



# Rockwood

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## September 24 Saturday

QOC's Tim Gilbert will host a beginner-oriented Learn-O at Rockwood Park Nature Center in Chesterfield County, on the south side of Richmond, Va. The event will start at 10am (please arrive on time so you don't miss any of the content) and run until approximately 3pm. Cost is \$10. Location is at the intersection of US360 (Hull St) and VA653 (Courthouse Rd).

This event will offer ~2 hours of instruction to prepare participants for an orienteering course involving both beginner and advanced beginner level controls (corresponding to white and yellow courses in the OUSA color coded course system) and one intermediate(orange) control. The instruction will be an introduction to maps (USGS and orienteering-style), compass use, the 5 key orienteering skills and how to stay on the map. The instructors will use a variety of handouts and exercises to help the students master the techniques, and then shadow them in the woods as needed. After participants try the course, there will be an after course review to reinforce what was learned. The event should be useful for aspiring orienteers or adventure racers and anyone else interested in acquiring skills in navigating using topographic maps. Pre-registration as such isn't required but the course will involve printed handouts so please use the link below to send Tim a message if you plan on attending so he can be sure to print enough copies.

Update: It may be a bit wet outside, but the event will go on regardless. Fortunately, there's an indoor space for the classroom work. We'll convene in the park office at Rockwood Park which is at 3401 Courthouse Road, North Chesterfield VA 23236. The office is located next to the playground and next to the parking lot used for the basketball courts. (There's a link to a .pdf map of the park at <http://www.chesterfield.gov/content2.aspx?id=5921> )

Most of the outdoors time will be off of trails, so wear off-trail worthy shoes or hiking boots that can get a little wet and muddy. Be sure to bring a rain jacket and a hat to keep you dry. You will probably want to bring extra shoes/socks/dry clothes for your drive home, just in case. We'll have a lunch break mid-way through the day, so bring a lunch or snacks with you. If you have any trouble finding us, give a call at 804-304-8841. See you in the morning!

<b>Location</b>	Rockwood Park, Nature Center, Richmond, VA (Learn-O)
<b>Registration</b>	No advance registration required. Just show up and have fun!
<b>Start Times</b>	You may start your course at any time during the start window listed below for your event.
<b>Schedule</b>	<b>Saturday, September 24</b> 10:00 Learn-O: pm - 10am start, 3:00 3pm end pm
<b>Volunteers</b>	Learn-O: <a href="#">Tim Gilbert</a> [2] Event Director:
<b>Location Details</b>	<b>Learn-O</b> Take I 95 South to exit Rockwood 79. Then take I 195



Park through the .70 cents toll  
Nature onto VA 76-Powwhite  
Center Parkway. Pay the .50  
Richmond, cents exit at Courthouse  
VA Road. VA 653. Take Court  
[Google Map](#) house Road South 1.4  
[3] miles to a left exit into  
Rockwood Park. Follow  
the orienteering signs to  
the Nature Center.

**Course Details**

Learn-OCourse Name	Length (km)	Climb (m)	No. Controls
Score	4		15
Score			

**Entry Fees**

**Individual Entries**

Non-Member: \$10/adult, \$6/junior (under 21 years old)

Member: \$6/adult, \$4/junior (under 21 years old)

**Team or Group Entries**

Participants are welcome to compete together as a single team entry. Teams containing one or more nonmembers are charged the nonmember individual rate. Teams containing one or more adults are charged the adult individual rate. For teams to receive member or junior rates, all members of the team must be members or juniors, respectively. Each extra team map beyond the first is an additional \$4. Individuals or teams desiring to compete on a second course can do so for a reduced fee of \$4/map.

**Important Notes**

- At the event, we can only accept payment in cash or check; online, you may use a credit card or PayPal account.
- Most of our events use electronic timing. We will provide you with an electronic timing chip (aka e-stick, finger dibber, or SI-card) for free if you don't own one. Loaned e-sticks that are lost incur a \$40 replacement fee.
- Compasses are available at no charge, but if lost incur a \$15 replacement fee.
- Please provide collateral (driver's license or car keys) when borrowing a compass or e-punch.
- For additional safety, whistles are available for sale at \$1/each.
- Free beginner instruction is always available - just ask at the registration table.



**Links:**

[1] <https://www.qocweb.org/events/2011/9/24/rockwood>

[2] <https://www.qocweb.org/contact/Gilbert/Tim>

[3]  
[http://maps.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=loc:37.4514,-77.581&sll=37.4514,-77.581&sspn=0.076258,0.086346&ie=UTF8&z=14](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=loc:37.4514,-77.581&sll=37.4514,-77.581&sspn=0.076258,0.086346&ie=UTF8&z=14)