

## MECKLENBURGER SEEN RUNDE 2024 FOR WOMEN AND GIRLS

### Announcement (Services, Regulations) for the WOMEN'S MSR 100

#### I. The Event

**A warm welcome to the Women's Course of the MECKLENBURGER SEEN RUNDE 2024!**

Dear Participants,

On May 25th, 2024, we are looking forward to the tenth edition of the women's course at the MECKLENBURGER SEEN RUNDE. Come out for a wonderful weekend with a great entertainment program and a fantastic loop in the midst of one of the most beautiful areas of Central Europe.

And: You are also welcome to bring your e-bike (exclusively) to the WOMEN'S MSR 100.

Start and Finish are located at: Festwiese im Kulturpark in 17033 Neubrandenburg, Schillerstraße

Find all event information on [www.mecklenburger-seen-runde.de](http://www.mecklenburger-seen-runde.de)

Reach the event organisation team as follows:

Koepke GmbH, m Carlstein 12, 17217 Penzlin

ja-ich-will(at)mecklenburger-seen-runde(dot)de

Main Organiser, Marketing, Public Relations

Detlef Koepke, Tel. 0175/7245510

Participant Management, Finances

Franziska Arent, Tel. 0160 4062089

Refreshment Points, Overall logistical Coordination

Konstanze Strohmayer, Tel. 0171/6184093

Routing, Regulations

Peter Dabel

Looking forward to having you!

Kindest athletic greetings,  
Your MECKLENBURGER SEEN RUNDE Team

# MECKLENBURGER SEEN RUNDE 2024

## I.1 Event Date

The opening shot for the 100 km women's event is given on

**25.05.2024, at 08:00 hrs**

at the Neubrandenburger Kulturpark.

Groups are sent onto the course from 08:00 hrs onwards in 10-minute intervals. You are provided with your start time in your registration confirmation.

The starting line-up will be conducted in compliance with any spacing regulations. You will be supported by the organizer's staff on site.

The finish line is identical to the starting point. So, you do not have to undertake any planning for a return transport.

The Finish Area is open for you on

**25 May, 2024 until 19:00 hrs**

## I.2 Circuit

The Women's Circuit is a one-time loop to be completed over a distance of approx. 100 km with the following routing:

Neubrandenburg - Burg Stargard - Dewitz - Bredenfelde - Lichtenberg - Feldberg - Koldenhof - Dolgen - Rowa - Neubrandenburg.

The route proceeds clockwise on carefully selected traffic-reduced roads and is full of scenic highlights.

You can find the exact route plan and the route description under

[www.mecklenburger-seen-runde.de](http://www.mecklenburger-seen-runde.de)

The organizer reserves the right to change the route on short notice based on official requirements, unforeseeable road construction or tactical police considerations.

## I.3 Prices

For the participation in the "Mecklenburger Seen Runde" covering 100 km, a **regular entry fee of 74,- Euro** will be charged.

During the **early booking period the entry fee is 64,- Euro**.

### Team & Company Service:

The starting price is increased by 10,- € per individual for all team or company entries whose registration and billing procedure is handled by the MSR organization team. Please contact Franziska Arent by email: [farent@mecklenburger-seen-runde.de](mailto:farent@mecklenburger-seen-runde.de)



# MECKLENBURGER SEEN RUNDE 2024

The regular **price for the MSR jersey 2024** is 89,90 €.

During the early booking period (until 14.01.2024) the price is 69,- € instead of 79,- € and thereafter 85,- € on site. **This price is only valid in connection with your registration at the MSR 24.** Please note, that we will charge the increased postage for shipping abroad.

Design24: <https://rad-enthusiast>

Price List:

MSR 100km	Early Booking	Standard	Late Registration
<b>Registration Period</b>	until 14 January 2024	until 05 May 2024	On Site
<b>Starting Price</b>	64,- €	74,- €	79,- €
<b>Changes</b>	15,- €	15,- €	
<b>Payment</b>	Direct Debit until latest 28 January 2024	Direct Debit until latest 24 May 2024	On location in cash
<b>MSR 24 Jersey</b>	MSR Jersey price 2024 69,- €	MSR Jersey price 2024 79,- €	MSR Jersey price 2024 85,- €
<b>Travel Cancellation</b>	9,90 €	9,90 €	

The prices include value added tax (19%).

The payment terms can be found under the section "Registration".

## I.4 Registration

Registration is possible via [www.mecklenburger-seen-runde.de](http://www.mecklenburger-seen-runde.de).

Alternatively, written registration is possible via a registration form (downloaded or requested by mail or email). The fully completed and signed registration form must be sent by mail to the addressee specified in the letterhead.

Participants who register online by 05.05.2024 will receive a personalized race number.

For registrations after 05.05.2024 no personalized bib number can be provided.

Online registrations received after 06.05.2024 can only be paid in cash on site. The same applies for on-site registration.

From 06.05.2024 the registration fee will be 79,- Euro.

Registrations by fax, e-mail or as a copy will generally not be accepted!

On the weekend of the event, late registration is possible during the following times:

**24 May, 2024 - 12.00 hrs until 22:00 hrs**  
**25 May, 2024 - 02:30 hrs until 08:00 hrs**

**exclusively in cash.**

Participants who register online pay by direct debit using the direct debit authorization procedure.

Participants who do not register online, but in writing using the registration form, pay by bank transfer into the following account

<b>Account Owner:</b>	<b>Koepke GmbH</b>
<b>IBAN:</b>	<b>DE 35 1204 0000 0044 7730 01</b>
<b>BIC:</b>	<b>COBADEFFXXX</b>
<b>Institution:</b>	<b>Commerzbank</b>
<b>Reference:</b>	<b>MSR 100, Surname, Name, Year of Birth</b>

Only when the transfer amount has been duly received on the recipient's account, will the participant be listed in the official starter overview maintained online on the organizer's homepage.

If the direct debit cannot be honored due to a shortage of funds in an account or due to revocation of the direct debit authorization or because of incorrect bank details, the participant will be charged with the ensuing costs in the amount of 11,- Euro by the organizer in addition to the respective fee of the credit institution.

### **I.5 Revocation of Your Starting Slot**

A cancellation free of charge is possible until two weeks after registration even in the absence of cancellation insurance.

After that, the registration is considered binding and a refund of the entry fee by the organizer is precluded.

### **I.6 Cancellation Insurance**

In **cooperation with the Hanse-Merkur insurance company**, we can offer you cancellation insurance as part of the registration process.

You can find detailed information about the insurance benefits and the general insurance conditions in the registration portal on the MSR homepage.

### **I.7 Starting Slot Exchange**

A re-registration of the starting place to another participant is possible for the amount of 15,- Euro as follows

1. ONLINE via the personal change link sent in the registration confirmation.
- or
2. ON-SITE at the service point in Neubrandenburg in the MSR information tent

The changing of a starting place is possible in the run-up to the MSR for organizational reasons until May 05, 2024, afterwards only on the weekend of the event at the registration service.

The settlement of the entry fee is to be clarified between the previously registered participant and the replacement participant. The organizer will not reimburse the original participant.

A starting place can only be passed on once!

### **I.8 Joint departure of a group at the same start time**

In order to start as a group at the same time in the same starting block, all members of the group must indicate the same team name and the same desired starting time when registering.

### **I.9 Company Teams**

To start as a company team, all starters must enter the same company name in the field provided when registering.

#### Company and Team Service:

The starting price is increased by 10,- € per starter for team or company starters, whose registration and billing procedure is handled by the MSR organization team. Please contact Franziska Arent by email: [faurent@mecklenburger-seen-runde.de](mailto:faurent@mecklenburger-seen-runde.de).

### **I.10 Tandem Teams**

If you want to start as a tandem, please register as a two-person team under Team Registration.

## **II. Accompanying Program - MSR SattelfEST**

In Neubrandenburg's Kulturpark, all those interested have the opportunity to visit the MSR's Sattelfest, an extensive accompanying program for the whole family.

## **III. Services**

The organizer has set itself the goal of offering participants the best possible conditions for successfully completing the MSR 2024. For this purpose we offer the following package of services:

- **Professional 8-week training plan**

- **Exclusive bike yoga program** with Silvio Fritzsche, featuring his own Youtube channel
- **Starting option by e-bike**
- **3 refreshment stations** offering high-quality food and drinks
- **Low-traffic, safe route suitable for racing bikes**
- **Route safety** at danger spots
- **Shuttle service** for participants who finish the MSR early
- **Technical service** (fee charged) before, during and after the event
- **First aid**, medical emergency care
- Starting bib number including transponder, safety pins, and cable ties
- **Free massage service** at the refreshment station in Feldberg
- Transponder system **timekeeping upon request**
- Toilets, shower and changing facilities
- **Valuables** depot in the start/finish area
- **Parc fermé** - bicycle parking at the event area
- **Medal for all finishers**, personally handed over at the finish line
- **Finisher drink** – Detach your coupon from your starting bib sheet
- Online result service and **certificate download**
- **Financial support** for clubs and institutions
- Support of a social institution as a charity project for the Women's circuit
- **Digital Seen Runde magazine** with information about the event
- **Newsletter, Homepage and Facebook page** featuring current information
- Professional **registration portal**
- **Accompanying program** for the whole family in the start and finish area

## IV. Sequence of Events

### IV.1 Breakfast

On May 25, 2024, from 02:00 hrs onwards, in the start/finish area, a breakfast buffet suitable for cycling (coffee, tea, bread, rolls, butter, cheese, sausage, jam, Nutella, boiled egg, muesli, milk, banana) will be provided for a cost contribution of 7.50 Euros. This service can also be booked at the time of registration.

### IV.2 Changing Areas and Showers

Changing facilities and showers are available near the start and finish during the period from

**25 May 2024, 06:00 hrs - 24:00 hrs.**

The directions to the changing areas are signposted by the organizer.

The changing area will not be monitored.

### IV.3 Deposit Service

# MECKLENBURGER SEEN RUNDE 2024

Organizers offer the possibility to hand in personal belongings at a refreshment station during the event. These must be packed in sealable bags or similar, on which the own starting number is legibly labeled for the purpose of a later unmistakable assignment.

The collection of handed in items is possible until 26 May 2024, 12:00 hrs, at the starting number issue area.

All clothing and personal items not collected by Thursday, 30 June 2024, 12:00 hrs will be disposed of.

The organizer assumes no liability for lost or damaged personal clothing or other items.

## **IV.4 Valuables**

Valuables, such as wallets, credit cards, watches, car keys, etc., can be left in our valuables depot, which is located in the starting number pick-up area, prior to the start. However, we cannot take back entire bags or bicycles. The items can be collected at the same place after the finish.

## **IV.5 Lost and Found**

The contact point for all kinds of lost property is the info point in the start/finish area.

Also lost property that reaches the finish with the sweeper vehicles will be deposited there.

## **IV.6 Parking**

For parking facilities for all MSR participants, please refer to the "Arrival and Parking" section on the MSR homepage.

## **IV.7 Photo Services**

For the official participant photos, we are partnering with the team from the Aachen sports photography specialist "sportograf" ([www.sportograf.de](http://www.sportograf.de)).

Sportograf captures the most beautiful impressions of the participants of the WOMEN'S MSR 100 km at various points on the course as well as in the start/finish area and makes these available for purchase on the Internet shortly after the end of the event.

## **IV.8 Catering En Route**

On the road you will be offered at three refreshment points (Bredenfelde, Feldberg, Blankensee) in varying combinations:

Drinks

- Xenofit isodrink
- water
- coffee

- tea

## Food

- Bananas
- Bread / rolls as desired with or without spread / cold cuts
- cakes
- waffles
- chocolate
- "Das Müsli" -official muesli of the Mecklenburg Lakes Circuit
- and much more

## **IV.9 Massage Services**

In Feldberg a free massage service is available for the participants of all WOMEN'S MSR 100 km participants.

In the start and finish area, an additional massage service is offered for a fee. This can be used on an individual basis.

## **IV.10 Service und First Aid**

Technical support as well as medical care and sanitary facilities are available to all participants in the start/finish area and at the refreshment point in Feldberg.

Spare parts, which are used within the scope of the technical support, are subject to a charge. With this in mind, participants are requested to carry cash with them during the event.

In addition, the circuit will be continuously patrolled by a route service during the event. The organization's personnel are in the position to take the participants to the next service point in case of serious damage to the bike.

If participants discontinue the tour, they will be driven back to the starting point by the organizer's free shuttle service.

The track service and the medical staff are permitted to take riders in poor health out of the event.

On 25 May 2024 an emergency call center will be set up by the organizer, which can be reached via an emergency call number. The emergency number is listed on the rear bib number.

Detailed information on how to deal with emergencies can be found in your race documents.

Alternatively, emergencies can also be reported via the police emergency number (110) or via the rescue control center (112).



## **IV.11 Hotels / Accommodation**

We can offer you a selection of accommodations in Neubrandenburg and its surrounding area. Please inform yourself on our homepage -[www.mecklenburger-seen-runde.de/unterkunft](http://www.mecklenburger-seen-runde.de/unterkunft).

Participants arriving by motorhome can also get information here about a suitable parking space.

**You can also start a personal booking request through the following portal:**

### **MSR UNTERKUNFT VERMITTLUNG**

(Link: <https://web4.deskline.net/msr/de/accommodation/searchresult>)

**Or send an email to**

[unterkunft@mecklenburger-seen-runde.de](mailto:unterkunft@mecklenburger-seen-runde.de)

Oder send a request for accommodation to one of the following addresses:

[Touristinfo Stadt Neubrandenburg](#)

[Campingplatz Seeweide Penzlin](#)

[Touristinfo Stadt Neustrelitz](#)

[Touristinfo Feldberger Seenlandschaft](#)

[Tourismusverein Havelseequellen e.V.](#)

[Touristinfo Kleinseenplatte](#)

[Touristinfo Mecklenburgische Seenplatte](#)

[Touristinfo Müritz/Röbel](#)

## **V. Regulations**

### **V.1 General Information**

The Women's Circuit will be held in accordance with the provisions of these GTCs and the applicable regulations of this event, as well as the information provided to all participants.

The regulations are published on the homepage. The participant information will be handed out during accreditation.

By registering, the participant accepts all regulations.

We recommend that all participants familiarize themselves with the regulations in due time.

### **V.2 Requirements for Participation**

The MSR 100 is open to all female cyclists who have reached the age of 14, i.e. have already celebrated their 14th birthday.

Prior to reaching the age of 18, i.e. the 18th birthday, the written consent of the parent or legal guardian is required for participation.

The necessary registration forms can be downloaded from the homepage.

A club membership is not necessary in order to participate.

With her participation, each rider commits herself to verify her own health conditions, if necessary by consulting a doctor, and to be able to prove this upon request.

All participants will receive a **professionally prepared training plan** with their registration, the implementation of which will ensure good preconditions for participation at the MSR.

### **V.3 Course**

The route can be reviewed in detail on the organizer's homepage.

As a rough orientation the following route is applicable:

Neubrandenburg - Burg Stargard - Dewitz - Bredenfelde - Lichtenberg - Feldberg - Koldenhof - Dolgen - Rowa - Neubrandenburg.

An overview map can be found here:

[www.mecklenburger-seen-runde.de/strecke-100-km/](http://www.mecklenburger-seen-runde.de/strecke-100-km/)

### **V.4 Riding Rules**

The WOMEN'S MSR 100 will be held in public traffic on roads that are not closed to traffic. With this in mind, the regular road traffic regulations must be observed.

In particular, we draw your attention to the right-hand driving and stopping restrictions at traffic lights and level crossings.

Oncoming traffic and overtaking vehicles must be expected at all times.

Each participant must behave in such a way that she does not endanger any other road user.

Emergency vehicles with special signaling must be allowed to pass immediately.

The orders of the authorities and race officials are to be followed at all times.

The event management has the right to exclude participants who behave improperly in any way during the event.

It is forbidden to throw away waste and drinking bottles. Violation of this regulation will result in immediate exclusion from the event.

### **V.5 Check Point Closing times (subject to change)**

- Service Point Bredenfelde: 11:30 a.m.
- Service Point Feldberg: 2:30 p.m.
- Service Point Blankensee 4:30 p.m.
- Finish Line in Neubrandenburg: 7:30 p.m.

### **V.6 Escort Vehicles**

Personal support vehicles are NOT permitted en route.

### **V.7 Timekeeping**

The MECKLENBURGER SEEN RUNDE is a cycling marathon without ranking and without classifications.

Nevertheless, we offer you a real-time measurement by means of a disposable transponder, which ALL participants receive at the accreditation together with their race number.

The timekeeping will be done by our partner:

#### **Tollense-Timing**

Ludwig-van-Beethoven-Ring 8

17033 Neubrandenburg

Mail: [info@tollense-timing.de](mailto:info@tollense-timing.de)

Homepage: [www.tollense-timing.de](http://www.tollense-timing.de)

Your time will be measured at the start and finish as well as at least one other checkpoint on the circuit via radio signal.

All participants can review their riding time after crossing the finish line via the organizer's homepage.

### **V.8 Race Number**

You will receive your race number upon presentation of your registration confirmation and a photo ID at the accreditation booth in the registration tent at the Kulturpark in Neubrandenburg.

The transponder for the time measurement is located on the handlebar number. It is to be attached to the front of the handlebar by means of two cable ties.

The handlebar number should also assist the photo service to allocate the photos taken on the course. Please attach this race number carefully and in such a way that it is clearly legible.

The jersey start number is to be placed on the back at the height of the jersey pockets in a clearly visible position.

## **V.9 Start/Starting Time and Receipt of your Race Documents**

Each participant is allocated a start time upon registration.

A modification of the start time is only possible after receipt of the registration confirmation against a handling fee of 15,- Euro at the service point in Neubrandenburg where the starting documents are issued and only if the desired starting block is not yet fully booked.

The start is located in 17033 Neubrandenburg in the Kulturpark, Schillerstraße.

The starting documents will be handed out in the start/finish area on

**24. May 2024, 12:00 hrs to 22:00 hrs**

and on

**25 May 2024, 02:30 hrs to 08:00 hrs**

upon presentation of your registration confirmation.

A written power of attorney by the respective participant is required for the collection of the starting documents by third parties.

The WOMEN'S MSR 100 will start on

**25 May 2024, at 08:00 hrs**

## **V.10 Average Speed**

No minimum speed is required to complete the women's only circuit.

The finish line, also in Neubrandenburg's Kulturpark, is open to all participants until

**25 May 2024, 19:00 hrs**

Participants who are unable to reach the finish within the required time slot or who discontinue participation in the event of other reasons can make use of the organizer's sweeper vehicle, which will drive them back to the starting point.

Participants who wish to finish the circuit beyond the time limit must surrender their race number at the behest of the organization for liability reasons. They will then continue their ride outside the regulations applicable to the MECKLENBURGER SEEN RUNDE.

### **V.11 Finish Line**

The organizer expressly requests that riders refrain from dangerous driving maneuvers in the finish area in order to prevent accidents.

After crossing the finish line, the finish area must be cleared quickly in order to prevent collisions with any following riders.

### **V.12 Medal and Certificate**

Each participant who successfully completes the tour, i.e., reaches the finish within the time limit, will receive a medal, which will be presented immediately upon arrival.

The live printout of your personal certificate will take place at the MSR information tent near the finish line.

In addition, all MSR finishers will have the opportunity to download and print their personal certificate via the MSR organizer homepage following the MSR.

A current link to print the certificate including finish time can also be found on the back of the bib number.

### **V.13 Equipment and Accessories**

#### a) Approved Bicycles

Any technically fully intact two-wheeled bicycle is eligible for use for the WOMEN'S MSR 100. This also includes e-bikes as long as they are not subject to registration and/or insurance.

Handbikers are also allowed to participate in the event with multi-track vehicles.

For safety reasons, recumbents and handbikes must be equipped with a bicycle pennant, which must be attached to a banner of at least 160 cm in length.

Recumbent cyclists and handcyclists are requested to line up at the rear of their starting block for riding safety reasons.

Track bikes/singlespeeds/fixies are only allowed if they have a freewheel hub and two independent brakes.

#### b) Accessories

For safety reasons, the following add-on parts are also not permitted:

- Disc wheels front / rear
- Triathlon, horned or delta bars
- Drinking bottles made of glass or other fragile materials
- Bicycle trailers of any kind.

#### c) Handlebar Attachments

Handlebar attachments are only permitted if they do not protrude beyond the brake and/or shift grips. **Exceptions to this rule will not be permitted.**

Compliance with the regulations on handlebar attachments will also be strictly controlled at pre-start.

#### d) Helmet Obligation

Helmets are compulsory without exception for the MECKLENBURGER SEEN RUNDE! The helmet must bear a test seal of an internationally recognized testing institute (e.g. DIN standard 33954, SNEL and/or ANSI standard, EC or GS).

#### e) Clothing

There are no separate regulations for the type of clothing you wear. However, the clothing must not pose a safety risk.

The weather in the Mecklenburg Lake District in May is generally already known for pleasant to cool temperatures, which can vary from a spring to summer-like feeling. Therefore, we recommend that you equip yourself with clothing that is suitable to protect you from low temperatures, wind and rain.