

## EVENING URBAN EVENT

### HELMSANGE                      THURSDAY 20 APRIL 2023

This is the first event in the 2023 Luxembourg Summer Urban League (LuxSUL) series	
Meet at	<p><b>37 cité JF Kennedy, L-7234 Helmsange.</b></p> <p><b>Getting there</b> – from Walferdange centre, at the roundabout take the CR125 signed Echternach, go through the spiral tunnel under the railway, and carry on up the hill for about 1km. Cité JF Kennedy is then the last turn on the right, just before the 50km limit ends.</p> <p>From the east, leave the A7 at junction 1, drive towards Echternach for 2km, turn right and right again at the Waldhof intersection, go straight across the Stafelter cross-roads, and continue for about 4km. Cité JF Kennedy is then the first turn on the left, just after the 50km limit (a long way down the hill).</p> <p><b>Parking</b> in the street, the most spaces are 50 metres or so NE of the address. Please do not obstruct garage accesses.</p> <p><b>Trains</b> – line 10 from Luxembourg at 18.25, 18.44 or 18.55 to Walferdange (11 mins), then 1km walk uphill.</p>
Facilities	Basic – changing space, and bags can be left.
Start times	<b>19.00 until 19.40</b> or so. Controls will be removed starting at 20.30.
Entries	No fee – but please sign up on the Club website, and say which course you would like to do. Or let <a href="mailto:orienteer@orienteering.lu">orienteer@orienteering.lu</a> know at least a day in advance if you plan to come, and are not a LuxOC Club member (why not join?!).
Start point	Start and finish are both in the street immediately outside the meeting point.
Format	<p><b>Two courses</b></p> <p>Rabbit    <b>~3.0 km</b> – medium, about 100 m of climb</p> <p>Deer      <b>~5.0 km</b> – longer, also about 100 m of climb</p> <p>Distances are straight line – optimum routes are about 50% longer.</p> <p>Controls must be visited in the order set. Flags are 15cm kites – timing at each control using <b>SPORTident</b> (SIAC enabled). Bring your SI timing chip if you have one, but if not, you can borrow one of the Club's.</p>
Timing	Timing of all participants to the nearest second, results will be published, and included in the LuxSUL league table.
Map	1:7,500, ISSprOM-ish, 5 metre contours. Laser-printed, on Pretex semi-waterproof paper.
Terrain	Residential urban streets, and small paths in adjacent forest. Training shoes optimal.
Safety	<p><b>Everyone takes part entirely at their own risk.</b> Please take great care, especially on or crossing the more main roads. <b>High visibility clothing</b> strongly recommended.</p> <p>There are several crossings of major roads as well the railway. Please follow traffic rules and safety signalling. If you are held up by red lights or crossing barriers, this time can be subtracted from your running time.</p>
After the run	Refreshments and snacks on offer.