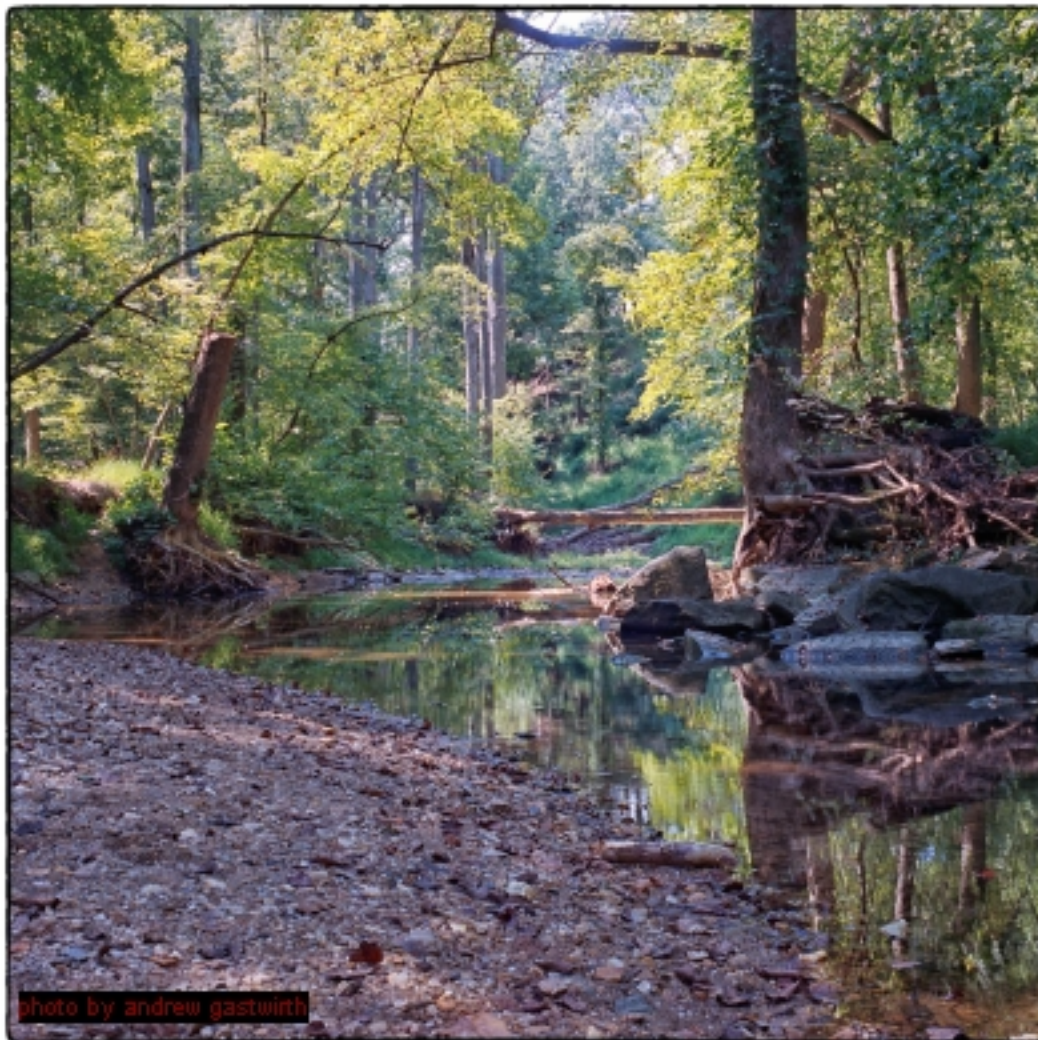


Cabin John

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February 22
Saturday



[2]Welcome to one of our family-friendliest orienteering venues - even if it may be not quite as verdant at this time of year as the photo implies. We will be offering a full range of courses (2 beginner, 1 intermediate, and 4 advanced; all details are now posted below), thanks to course setter Russ Damtoft. Event Directors Sarah & Don Fish will have registration set up at a new area in this park, near the Shirley Povich Field beyond the ice rink (directions below) and there will be a short, ~200 meter walk to the start location. Event timing for this Saturday event will be standard: register at the event anytime between 10:45am - 1:15, start anytime between 11 - 1:30, and make sure to finish and check back no later than 3pm. Electronic timing will be used, so make sure to return borrowed timing chips at the download/finish station.

As usual, youth groups and other large groups planning to attend this event should contact the [Event Director](#) [3] well in advance so that we can coordinate pre-registration for your group; the group registration and waiver [form](#) [4] is part of the information on our [Group Leaders](#) [5] page. Additional information:



- Dogs on leash are welcome.
- Certain advanced courses include a road crossing (actually two; once going, once coming back). There are controls on both sides of the road, and the time taken in between them will be subtracted for both crossings so these participants can concentrate on crossing the road safely rather than speedily.
- Please don't park in the area directly south of the ice rink - it's reserved for skaters.
- GPS watch loaner program continues, for anyone interested in trying one out. See Jon Torrance at the event.
- Feel free to use our [Contact Us](#) [6] form if you have any questions!



Post-Race Goodies! After your run, head over to the nearby [Corner Bakery](#) [7]. Their friendly manager Ridha is offering all orienteers a free cookie with any purchase - just bring in your map and they'll know you're an orienteer. Parking can get a bit tight right in front of this location, so feel free to also use the big lot immediately to the north.

Nearby attractions: Both the [Cabin John Ice Rink](#) [8] and the [Westfield Montgomery Mall](#) [9] are very close. The ice rink is on one side of the parking area, has a concession selling snacks and a skate rental facility, and offers public skating sessions on Saturdays between 12-2 and 2-4.

UltraLong Sign Up Now Open! Registration is open now through Wednesday Feb. 26 for next Sunday's (March 2) UltraLong 15.6km course at Patapsco Valley SP; head to the [event webpage](#) [10] for details. Regular courses (white through blue) will take registrations at the event.

Location Cabin John Regional Park, Shirley Povich Field, Rockville, MD (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 **Saturday, February 22** 11:00 Classic
am - Orienteering:
3:00
pm

Volunteers Event [Don Fish](#) [11]
Director:
Event [Sarah Menke-Fish](#) [12]
Director:
Course [Russ Damtoft](#) [13]
Designer:

Location Details **Classic** Take I-270 to Democracy
Orienteerin Blvd. Merge onto



g Democracy Boulevard
Cabin John heading west and go 0.3
Regional miles, just beyond the
Park Montgomery Mall. [**Note:**
Shirley This exit is not accessible
Povich Field coming west on the
Rockville, Beltway; click the Google
MD Maps link for directions.]
[Google Map](#) Then turn RIGHT onto
[14] Westlake Drive, at the
joint Exxon/Shell gas
station. In just 0.1 miles,
after the second light,
turn left at the signs to
enter this part of Cabin
John park. Drive straight
to the T intersection and
stop sign; then turn right
and follow around to the
parking area to the left
beyond the ice rink
parking area. DO NOT
PARK in the area directly
south of the ice rink
entrance - it is reserved
for ice rink users and is
quite busy on weekends.
Park closer to the small
buildings and ticket
building near Shirley
Povich field, where our
registration area will be
located.

Course Details

Classic Orienteering	Cours	Length	Climb	No.
	e	h	(m)	Contr
Name	(km)			ols
White	1.7	45	12	
Yellow	1.9	70	11	
Orange	3	120	13	
Brown	2.4	80	8	
Green	4.4	140	14	
Red	6.3	225	22	
Blue	7.4	245	26	

Course Notes

Classic Orienteering

Because Cabin John is an urban park, it's impossible to place a control that's not near a prominent feature, so the emphasis for advanced courses will be on making a lot of good route choices. We've had a lot of snow and are expecting high temperatures over the next week, so things might be a bit on the muddy side. Other than that, we think the courses will be fun and challenging.
SPECIAL NOTE FOR GREEN, RED, AND BLUE: We



are using both sides of Cabin John Creek. While it's crossable at several points, it's tough to do that and keep your feet and ankles dry south of Tuckerman Lane. As muddy as it will be, advanced orienteers probably won't be keeping them dry anyway.

However, there are dry-foot route choices available. If water levels are very high due to snow-melt fueled high water levels, keep these in mind.

EXTRA SPECIAL NOTE FOR RED AND BLUE: These courses will use the area north of Tuckerman Lane. This means you will have to cross Tuckerman Lane twice. Tuckerman is a busy road, and while we've located the crossing points at spots with good sight-lines, you still need to look carefully before crossing. To remove the temptation to do otherwise, at each crossing point, controls have been placed on both sides of the road. Time spent between these crossing points will be subtracted from your overall time. This means that no matter how long it takes, there will be no loss to your overall time -- even if you have to wait ten minutes.

Entry Fees

Individual Entries

Note: juniors = under 21

	Club Member, adult	Club Member, junior	Non-Mem ber, adult	Non-Mem ber, junior
Epunch Owner	\$5	\$5	\$10	\$5
Epunch Borrower	\$10	\$5	\$15	\$10

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](#) [15] (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 each event as described [here](#) [16].

- 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/2014/2/22/cabin-john>

Links:

[1] <https://www.qocweb.org/events/2014/2/22/cabin-john>

[2] <http://www.flickr.com/gastwa>

[3] <http://qocweb.org/contact/Menke-Fish/Sarah>

[4] http://qocweb.org/sites/default/files/Group_Registration_Form.xls

[5] <http://qocweb.org/content/group-leaders>

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

[7] <http://www.cornerbakerycafe.com/locations/md/bethesda/westlake>

[8] http://www.montgomeryparks.org/enterprise/ice/cabin_john/index.shtm

[9] <http://www.westfield.com/montgomery/>

[10] <http://qocweb.org/events/2014/3/2/patapsco-avalon>

[11] <https://www.qocweb.org/contact/Fish/Don>

[12] <https://www.qocweb.org/contact/Menke-Fish/Sarah>

[13] <https://www.qocweb.org/contact/Damtoft/Russ>

[14]

http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=loc:39.0307,-77.1497&sll=39.0307,-77.1497&sspn=0.076258,0.086346&ie=UTF8&z=14

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

[16] <http://qocweb.org/epunch>