



# Lake Accotink Park

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## September 19 Sunday

Welcome to National Orienteering Day participants!

Orienteering course details: This is an one hour score-O event, and e-punching will be used on all courses. [For those new to score-O's, the goal is to find as many checkpoints as possible within the allotted time, and if they have different point values, maximize your total point score.] However, you can choose to visit controls 101 to 108 in the manner of a traditional "visit the controls in order" beginner course, control 111 to 119 as an intermediate course and controls 121 to 130 as an advanced course, all without the 60min score-O time limit. For the score-O event, the controls on the beginner course are worth 1 point each, the intermediate course 2 points each, while the rest are 3 points. There is a point penalty for each minute (or part of a minute) late.

**Just Before Event Update** Because of the type of event and the 60 minute time limit, there will not be any water on the course (just at the finish). If you think you'll need it while on the course, please feel free to bring your own. Update: The primary map will be a legal-paper size Score-O map, showing all the controls and containing a clue sheet for all of them too. If you are running the intermediate or advanced course instead of the Score-O, you should plan on drawing lines to connect just the controls specific to your course before starting, and you may also get a separate clue sheet listing just your controls. However, beginners wishing to do a "classic" point to point course (instead of the Score-O) will have their own map, on 8.5" x 11" paper, showing just the Beginner "classic course" controls and a corresponding clue sheet. At the west end of the map, there are some new bike trails!!! Remember that the map is now old and there are new root stocks not on the map and one root stock that is being used is almost gone. \*\*\*\*

Courses and control descriptions ("clues") are printed on the map.

- Map scale is 1:7,500 with 5 m contours
- Originally mapped in 1997. Updated in 2002 and 2008.
- Stay off the railroad tracks/right of way. Don't even think about them as a route choice!
- Some trails are closed to mountain biking. Foot travel is ok.
- Small wooden fence sections used to close trails to bikes are not mapped.
- Watch out for mountain bikers.
- There is plenty of poison ivy off-trail.
- The vegetation mapping is several years old. It wasn't updated.
- You may come across unmapped mountain bike trails.

Control pickup will start at 3:30 pm.

Have a great time and enjoy this park!

### Location

Lake Accotink Park, Lower Parking Lot, Springfield, VA (Score Courses)

### Schedule

**Sunday, September 19** 12:00 Score  
pm - Courses:



**Volunteers**

Event [Sidney Sachs](#) [2]  
Director:  
Score [Sidney Sachs](#) [2]  
Courses:  
Course  
Setter:

2:00 pm Start Window

**Location Details**