

## PWF Training

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### October 26 Saturday

**Saturday Training Information:** On Saturday (Oct. 26) we are offering beginner and intermediate/advanced level training sessions, based out of Cabin Camp 3. The training sessions are **FREE!** but open only to members (of QOC or other orienteering clubs). Please email [Jon Torrance](#) [2] no later than Thursday evening (we need a head count in time to print sufficient maps and other instructional materials) and indicate which level of training you are interested in. Not a member? No problem - [join or renew](#) [3] now! Not sure if your membership has expired? Use our [Contact Us](#) [4] form and just ask.

Beginner training will consist of a clinic running from 9am to ~4pm taught by Bob Turbyfill with both classroom time and practical exercises focusing on the fundamental orienteering skills of distance estimation and compass use; no previous orienteering experience is required but the beginner training will be appropriate for white and yellow course orienteers and newer orange course orienteers who don't feel they've mastered those techniques.

For intermediate/advanced orienteers (those regularly doing either orange or advanced (brown, green, red, blue) courses), starting at 10am there will be a variety of in-the-woods exercises focusing on various skills (including a group map walk, control picking course, contour-only line-O, corridor-O and a memory-O route choice exercise) and some classroom sessions to be determined (at minimum, an overview of orienteering skills and techniques, a presentation on route choice and, courtesy of Dave Pruden, Five Rules for Happy Orienteering). Intermediate/advanced participants will pick and choose whichever exercises and classroom sessions interest them.

**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 Oct. 26 at 3:00pm, check-out Oct. 27 by 4:00pm. To learn



more about the facilities [click here](#) [5].

You will need to bring food for a potluck dinner Saturday night and then breakfast for Sunday morning. 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.

There are still some cabin spots available, so if you're interested, **please send an email now** using our [Contact Form](#) [4], with your name, phone number, and the number of people in your group.

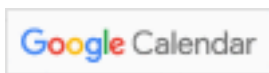
About these cabins: These cabins are different than ones we've used previously, in that they sleep fewer people per cabin (in more comfort) but they are also more rustic. The cabins are 10-person

cabins, sleeping 4, 2 and 4 people in each of the three rooms (left, middle, right), and the beds are actual steel frames with coils topped by a thick mattress. The cabins do not have heat, although hot water is available in all bathrooms including the ones with showers.



[Example of 10 person cabin at PWF Camp 3](#)

[6]



[7]

## **Location**

[Prince William Forest Park, Camp 3 - Orenda \(Orienteering Technique Training and Overnight Cabin Camping\)](#)

## **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**

[Saturday, October 26](#) 9:00 am - 10:00 pm [Orienteering Technique Training and Overnight Cabin Camping:](#)

## **Volunteers**

[:](#) [8]  
[Training](#) [Jon Torrance](#) [2]  
[Coordinator:](#)

## **Location Details**

[Orienteering Technique Training and Overnight Cabin Camping](#) Cabin Camp 3 is located just off of the park's Scenic Drive, approximately 1 mile from the entrance station. After entering the park, take the first left onto Scenic Drive. Take a



[Prince William Forest Park](#)  
[Camp 3 - Orenda](#)  
[Google Map](#)  
[\[9\]](#)

## **Entry Fees**

### **Individual Entries**

*Note: juniors = under 21*

	<a href="#">Club Member, adult</a>	<a href="#">Club Member, junior</a>	<a href="#">Non-Member, adult</a>	<a href="#">Non-Member, junior</a>
<a href="#">Epunch Owner</a>	<a href="#">\$5</a>	<a href="#">\$5</a>	<a href="#">\$10</a>	<a href="#">\$5</a>
<a href="#">Epunch Borrower</a>	<a href="#">\$10</a>	<a href="#">\$5</a>	<a href="#">\$15</a>	<a href="#">\$10</a>

### **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 \\$2. Individuals or teams desiring to compete on a second course can do so for a reduced fee of \\$2/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.](#)
- [You may become a member at the event or by joining online via this webpage \[3\] \(which also explains the member benefits\). Membership is completely optional.](#)
- [Most of our events use an 'epunch' timing chip for electronic timing. Individuals or groups without their own epunch pay a higher entry fee \(see above\), which includes the loan of an epunch for that event. Loaned epunches that are lost incur a \\$40 replacement fee. Epunches \(also known as SI-cards or finger sticks\) are usually available for sale at the electronic timing station at each event or via SportIdent.us \[10\].](#)
- [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 epunch.](#)
- [For additional safety, whistles are available for](#)



[sale at \\$1/each.](#)

- [Free beginner instruction is always available - just ask at the registration table.](#)

**Source URL:** <https://www.qocweb.org/events/2013/10/26/pwf-training>

### Links:

[1] <https://www.qocweb.org/events/2013/10/26/pwf-training>

[2] <https://www.qocweb.org/contact/Torrance/Jon>

[3] <http://qocweb.org/get-involved/join>

[4] <http://qocweb.org/contact>

[5] <http://www.nps.gov/prwi/planyourvisit/group-cabin-camping.htm>

[6] <http://www.nps.gov/prwi/planyourvisit/Cabin-Camp-3-Individual-Units.htm>

[7]

<https://www.google.com/calendar/event?action=TEMPLATE&tmeid=dWpicHRmY2J0cm5rOWk4cDhsNWs2Z2EwZHMgZ3JlZ0Bxb2N3ZWlub3Jn&tmsrc=greg%40qocweb.org>

[8] <https://www.qocweb.org/contact>

[9]

[http://maps.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=loc:38.5631,-77.3609&sll=38.5631,-77.3609&sspn=0.076258,0.086346&ie=UTF8&z=14](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=loc:38.5631,-77.3609&sll=38.5631,-77.3609&sspn=0.076258,0.086346&ie=UTF8&z=14)

[10] [http://shop.sportident.us/SI-Cards\\_c20.htm](http://shop.sportident.us/SI-Cards_c20.htm)