

Mason Neck

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**September 8
Sunday**



Update: due to the gratifyingly high level of response, this event is now closed to further participants - we have as many as we can handle. If you'd like to try orienteering, we hope you'll come to one of our remaining events this season, each of which will also offer beginner instruction and courses suitable for beginners.

Quantico Orienteering Club invites all newcomers to join us for an "INTRODUCTION TO ORIENTEERING" as we prepare to kick off our 2013-2014 season. This year we are hosting two purely beginner-oriented events: [one in Maryland](#) [2] on Sunday, September 1st at Wheaton Regional Park and this one at which we're pleased to now be able to say **instruction will also be available in ASL as well as English.**

These will be FREE* beginner-only orienteering events for all ages - from children to adults. For anyone who has ever wanted to try orienteering, or just wondered what it is, here's the chance to come out and give it a go. Those of you who are already seasoned orienteers, please feel free to invite your co-workers and friends out to experience that activity you're always telling them you do. *Note:



although our event is free, the park charges a \$4/vehicle entrance fee.

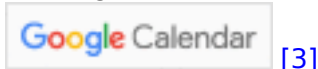
Participants will learn the basics of orienteering from experienced instructors and then apply their newly acquired skills on a beginner level orienteering course (either a White or Yellow Course) that same day. **Registration opens at 9:00 AM and instruction will be offered approximately every 20 minutes beginning at 9:20 AM and running through 11:00 AM. Instruction will also be available in ASL throughout this period.** Participants can either orienteer solo, or in small groups of their own choosing. All participants will have until 12:30 PM to complete their courses.

The only equipment you'll need to bring is your brain, some active clothing/sportswear, a comfortable pair of athletic shoes, and a watch. Participants may also want to bring along extra water or beverages, though there will be plenty of water on the course and at the start/finish/instructional area.

As added bonus, all participants get a free trial membership to the Quantico Orienteering Club through the end of October 2013.

To join us on one of these events, please reserve a spot by emailing the Meet Director, Heidi Onkst and providing first/last name of each participant and which event you will be attending (Wheaton, Mason Neck or both!). The park permits limit these events to a certain number of participants, so please register ASAP.

Looking forward to the start of a great O-Season!



[3]

Location

[Mason Neck SP, Mason Neck SP, Lorton, VA](#)
[\(Introduction to Orienteering\)](#)

Registration **Start Times**

[Registration is now closed.](#)
[First training session begins at 9:20am.](#)
[Participants can start course any time after they complete the Introduction to Orienteering training, which will last about 20 minutes. "Out of the Woods" time is 12:30pm](#)

Schedule

[Sunday, September 8](#) [9:00 am - 12:30 pm](#) [Introduction to Orienteering: Courses open](#)

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