



# Pohick Bay

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## February 26 Sunday

Welcome to Pohick Bay Regional Park! In contrast to last year, the registration and start/finish area will be at Shelter #1 right off the park's main parking lot, but like last year, we'll have a full set of courses from beginner to advanced. What's the park look like? Well, we can't promise the same weather, but see Ken Walker's headcam video of ~1 year ago (to the right) for one view of an advanced course run. Course details are now posted (see below for course notes and distances), and as for timing, plan on showing up anytime between 10:45am - 1:15pm, start between 11 - 1:30, and be out of the woods by 3pm. The fixed-facility rest rooms across the road from the parking lot are closed for the winter, so we will have two port-a-johns sited at the registration area. There will also be a fixed rest facility at the boat dock area down the hill from the parking lot.

Any youth or large groups attending, please contact the [Event Director](#) [2] so that we can coordinate pre-registration for your group; the group registration and waiver [form](#) [3] is part of the information on our [Group Leaders](#) [4] page.

Additional information:

- Dogs are welcome, so long as they are on a leash at all times.
- Ted Good will conduct an Advanced Training workshop at 10:30. Topic: Course Setters Tricks. Learn how course setters think and how to avoid being suckered by their tricks.
- Ted's Recommended Training Activity for Pohick: Run the tops of all hills, instead of walking to the very top, and practice avoiding course setter tricks.
- Have a questions? Just click on our [Contact Us](#) [5] form.



**Post-Race MeetUp Special!** The owners of the closest ZPIZZA are offering all orienteers 10% off all purchases. Known for their [menu](#) [6] featuring healthy sandwiches, salads and gluten-free pizza, this small chain of restaurants consistently rates highly on Yelp. Located ([here](#) [7]) just east of the I-95/Lorton exit 163. There's also a Quizno's and a Starbucks next door if that's more your style. Either way, why not plan to meet up and talk about all that hill-climbing?

### Location

Pohick Bay Regional Park, Pavilion 3, Lorton, VA  
(Classic Orienteering)



**Registration**

No advance registration required. Just show up and have fun!

**Start Times**

You may start your course at any time during the start window listed below for your event.

**Schedule**

**Sunday, February 26** 11:00 Classic  
am - Orienteering:  
3:00  
pm

**Volunteers**

Event [Charles Carrick](#) [8]  
Director:  
Course [Karla Hulett](#) [9]  
Designer:

**Location Details**