



## Prince William Forest

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**December 8 - December 9**  
**Saturday - Sunday**



Prince William Forest (National) Park is a classic orienteering venue for QOC, and we are pleased to return to it for a fun-filled weekend. Like last year, we have rented the Camp 5 (Happyland) area (including hot showers) for plenty of activities, including training exercises, a **Night-O**, overnight cabin stays (info below), and a full range (White through Blue) of courses on Sunday followed by the **Winter Meeting & Potluck Party** in the large (and heated!) group dining building. We'll have a fire going in the large hearth, so plan on staying around after your run for food and festivities.

**Parking Notice:** Do not park on roads - park in the lots or where parking volunteers direct you. Parking on the access roads blocks emergency vehicle access, and it's very likely to get you a ticket costing \$50 or more.

Youth or large groups planning to attend Sunday's orienteering courses should 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.

**Orienteering Details:** Course details for the main Sunday orienteering event (white through blue courses) are now below - this may even be a reasonable venue to "run up", in other words, challenge yourself to run one level higher/longer than usual. Detailed course setter notes will be posted closer to the event date.

**Saturday Training Information:** On Saturday (Dec. 8) we are offering beginner/intermediate and intermediate/advanced level training sessions, as well as an advanced Night-O course. Beginner/intermediate training is geared for those who typically run Yellow and hope to move up to Orange or who have recently moved up to Orange; intermediate/advanced training is for those regularly doing either orange or advanced courses (Brown, Green, Red, Blue). The training sessions are **FREE!** but open only to members (of QOC or other orienteering clubs). Please email either [Jon Torrance](#)



[5] (if you'll be doing the Beginner training) or [Ted Good](#) [6] (int/advanced training; indicate your normal course level) by midnight on Thursday, December 6th at the latest for planning purposes. There will be a separate form to fill out for the advanced training which will be emailed to you. Not a member? No problem - [join or renew](#) [7] now! Not sure if your membership has expired? Use our [Contact Us](#) [8] form and just ask.

Beginner/Intermediate Training: Introduction, and then a mostly off-trail map walk/instructional session. Optional mini sprint.

Intermediate/Advanced training will consist of several activities: Introduction, training activities (indoor and outdoor: nothing too strenuous), Shadowing exercise, Shadow feedback, and an Optional Mini sprint.

**New!** Night-O: An advanced level Night-O course of 4.2km beckons local club members to find ways to go bump PWF veggies in the dark. Didn't medal or didn't attend the recent Night-O Champs? Here's your chance to make up for it. You must email [Greg Lennon](#) [9] by Friday 8pm to reserve a map. First starts at 5:45pm near the main lodge; plan to be out of the woods in time for the potluck dinner.

Saturday Schedule:

- 11:30-12:00 Arrive and Mingle (int/advanced participants).
- 12:00-2:00 Int/Advanced training introduction and activities.
- 1:15-1:45 Arrive and Mingle (beginner/int participants).
- 2:00-2:15 Shadowing and course instructions (both groups)
- 2:15-3:15 Do courses and related activities.
- 3:00 Cabins open for check-in
- 3:20: Or whenever people finish: Post-course review
- 3:30-4:00 Mini Sprint (less than 2 km long).
- 5:45-6:15 Night-O Start window (see above).

**Saturday Cabin Information:** It's back... your chance to stay overnight in the PWF Cabins + Game Night! So, bring your favorite food, games and music, and join us by a warm fire for an evening of fun and games. Just \$5.00 per person. Check-in Dec 8 at 3:00pm, check-out Dec 9 by 4:00pm. To learn more about the facilities [click here](#) [10] or ask [Gary](#) [11].



You will need to bring food for a potluck dinner Saturday night and then breakfast for Sunday morning - don't forget we also have a potluck Sunday, the following day, for the winter party. There is a kitchen facility with stove burners, industrial ovens, and sinks - it's a great big kitchen! All other items will need to be provided: i.e., pots, pans, serving spoons, can opener, table service etc.

Please [email Gary](#) [11] no later than Monday Dec 3 with your name, phone number, cabin preference (Cabin 1: young children, Cabin 2: early risers, Cabin 3: night owls, Cabin 4: overflow) and your Saturday night potluck contribution. We will all chip in to make this a really fun evening. So, if you can



help with kitchen clean up, music, cabin inspection, bathroom inspection, trash duty, night activities, or firewood please let Gary know - thanks!

**Sunday Winter Party & Potluck Lunch:** We'll start the party around 2pm. Bring your favorite dish to share and join in the fun. Spirits - yes, they're allowed. We'll provide non-alcoholic drinks and all paper goods. A refrigerator, stove and oven are available for you to use, but you will need to bring your own pots, pans and utensils for cooking (and serving). Keeping tradition going, we'll have 2012 highlights, volunteer recognitions, and some cool giveaway prizes!

**Nearby Attraction:** The [National Museum of the Marine Corps](#) [12] is open from 9am - 5pm everyday, and admission is free to this impressive \$60 million structure. On Saturday (Dec 8) from 3 - 5pm, join 'Santa and Mrs. Claus' to make your own ornaments and holiday crafts in the Leatherneck Gallery.

**Directions:** from I-95 exit 150B (near Triangle, VA) go west on Joplin Road ~4.5 miles, then turn right and follow the red and white orienteering signs. Registration is in the Dining Hall of Camp 5. More detailed directions available using the Google Map link below. **Note:** Mawavi Road will have runners on it - please be careful. And don't park on the roads - park in the lots or where directed by volunteers to avoid getting a costly ticket.

**Location** Prince William Forest Park, Camp 5 - Happyland, Triangle, VA (Classic Orienteering)

**Registration** No advance registration required for Sunday courses. Please see above for Saturday events.

**Start Times** For the Sunday courses: register between 10:45 - 1:15, start between 11 - 1:30, and be back no later than 3pm. Note though that the Winter Meeting & Potluck will start around 2pm, and we're hoping to see you there!

**Schedule** **Saturday, December 8** 11:30 Classic  
am - Orienteering:  
4:00 Orienteering  
pm technique  
training -  
beginner/inte  
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**Sunday, December 9** C  
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**Volunteers**

Event [Bill Wright](#) [13]  
Director:  
Course [Linda Ferguson](#) [14]  
Designer:  
Course [Chuck Ferguson](#) [15]  
Designer:

**Location Details**