

## MECKLENBURGER SEEN RUNDE 2024

### Announcement MSR 300

(Services, Rules & Regulations)

#### I. The Event

##### A Warm Welcome to you to the MECKLENBURGER SEEN RUNDE 2024!

Dear Participants,

On May 24<sup>th</sup> and 25<sup>th</sup>, 2024, we are looking forward to welcoming you to the 10th edition of the MECKLENBURGER SEEN RUNDE in Neubrandenburg.

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

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, Carlstein 12, 17217 Penzlin

info(at)mecklenburger-seen-runde(dot)de

Main Organiser, Marketing, Public Relations

Detlef Koepke, Tel. +49 175 7245510

Participant Management, Finances

Franziska Arent, Tel. +49 160 4062089

Refreshment Points, Overall Logistical Coordination

Konstanze Strohmayer, Tel. +49 1716184093

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 MECKLENBURGER SEEN RUNDE will be on

**May 24th, 2024, at 20:00 hrs** at the Neubrandenburger Kulturpark.

The starting slots will be during the following times:

- **Friday, May 24th, 2024, 20:00 hrs - 22:00 hrs**
- **Saturday, May 25th, 2024, 03:00 hrs - 07:00 hrs**

The finish line, also at Neubrandenburg's Kulturpark, will be open until

**May 25th, 2024, 24:00 hrs (midnight)**

When registering online for the Mecklenburger Seen Runde, it is possible to select a desired start time. Fully booked starting blocks can no longer be selected.

The MSR organization team will try to consider all requested starting times.

Your starting time will be specified in the registration confirmation sent to you by e-mail.

A change of your starting time is possible after receipt of the registration confirmation against a handling fee of 15,- Euro:

1. ONLINE via the personal change link, which you will receive with your registration confirmation.

Or

2. On-site at the service point in Neubrandenburg at the starting material handout.

Precondition: The desired start block is not yet fully booked.

Requests by mail in connection with the change of starting times will remain unanswered. For organizational reasons, the organizer reserves the right to

a) combine starting blocks, if they are only slightly occupied. Affected participants will be informed in time via e-mail.

b) to extend the starting time slot and to add further starting blocks if necessary.

## I.2 Course

The route of the MECKLENBURGER SEEN RUNDE is a circuit to be completed once over a distance of approx. 300 km (approx. 1700 meters of altitude) and, subject to final official confirmation, comprises the following rough routing:



Neubrandenburg - Burg Stargard - Neustrelitz - Schwarz - Röbel - Malchow - Nossentiner Hütte - Alt Schönau - Möllenhagen - Groß Vielen - Neubrandenburg.

### I.3 Entry fee & Prices

The **regular entry fee** to take part in the MECKLENBURGER SEEN RUNDE on the course distance of 300 km is set at **179,- Euros**.

During the **early booking period the entry fee is 164,- Euros**.

#### Start price in guided group: optional

The entry fee increases by 15,- € for a start in a group led by a guide. Please choose this at registration within the designated starting time.

#### Team and Company 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: [farent@mecklenburger-seen-runde.de](mailto:farent@mecklenburger-seen-runde.de)

The regular **price for the MSR jersey 2024** is € 99.90.

In the early bird phase (until 14.01.2024) the price is 69 €, until 01.04.24 the price is 79 €. From 02.04.24, jerseys can only be ordered via <https://rad-enthusiast.de/en> at the regular price, provided they are not yet sold out. **The special prices are only valid in connection with your registration at MSR 24.**

Shop Rad Enthusiast also offers other attractive cycling clothing in MSR Design24: <https://rad-enthusiast.de/en>

We will charge the increased postage for shipments abroad.

### **Preistabelle**

<b>MSR 300km</b>	<b>Early Booking</b>	<b>Standard</b>	<b>Late Registration</b>
<b>Registration Period</b>	until January 14th, 2024	until May 5th, 2024	On Site
<b>Starting Price</b> for specified time guided group Company- /Teamservice	164,- € + 15,- € + 10,- €	179,- € + 15,- € + 10,- €	189,- € + 15,- €
<b>Changes</b>	15,- €	15,- €	15,- €
<b>Payment</b>	Direct Debit until latest January 28 <sup>th</sup> , 2024	Direct Debit until latest May 24 <sup>th</sup> , 2024	On Site in cash
<b>MSR 24 Jersey</b>	Jersey price MSR 2024 69,- €	Jersey price MSR 2024 until April 1st - 79,- €	Jersey price MSR 2024 95,- € if on stock
<b>Travel cancellation</b>	21,90 €	24,90 €	

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 e-mail). 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 189,- 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:

**24.05.2024, 12:00 noon until 22:00 hrs**

**25.05.2024, 2:30 hrs – 8:00 hrs**

exclusively in cash and you will require one form of photo identification.

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:

Account Owner:	Koepke GmbH
IBAN:	DE 35 1204 0000 0044 7730 01
BIC:	COBADEFFXXX
Institution:	Commerzbank
Reference:	MSR 300, Surname, Name, Year of Birth

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 Mecklenburger Seen Runde 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 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 5th, 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.7 Cancellation Insurance**

In cooperation with the **Hanse-Merkur insurance company**, we can offer you a 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.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: [farent@mecklenburger-seen-runde.de](mailto:farent@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.

### **I.11 Starting Option**

#### a) Guided Groups

With a limited number of groups, the MSR offers participants at selected start times to complete the course in a guided group. This service increases the starting fee by 15,- €.

Participants who are not able to estimate their capacity with certainty, are given the possibility to complete the circuit with a plausible distribution of energy.

The groups will be led by guides with cycling experience, who will ensure that the course is completed in a given total riding time.

The given total riding time (incl. breaks) takes into account the breaks at the refreshment points.

The given speeds (gross) are guideline values and will be influenced by the breaks if the total riding time is kept.

The duration of the stops at the refreshment points will be determined by the guides on the basis of their route tables.

We would like to point out that the duration of the breaks has a direct influence on the speed. I.e. the longer the break is designed, the faster are the peaks of the ride. Furthermore, this means that the selected speed of the guided group should be in the medium performance range of the participant.

The guides are recognizable by MSR guide vests in fluorescent colors. How participants and guides will be paired up on the event weekend will be announced in a newsletter in good time before the event.

There is no legal right to be accompanied by the guide.

**The allocation of the guided groups is planned as follows:**

Date	Time	km/h (gross)	Riding Time/ hrs. (incl. breaks)	max. Nr. Participants	Guide
25.05.	03:35	22	approx. 15	20	MSR
25.05.	03:55	22	approx. 15	20	MSR

25.05.	04:15	24	approx. 14	20	MSR
25.05.	04:35	24	approx. 14	20	MSR
25.05.	05:05	26	approx. 13	20	MSR
<b>25.05.</b>	<b>05:20</b>	<b>var.</b>	<b>varying</b>	<b>70</b>	<b>Women's Community</b>
<b>25.05.</b>	<b>05:40</b>	<b>var.</b>	<b>varying</b>	<b>45</b>	<b>Partner der AOK Nordost</b>
25.05.	06:25	28	approx. 12	20	MSR
25.05.	06:45	30	approx. 11	20	MSR

## II. Rahmenprogramm - 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 25th, 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

Organizers offer the possibility to hand in personal belongings at the refreshment station RÖBEL 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 Catering en Route**

On the road you will be offered at 7 refreshment points in varying combinations:

### Drinks

- Xenofit isodrink
- water
- cola
- bouillon (hot drink)
- coffee
- tea

### Food

- bananas
- oranges
- waffles
- bread / rolls as desired with or without spread / cold cuts
- chocolate
- warm food (noodles with tomato sauce, Köttbullar, ...)
- porridge with the official muesli MOVE of the MECKLENBURGER SEEN RUNDE
- cakes and other pastries
- gherkins
- "Das Müsli" - official muesli of the MECKLENBURGER SEEN RUNDE
- and much more

## **IV.8 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 MSR 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.9 Massage Services**

We offer a free massage service at several refreshment points.

In the start and finish area, a massage service is also available for a minimum donation for a designated charitable cause. This service can be used individually.

The trained therapists will make you fit for the bike marathon and will also provide you with soothing relaxation after your strenuous efforts.

Details of this offer will be published in our newsletter and on the homepage.

## **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 every refreshment point on the course.

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 / Accommodations**

# MECKLENBURGER SEEN RUNDE 2024

We can offer you a selection of accommodations in Neubrandenburg and its surrounding area. Please inform yourself on our homepage [-www.mecklenburger-seenrunde.de/unterkunft](http://www.mecklenburger-seenrunde.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 MECKLENBURGER SEEN RUNDE 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 Conditions for Participation**

The MECKLENBURGER SEEN RUNDE (300 km) is open to all cyclists who have reached the age of 18, i.e. have already celebrated their 18th birthday.

In exceptional cases, participation in the 300 km route is possible from the age of 16. This requires the written consent of the parent or guardian, which can be filled out and uploaded online, as well as the consent of the organizer.

In this case please send your written registration together with the consent form to:

Mecklenburger Seen Runde  
OFFICE - Franziska Arent  
Park Road 13  
17219 Rumpshagen  
Mail: [faent@mecklenburger-seen-runde.de](mailto:faent@mecklenburger-seen-runde.de)

A club membership is not necessary for the participation in the MSR300.

With their participation, each rider undertakes to check their health requirements themselves, if necessary by consulting a doctor, and to be able to prove this on request.

In the run-up to the MECKLENBURGER SEEN RUNDE a training workload of at least 1,000 bike kilometers is recommended, which should also be calculated from some rides with a length of 100 - 130 km.

A professionally prepared training plan is available to all participants with the registration, the implementation of which creates good basic conditions for participation in the MSR.

### **V.3 Course**

As a rough orientation, subject to final official confirmation, the following route is in effect:

Neubrandenburg - Burg Stargard - Neustrelitz - Schwarz - Röbel - Malchow - Nossentiner Hütte - Alt Schönau - Möllenhagen - Groß Vielen - Neubrandenburg.

You can find an overview map under:

[www.mecklenburger-seen-runde.de/strecke-300-km/](http://www.mecklenburger-seen-runde.de/strecke-300-km/)

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

The MECKLENBURGER SEEN RUNDE 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.

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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)**

The refreshment points along the route can be used by the participants until the times specified below. The route is constantly being updated according to the road construction office.

The final information will be provided latest by March 2024.

- Feldberg (41 km):	08:30 hrs
- Neustrelitz (83 km):	11:00 hrs
- Schwarz (125 km):	13:00 hrs
- Röbel (156 km):	15:00 hrs
- Nossentiner Hütte (195 km):	17:00 hrs
- Alt Schönau (242 km):	19:30 hrs
- Groß Vielen (278 km):	22:00 hrs

## **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 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)

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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 retrieve their riding time after crossing the finish line at the info tent of the MSR or later on the MSR homepage or the homepage of tollense-timing.

## **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 in Neubrandenburg at the Kulturpark on the expo grounds.

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

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

and on

**May 25, 2024, 02:30 hrs to 07:00 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 starting time slots are on

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- **May 24, 2024, 20:00 hrs - 22:00 hrs**
- **May 25, 2024, 03:00 hrs - 07:00 hrs**

The organizer reserves the right to change the number of starting blocks, the starting times and the size of the starting blocks in consultation with the police and other relevant authorities.

The finish line, also in Neubrandenburg's Kulturpark, will be open until

May 25, 2024, 24:00 hrs (midnight.)

## **V.10 Startphase**

In order to ensure a smooth course of events, participants are asked to arrive 20 minutes before their start at the square in the Kulturpark on the festival grounds in Neubrandenburg.

Participants are asked to line up at the pre-start about ten minutes before the start. There will also be, if you will be on the road in the dark, a check of the bicycle lights for proper functioning. In addition, it will be checked whether the helmet obligation is fulfilled and whether handlebar superstructures do not protrude over the brake/shift grips.

From the start the regulations of the StVO apply - also immediately after the start in the Kulturpark.

In the starting area there is a service point for repairs to the bike, for which a fee will be charged. Furthermore, toilets will be provided there.

## **V.11 Average Speed**

In order to complete the MECKLENBURGER SEEN RUNDE, no minimum average speed is required.

Participants who can no longer reach the finish by the required time slot of May 25, 2024, 24:00 hours (midnight), or who discontinue participation in the event for other reasons, can make use of the organizer's free shuttle service, which will drive them back to the starting location.

You will find more information about the shuttle service in the starting documentation. Participants who would like to finish the circuit beyond the time limit must hand in their start number at the behest of the organization for liability reasons. You will continue your ride outside the regulations of the MECKLENBURGER SEEN RUNDE.

## **V.12 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.13 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.15 Equipment and Accessories**

#### **a) Approved Bicycles**

For the MECKLENBURGER SEEN RUNDE any technically completely intact, two-wheeled bicycle without additional drive is permitted.

Recumbents and handbikes are allowed as long as they are technically intact and comply with the regulations of the StVZO road safety code.

For safety reasons, recumbents and handbikes must be equipped with a bicycle pennant, which must be attached to a pennant pole at least 160 cm long.

Recumbent cyclists and handbikers who start on Friday evening must also mount a pennant light (flag light) for the night ride.

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

Multi-track vehicles are specifically excluded, with the exception of hand bikes.

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

#### **b) Illumination**

**All participants who start between Friday evening from 20:00 hrs or on Saturday morning until 04:30 hrs are obliged to start with a mounted and usable lighting system as well as additional reflectors on the bike, namely at least 1x on the front of the head tube or the fork in white and at least 1x on the rear of the seat post or the seat stay in red.**

**Participants who violate this rule will not be allowed to start until the appropriate equipment has been installed in a usable condition.**



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**The assembly of the required lighting and reflectors will be strictly controlled at the pre-start.**

**No exceptions will be made to the lighting requirements. Inquiries made in this regard will go unanswered.**

**Participants who finish the MSR on Saturday evening in the dark must also ensure sufficient and legally compliant lighting on their bicycle. Failure to comply with this requirement will result in disqualification.**

## 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 the pre-start.**

## d) Accessories

For safety reasons, the following additional attachments are not permitted:

- Disc wheels front / rear
- Drinking bottles made of glass or other fragile materials
- Bicycle trailers of any kind

## e) 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).

## f) 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.