibly powerful dimension of the Nature. Mongolia Sunrise to Sunset is much more than a race, it is a lifetime experience.

**Pierre-Allain Cerralli**  
 42km Finisher

Having run dozens of trail marathons and ultramarathons, I think I know what makes a good event. Mongolia Sunrise to Sunset gets it right. The organizers combine a beautiful wilderness setting with a proper balance of comforts. The race combines a challenging course with a well-manned and well-marked trail. The participants all seem to have a great time and the organizers throw the wildest awards ceremony anywhere.

**Gordon Neal**  
 100km Finisher

Unbelievable adventure - like the early days of the Marathon des Sables. Picturesque beauty over 100 kilometers of runnable trails. One of Asia's best ultramarathons/marathons.

**Mary Gadams**  
 42km Finisher, Co-organizer of Marathon des Sables



Photo: Armin Schirmer



### Event Philosophy

Mongolia Sunrise to Sunset is a non-profit event that aims to preserve Hovsgol National Park's nature and culture. We do so by supporting the Park's development in environmentally minded ways, promoting it as a travel destination to a culturally open public and by ensuring that the Park's local inhabitants can keep their cultural identity.

We use all the proceeds from the event to help build the Park's infrastructure and to develop innovative solutions to its particular problems. Our current efforts are focused on addressing the most pressing issue facing the Park at the moment – the new influx of garbage generated by local Mongolian tourism. We donated a garbage collection truck that is doing rounds of the Park and we are now working with the Park Headquarters and the Ministry for Nature and the Environment to implement a holistic garbage control system.

For further information on Mongolia Sunrise to Sunset projects please visit:

[www.ultramongolia.org](http://www.ultramongolia.org)



### Travel Packages:

**Ulaan Baatar Departure** - US\$1,250 (22/23 - 29/30 June)

**Beijing Departure** - US\$1,600 (22 - 29 June)

**Seoul Departure** - US\$1,800 (23 - 30 June)

**Japan Departure** - Please contact Tsugawa San, Hospitality

Tours: [htyultra@ma.kcom.ne.jp](mailto:htyultra@ma.kcom.ne.jp) for details.

A one-week horse trek into the mountains above Hovsgol Lake is available as an Add-on Package for US\$420.

All Packages include Hovsgol National Park entry fee, race fee, travel, accommodation, meals, tea and all activities in the days before and after race day (horse back riding, kayaking, canoeing, mountain biking, hiking and, of course, running). Visas, airport fees, packaged drinks and travel to departure cities are not included.



Photo: Gunnar Fehn



Register online at [www.ultramongolia.org](http://www.ultramongolia.org) from 1<sup>st</sup> January 2002 or by contacting

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Feel free to contact us if you need any further information.

[www.ultramongolia.org](http://www.ultramongolia.org)