

EVENING URBAN EVENT – LuxSUL 4

HEISDORF/ STEINSEL

WEDNESDAY 7 JUNE 2023

The fourth event in the 2023 Luxembourg Summer Urban League (LuxSUL) series	
Meet at	<p>1a rue des Romains, L-7264 Helmsange. At the back of the building, up the stairs at the end looking on to the main road.</p> <p>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.</p> <p>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”.)</p>
Facilities	Essentially none, but bags and bikes can be left safely. A toilet, on request to our host. No cats this time!
Start times	19.00 until 19.45 or so. Controls will be removed starting at 20.45.
Entries	No fee – but please sign up on the Club website, saying which course 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	<p>Two courses</p> <p>Rabbit 3.0 km – medium, almost flat</p> <p>Deer 5.3 km – longer, pretty flat</p> <p>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.</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, ISOM-ish, 5 metre contours. Laser-printed, on Pretex semi-waterproof paper.
Terrain	Mostly residential urban streets, although one or two unsurfaced paths nearer the end 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. High visibility clothing strongly recommended. At the Start, participants on the Rabbit course will need to be particularly careful.
After the run	Beer/soft drinks will be available if the weather is suitable for hanging around outdoors.