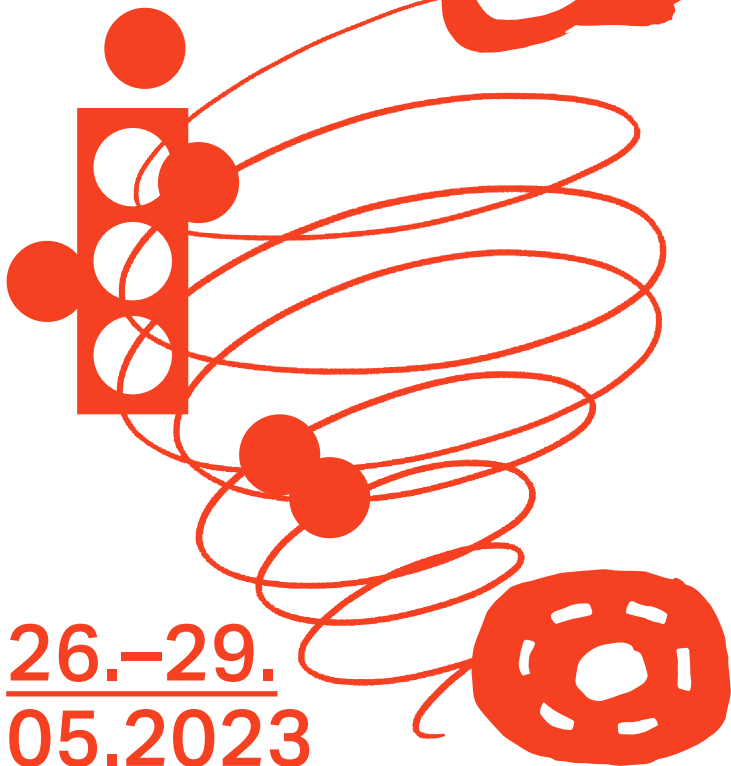
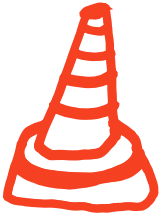
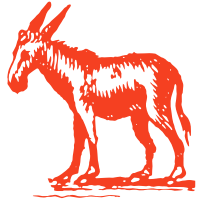
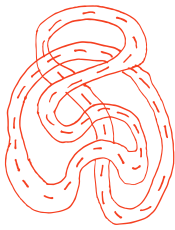


SUICMC23

BERN

26.-29.
05.2023





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Welcome

Hey there, awesome peeps, buddies, fams, mates, comrades and all the friends of friends! Guess what time it is? Yep, it's that time of year when something religious happened... or was it some divine thing? Ah, who cares, because we've got something way cooler planned!

How about hanging out in Bern for a few days? We'll catch up with old buddies, make new pals, chill by the beautiful Aare river (you can even take a dip if you're up for it!). And let's not forget the scrumptious food we've managed to pull together, despite our meager budget. There are so many delightful spots to explore in our adorable little city. And guess what? We're doing chistole for three days straight, just because we can! But hey, if you prefer a more laid-back vibe, that's cool too. You do you, dear friend. The main thing is to have a blast!

Oh, and guess what else? We've planned some epic bike-related events. So, bring your gorgeous bikes along because, let's be real, you wouldn't dare leave home without them, you wild bunch! Am I right or am I right??

Let's make this year's SUICMC a total blast in the city with that ominous political building in the center, a name that sounds like a big cuddly animal, those funny looking wells and that clock anyone wants to take a selfie in front of! We're seriously stoked to have all of you here. Take care, stay safe, and enjoy the ride!

Cheers,

Your SUICMC23 Crew

PS: Look out for the infamous hedgehog! You might spot him cruising around Bern on his little E-Scooter. Don't run the little guy over, but hey, a splash of beer wouldn't hurt, right? We'd find that hilarious. Thanks!

AwareMess

At SUICMC23 we want to create an atmosphere of respect and appreciation, where everyone feels comfortable and safe

We do not tolerate any violence or verbal or physical harassment

We do not tolerate sexism, racism, ableism, xenophobia, homophobia or transphobia

We treat each other with sensitivity and respect, and we avoid making assumptions about other people's experiences

Take care of your own wellbeing

Respect your own and other peoples boundaries

Respect peoples pronouns

Welcome to the SUICMC23 in Bern!

We are here to experience an unforgettable time together. To achieve this, we want to create an atmosphere of respect and appreciation, where everyone can feel comfortable and safe. The championship is traditionally a meeting that brings together different social realities, opinions and expectations. Therefore, it is important to take care of oneself and others and create collective spaces where all can feel comfortable and encouraged. At SUICMC23, we do not tolerate any discriminatory behavior. We treat each other with sensitivity and respect.

We avoid assumptions about others' experiences, especially those related to gender, race, sexuality, or physical and mental health. Discriminatory behavior is often shaped by language and learned thought patterns. Let's help each other recognize, deconstruct, and take responsibility for such behaviors. It is everyone's responsibility to make spaces accessible and create support structures. Be sensitive in your interactions with others. Respect their boundaries – both explicit and unspoken. Try to check in if you are unsure if a person is comfortable or not. Together, we will build a culture of consent and create a space in capitalist society where we can all feel accepted, safe, and comfortable. If you feel uncomfortable or unsafe, or if you observe another Person feeling uncomfortable, try to ask for help or approach the Awareness Team.

Please don't hesitate to call +41 77 472 83 97 if you struggle finding support in the space that you're currently in. Calls will be answered day and night during the event by a Member of the Awareness-Team.

Depending on the situation we will decide further measures on how to deal with the cross-border incidents. If there are major violations of respectful behavior, we will not hesitate to exclude individuals from the event.



Please don't hesitate to call +41 77 472 83 97 if you struggle finding support in the space that you're currently in.



Safety and Sustainability



Always remember:
Safety first!

Safety

Wearing a helmet when riding a bicycle is mandatory for the duration of the whole event! Please obey to the traffic rules at all times. Always be aware of other road users and especially pedestrians!

Drugs & Alcohol

We'd like to ensure a nice event with wonderful people for everybody. We don't think that drugs and alcohol are a necessity to reach this goal. Please be aware of what and how much you're going to consume and always follow the awareness rules so we can all enjoy the event!

Swimming

The Aare is a nice and refreshing river but with a rather strong current, thus can be very dangerous. Even experienced swimmers should bathe with caution! Ask someone from Bern if you want to go for a swim, especially which parts of the Aare are safe (entry & exit points).

Sustainability

Please bring your own plate, cup and cutlery. We encourage you to use public transport (or your bike) to come to Bern. We will provide trash bins and a recycling system, which we'd like you to use. Help us to keep all the locations clean (no stickers or tagging). Thanks!



Tip

Be cautious to lock your bike in front of the Reitschule (Dachstock). This place is infamous for bicycles getting stolen. Ask local messengers and/or the registration team on site for the best parking spots.

Food



First of all – thank you for bringing your own food containers and cutlery! You are a really responsible and eco-friendly person who helps us to have a beautiful event without too much trash! Each day we will provide you with a breakfast and dinner which will be as vegan, healthy and tasty as possible! If you have any allergies, questions about the ingredients or on how it's made, don't hesitate to ask our lovely cooks! On Sunday we will organize some additional food corners for the main and cargo race. So don't worry you will be refueled throughout the day so you can race and chistole all the time – if needed!

But what if you are hungry between the provided meals? Then check out the following places:

Sous le Pont, Reitschule

The best fries in town, always fresh and served by the lovely Sous-Le-Pont/Rössli collective. Neubrückestrasse 8, 3012 Bern

Restaurant Marzer

This is the perfect place to share your dinner with the philosophy of "Leaf To Tip & No Food Waste" – They will provide a shareable and tasty dinner for you and your friends. Brückenstrasse 12, 3005 Bern

Hollyfood – Sandwichbar

Skip Subway, there's only one place to get a rich and juicy sandwich in Bern! Go to Hollyfood and put your freshly made-to-order Sandwich in the middle of the old town of Bern. Kramgasse 34, 3011 Bern

Mimo Falafel

If you are strolling around in the old town, get a vegetarian take away falafel with fresh ingredients for lunch or dinner. Postgasse 28, 3011 Bern

Gelateria di Berna

Gelato all limon – Gelato al basilico – Chocolate fondente or one of the other 100 delicious flavors, you have the choice! Marzilistrasse 32, 3005 Bern

Boomerang's

Did you chistole all night long and now you're starving? Go to Boomerang's and get the midnight-snack you want – they even have vegan snacks! Sternengässchen 11, 3005 Bern

Pittaria

Just as the name of the restaurant indicates, they are experts in making the best Pittas in town! Falkenplatz 1, 3012 Bern

Café Fleuri

You want to have a quiet and relaxing start into the morning? From 11h to 17h you can get a basic brunch, some snacks or cakes while enjoying the beauty of the Botanical Garden Bern. Altenbergrain 21, 3013 Bern

D'Brass – Brasserie Lorraine

If you want to have a vegan brunch or a tasty snack with a cold beer: This is the place to be! But don't ask for fries, they have no fryer :) Quartiergasse 17, 3013 Bern

26.05.



from 17:00 h
Dammweg, Lorraine
GET-IN & REGISTRATION

from 19:00 h
Dammweg, Lorraine
DINNER

from 22:00 h
Dachstock (Reitschule)
WELCOME PARTY

27.05.

9:30–11:30 h
Marzili
BREAKFAST

11:30–13:30 h / Marzili
WORKSHOP RidersUnited:
Organization of Labour Action

13:30 h
Alter Argauerstalden
HILLSPRINT

16:00 h
Radau, Freiburgstrasse
SKID

~~from 19:00 h
Dreigänger, Liebefeld
DINNER~~

~~from 20:00 h
Dreigänger, Liebefeld
PARTY~~

28.05.

from 8:00 h / Marzili
BREAKFAST &
Racecourse inspection

9:00–12:15 h
Marzili
MAIN RACE: First Heat

12:30–15:45 h
Marzili
MAIN RACE: Second Heat

16:30–18:00 h
Marzili
CARGO RACE

from 18:00 h
Marzili
DINNER

19:30–21:00 h
Marzili
OPEN FORUM

21:00 h
Marzili
PRIZE CEREMONY

from 22:00 h
Gaskessel Marzili
PARTY

29.05.

from 10:00 h
Marzili
BRUNCH

13:30–16:00 h / Marzili
TINFA* Special &
WORKSHOP BeAware:
Critical Masculinity in the
Messenger Scene

from 16:30 h
Marzili
HANGOUT-GOODBYE



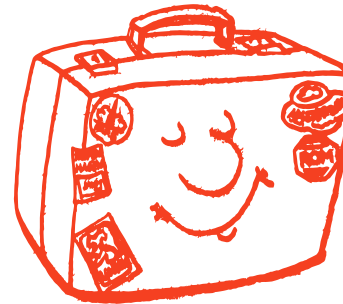
Housing

For the housing of SUICMC23 there's a telegram chat where you can find a spot to sleep.

For now there are private housing options from people from Bern. Contact possible hosts via PM, if you're looking for a place to sleep. If you're from Bern and can host people please put your offer in the chat. Additionally, we're still trying hard to find a central housing spot. We're also going to use the telegram chat to inform you about further housing options.

Enter (<https://t.me/+j6Wkn0JDUspjODI0>) to join the chat.

If it's not possible for you to join the telegram chat, but you are looking for a place to sleep, please contact:
+41 76 466 09 36



Main Race

General

We would like to see respectful behavior at the checkpoints and on the Racecourse. Ride safe, enjoy the magnificent racecourse, the community and the rush. Be considerate at all times of those who share the course with you. It's all just a game! Drive safe! We do not tolerate unfair behavior. In case of misbehavior, breaking the rules or cheating it's up to the organizing committee to decide the consequences spontaneously.

→ You need a watch, a lock, a helmet and a backpack.

Write your name and race number on each manifest. Read the manifest carefully, all the information you need is on it. The manifests must be in a decent condition and the stamps must be clearly visible so that the manifest can be evaluated.

Inspection of the race course will be possible on Sunday from 8h to 9h. Don't lurk around on the course after nine o'clock. There are some critical spots that require careful driving. It is recommended to try out the course in advance. The race course is mostly one-way, but there are also a few passages with two-way traffic. Keep to the track directions. No driving in the opposite direction! Do not drive on the grass.

The race will take place in a residential area with a lot of pedestrians. We try our best to keep the race track clear. Stay on the street and do not ride on the pavement unless it is marked as such. Be considerate when people are on the route. A checkpoint is located outside of the racecourse. You will reach this checkpoint in open traffic. Normal traffic rules apply. Be considerate of other road users.

Qualification

There's no Qualification.

Congratulations – you made it into the Final!

Final (Main Race)

Because there are so many of you, the Mainrace will be in two heats. The first heat will start at 9h and ends at latest 12:15h. The second at 12:30h and ends at latest 15:45h. You have to decide at the registration / check-in in which heat you will start. If you want to avoid the Rushhour, you have to get up earlier ;)

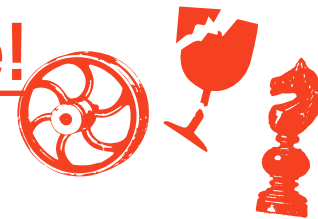
- Last instructions for the first heat at 08:45h in front of the race office.
- Last instructions for the second heat at 12:15h in front of the race office.

You will place your bike lying on the race course (The exactly place we will tell you on Site).

You will find the first manifest in the spokes. The first manifest is Nr. 1,2 or 3. When you have finished a manifest you get the next one from the first block. The race office will decide how many manifests will be left to ride. You will keep all manifests until the end. For each manifest you finished and show to the race office, you will receive a new one. You are responsible for knowing which manifests you have already completed. You may combine as many jobs as you like. Complete as much jobs as possible. At the end uncompleted jobs doesn't count. If you have the same amount of Jobs, time counts. We can't prevent small waiting times at the race office – take this into account.

During the whole final you will work on one additional "Skills-manifest". This manifest ask for messenger skills aside from only your legs. You have time until the end to finish your skill-manifest – choose a good time to make these jobs. Try to

Chistole!



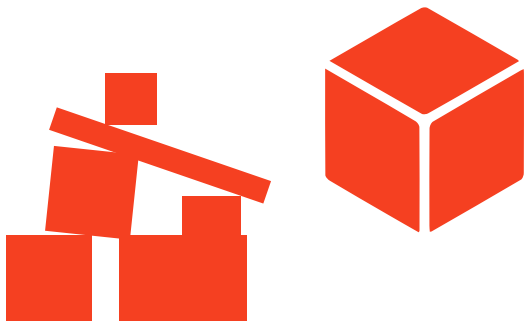
finish it, it will count alot. There is material to be transported. Be prepared for it. Transport goods must be transported safely and carefully.

Cargo

Cargo Race starts at 16:30h. There are the Rules like in the mainrace (except for the addiotional manifest). Your time will be counted when the manifests are finished and handed in correctly at the race office.

In order for the race office to let you participate in the Cargo-Race, you need a Cargo. If you are not sure if your bike is a Cargo, you can ask for an expertise at the race office. Your frontrack doesn't make your bike a cargobike. Your bag is not a cargobike. If you want to ride with a trailer, no one will stop you.

It's possible to participate both race (Main- and Cargorace). If you want enjoy both race you have to start in the first Mainrace heat at 09:00h.



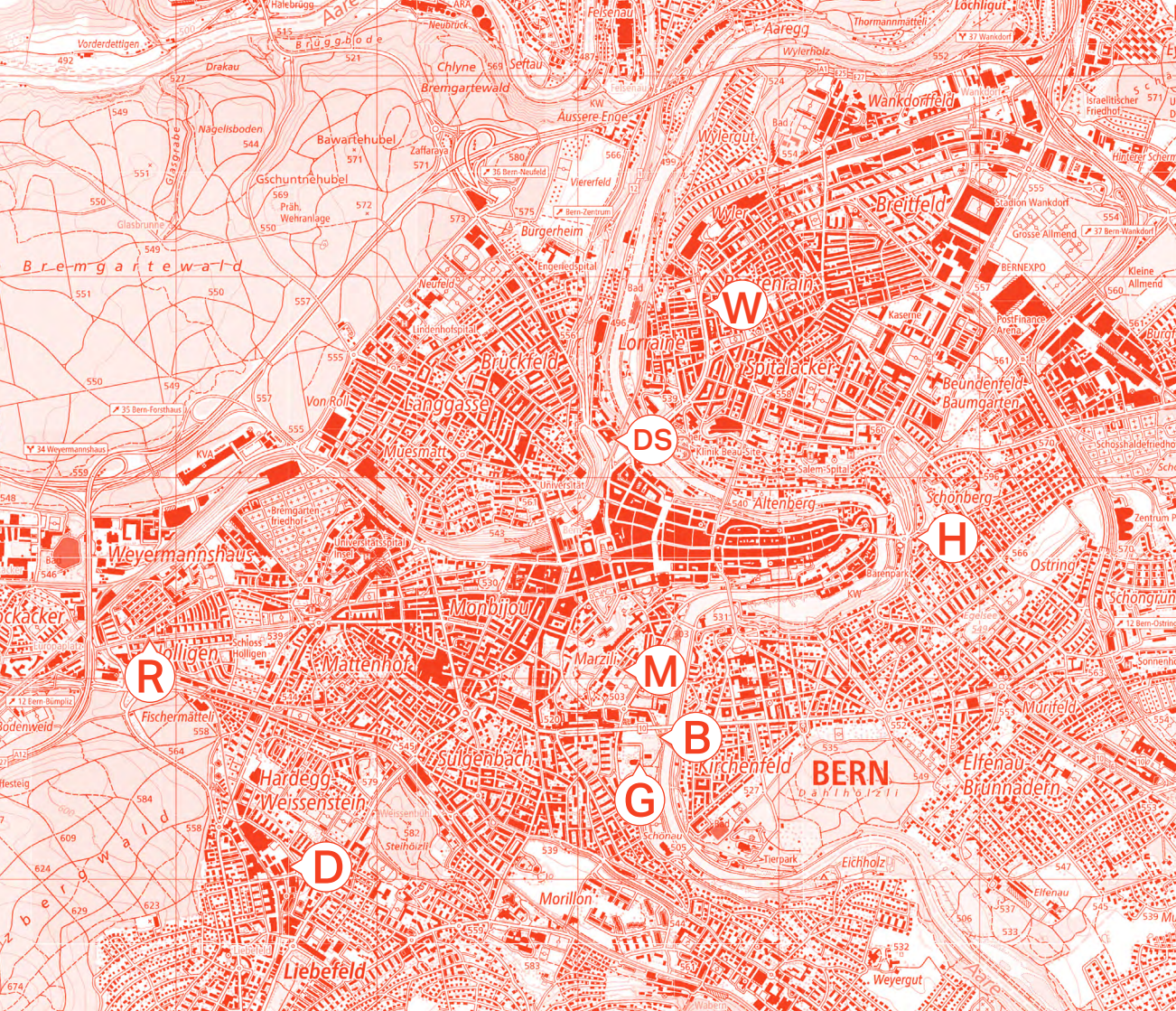
Welcome to the Chistole! We have arranged three different locations to dance, talk, sing and flow together: Two famous and essential locations for the Bernese cultural and night life are kind enough to host us – Dachstock on Friday, Gaskessel on Sunday. Both locations are cultural meeting points for a variety of people and have been so for over thirty years. On Saturday we are delighted to have planned an evening with concerts and dinner at and with the peeps of Dreigänger, which is the Restaurant and Bar of Drahtesel and part of the cycling community here in Bern. All of these venues create a fun and diverse combination.

The collectives, individuals and organizations behind the venues were committed in figuring out the best conditions possible. It would not have been possible to organize all of it without them. Let's be thankful and support each other in taking good care of these places and people there.

Last but not least we'd like to give a heads up concerning the Dreigänger. The Dreigänger is located in a residential area, including assisted living facilities. Let's be considerate with volume outside after 22h. Furthermore, Dreigänger allowed us to use their venue for free. They are financing their costs with the income from the bar, so please don't consume your own stuff at this place and buy the discounted drinks instead!

As for the whole event, it is very important that you read our awareness concept and have it in mind for the chistole too! We are looking forward to celebrate this year's SUICMC with you.

Chistole! <3



W
Welcome Site
Dammweg 41–43
3013 Bern

DS
Dachstock
Neubrückestrasse 8
3012 Bern

H
Hillsprint
Alter Argauerstalden
3006 Bern

M
Main Race
Brückenstrasse 73
3005 Bern

G
Gaskell
Sandrainstrasse 25
3007 Bern

D
Dreigänger
Waldeggstrasse 27
3097 Liebfeld

R
Radau
Freiburgstrasse 121
3008 Bern

B
Bike Polo Bern
Sandrain, 3007 Bern
or «46.939588,
7.443213» Access via
Marzilistrasse

Velokurier
BERN

KURIERZENTRALE

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swiss connect



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DI BERNA

TranZBag
tranzbag.com

Saetta Verde



Berner Fachhochschule
Haute école spécialisée bernoise
Bern University of Applied Science

nooch
ASIAN KITCHEN

DIRTYSOX

FIZZEN

BACKUP ONE

drahtesel
Arbeit mit Perspektiven

Veloblitz

 gaskessel


ADRIANOS
Coffee

 **United Noochies**
INVESTMENTFOND

LOLA


labor team w ag

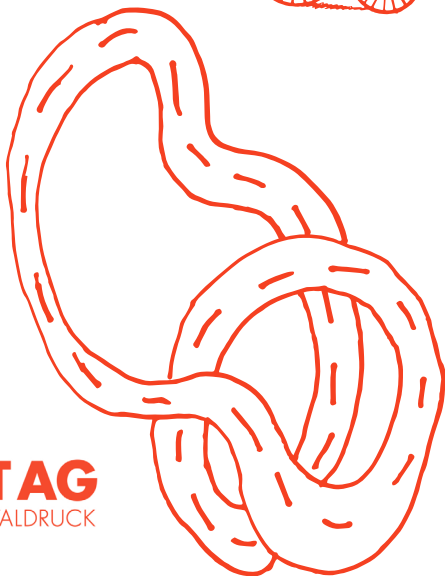
bello

untamed.love
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chasper**
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