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|------------------------|-----------------------------------|
| <b>Classification</b>  | Club event                        |
| <b>Discipline</b>      | FootO<br>Park/Street Orienteering |
| <b>Classes</b>         | Score                             |
| <b>Punching system</b> | manual                            |
| <b>Status</b>          | Completed                         |
| <b>Organiser</b>       | Paradise Lost Orienteers          |

Join us for a fun run, jog, or walk around local Gold Coast streets using a printed map.

This event is designed for everyone, with most routes being wheelchair and stroller friendly. If you have any concerns, please contact us.

#### Highlights:

- No prior experience or compass needed.
- You won't get lost, navigating can be a fun challenge.
- Suitable for all ages and fitness levels.
- Go solo or with a group.
- Full instructions provided by our friendly team.

MapRun App: Download the free MapRun App before the event or we'll be happy to help you at the event. Check the links on our page for more details.

Start Time: Turn up from 5:30pm, pay for a map and load the course onto your phone; start your run when you are ready; finish by 7:30pm at the latest.

Note: 5:30pm-6:30pm will be a twilight run and 6:30pm to 7:30pm will be a night run. Twilight runs are more suitable for families. Night runners require a head torch or similar and all participants under 14 years must be supervised by a responsible adult.

#### Fees:

Orienteering Club Members: \$7 per competitor. Non-members: \$10 per competitor. \$14 for a group running together using one phone. Preferably pay by credit card or phone.

We look forward to seeing you there!

