



Lake Accotink

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September 21 Sunday

This event has lots going on! First off: it's part of the National Orienteering Week festivities, so you can expect something in the way of (out)door prizes. The event itself will kick off with an MTBO event, and courses suitable for both beginners and experienced mountain bikers will be available. Additionally, our MTBO event will be part of the grand US 'Barnstorming' MTBO Tour, which means that the Swedish MTBO Team's National Coach, **Magnus Wallenborg**, will be on hand at this event to give advice and lead MTBO clinics. And to top it all off, come meet QOC's newest dynamic duo - Dave and Diane Ashley, serving as course setter and meet director for the MTBO part of this event. Dave (better known as Dash to his Rev3 teammates) was a member of the 2013 National MTBO Team competing in Estonia, and Diane was an organizing principle behind a lot of the great photos and publicity streaming from the competition there. The Ashleys moved this summer to the DC area, so come welcome them. After the MTB bikes are (hopefully) all out of the woods, it's time to enjoy Lake Accotink's forests and trails on foot. Gary and Karla will be serving up White through Red courses, and with plenty of space near our registration area and the nearby Lake to enjoy as well, why not bring a picnic to relax after your course?

Any youth or large groups attending this event 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.

Wondering what Mountain Bike Orienteering is about? Check out these videos (there are 3) from the Australian Orienteering Association:

The other two videos are [here](#) [5] ('How To Navigate') and [here](#) [6] ('Things You Need To Know').

If you don't want to click through to any of those at the moment, suffice it to say that MTBO is navigational racing on mountain bikes, in which each participant is given a map showing a series of checkpoints to be found in a designated order in the shortest possible time, with the choice of route between checkpoints left up to the racer. Success therefore depends on raw speed, of course, but also on the ability to read the map, make good route choices and execute them efficiently.

Rules for the MTBO event:

NOTE: The railway bed/track is out of bounds. Stay away from it.

Helmet use is mandatory.

Participants are required to stay within 10 feet of their bikes at all times while racing.

Participants are required to stay on trails, tracks, roads and fields. No short cuts through the forest.

Participants must yield to horses and pedestrians, in accordance with park rules.

Note: in case of rain and therefore poor trail conditions we may be required to cancel the MTBO event; make sure to check this website the day before the event for news. The foot-O in the afternoon will take place rain or shine.

Map Boards Are Available! Buy your own map board in advance, or save shipping costs and have it hand delivered at this event. The AutoPilot map board (3 styles) can be purchased as described [here](#) [7], and we'll deliver it to this event. We may (no guarantees!) have some map boards to try out for



free too - first come, first served, and if you break it, you bought it! AutoPilot map boards are the preferred choice of Team USA riders, and a portion of each purchase helps support Orienteering USA's MTBO Team as well.

Special Entry Fees:

Member using their own epunch: \$5 foot, \$10 MTBO, \$15 for both

Member renting an epunch: add \$5 to above amounts (and use for one or both events)

Non-member using their own epunch: \$10 foot, \$15 MTBO, \$25 for both

Non-member renting an epunch: add \$5 to above non-member entry fee (and use for one or both events)

Juniors: \$5/event plus \$5 if non-member plus \$5 if epunch needed

Donations to MTBO Team USA: Definitely accepted and encouraged! And yes, they are tax-deductible.

After The Event use our updated [RouteGadget](#) [8] software to enter your routes to all controls, and then compare your way to the way others went. The user interface is now tablet- and smartphone-friendly as well as Java-free. Event maps and split times for all participants are usually online within a day of the event.

Location

Lake Accotink Park, Lower Parking Lot, Springfield, VA
(MTBO + Classic)

Registration

No advance registration required. Just show up and have fun!

Start Times

Start window times for both MTB and foot courses are posted below (subject to change).

Schedule

Sunday, September 21

8:45	MTBO +
am -	Classic: MTBO
9:45	registration
am	window
9:00	MTBO +
am -	Classic: MTBO
10:00	Start window
am	
10:45	MTBO +
am -	Classic:
1:15	Classic (foot)
pm	orienteering
	registration
	window
11:00	MTBO +
am -	Classic:
1:30	Classic
pm	orienteering
	start window
11:30	MTBO +
am	Classic: MTBO
	courses close
3:00	MTBO +
pm	Classic:
	Classic
	orienteering
	courses close

Volunteers

Event [Diane Ashley](#) [9]
Director:
Course [Gary Smith](#) [10]



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Published on Quantico Orienteering Club (<https://www.qocweb.org>)

Designer:

Course [Karla Hulett](#) [11]

Designer:

Course [Dave Ashley](#) [12]

Designer:

Location Details