

# PARADISE LOST ORIENTEERS <sup>Inc.</sup>

Gold Coast Australia [paradiselost.org.au](http://paradiselost.org.au) PLQ

## Summer Sundown Suburban Street Six O'Clock Simultaneous Start Sixty minute Score Series **ORIENTEERING**

**\$5 members \$7 non-members**

**5:30-5:55 Registration 6pm Mass start 7pm Finish**  
**directions and details at [www.oq.asn.au/events](http://www.oq.asn.au/events)**

- ☑ High quality detailed colour orienteering maps of entire suburbs
- ☑ All controls in reserves and bushland, but not hidden
- ☑ 60 minute score event, penalty for late return
- ☑ Get as many as you can; all 20 controls are worth 1 point each
- ☑ Plan your route during race time
- ☑ Small orienteering control flags with clippers
- ☑ Not suitable for youngsters - road running at dusk / in the dark
- ☑ Rain will not halt play - but the threat of a storm will

### What to do

- ☑ No pre-registration required, just turn up, but let us know if you are bringing a group
- ☑ **ALWAYS check location, time and storm warning online before setting off**
- ☑ High visibility clothing suggested for safety on the roads
- ☑ Bring a torch or a headlamp, or eat a heck of a lot of carrots
- ☑ Carry a clipcard - consider an elastic strap
- ☑ Register between **5:30pm** and 5:55pm
- ☑ Maps handed out **5:59**, now is your opportunity to bag it
- ☑ At **6pm** turn your map over to plan your route and begin your run
- ☑ Finish by **7pm** to avoid 1 penalty point per minute late or part thereof

### Tuesday evenings 5:30 for 6pm

			Sunset	Moon
☑ 21 Oct	Tamborine Road	<b>Oxenford</b>	5:59	None
☑ 4 Nov	Arundel Drine	<b>Arundel</b>	6:08	Full moon rises 18:28
☑ 18 Nov	Binstead Way	<b>Pacific Pines</b>	6:19	None
☑ 2 Dec	Discovery Drive	<b>Helensvale</b>	6:30	Full moon overhead
☑ 16 Dec	Observatory Drive	<b>Reedy Creek</b>	6:39	None
☑	<i>5 more in the New Year...</i>			

*Paradise Lost Orienteers Inc. is the orienteering club of the Gold Coast and nearby  
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