

EVENING URBAN EVENT

HELMSANGE, BERELDANGE

THURSDAY 14 March 2024

A prologue for the 2024 Luxembourg Summer Urban League (LuxSUL) series!

Meet at	1a rue des Romains, L-7264 Helmsange . At the back of the building, up the stairs at the end that looks on to the main road. Parking – in nearby streets. The “Parapharmacie” on the bottom floor of the building closes at 19.00 and there are usually a few free spaces there after closing time. Public transport – City Buses 11 and 26, as well as bus 111 to Mersch, to the stop “Heisdorf Millewee”, which is just beyond the building. Walferdange train station is a ten-minute warm-up jog away. (Coming from Luxembourg, take the underpass and then follow Rue de la Gare to the west, away from the station. Turn right onto the main road (route de Diekirch) and follow it 600 metres to the roundabout, where you will see the “Parapharmacie”.)
Facilities	Essentially none, but bags and bikes can be left safely. A toilet, on request to our host.
Start times	17.30 until 19.15 or so. Come early if you want to run in the remains of the daylight. Controls will be removed starting at 20.15.
Entries	No fee – but please sign up on the Club website, <u>saying which course</u> you would like to do. Or let orienteer@orienteering.lu know at least a day in advance if you plan to come, and are not a LuxOC member.
Start point	Start and finish are both very near the meeting point.
Format	Two courses Rabbit 3.2 km – medium, almost flat Deer 5.4 km – longer, some climb up the hill in Bereldange Distances are straight line – optimum routes are about 50% longer. Controls must be visited in the order set. Flags are 15cm kites – timing at each control using SPORTident (SIAC enabled). Bring your own SI timing chip if you can, but if not, you can borrow a LuxOC one.
Timing	Timing of all participants to the nearest second, results will be published via the LuxOC website.
Map	1:10,000 , ISOM-ish, 5 metre contours. Laser-printed, on Pretex semi-waterproof paper.
Terrain	Mostly residential urban streets, although one or two unsurfaced paths that could be muddy if the weather is wet. Training shoes optimal.
Safety	Everyone takes part entirely at their own risk. Please take great care, especially on or crossing the more main roads. Crossing points shown on the map are compulsory. High visibility clothing strongly recommended.
After the run	Beer/soft drinks will be available if the weather is suitable for hanging around outdoors.