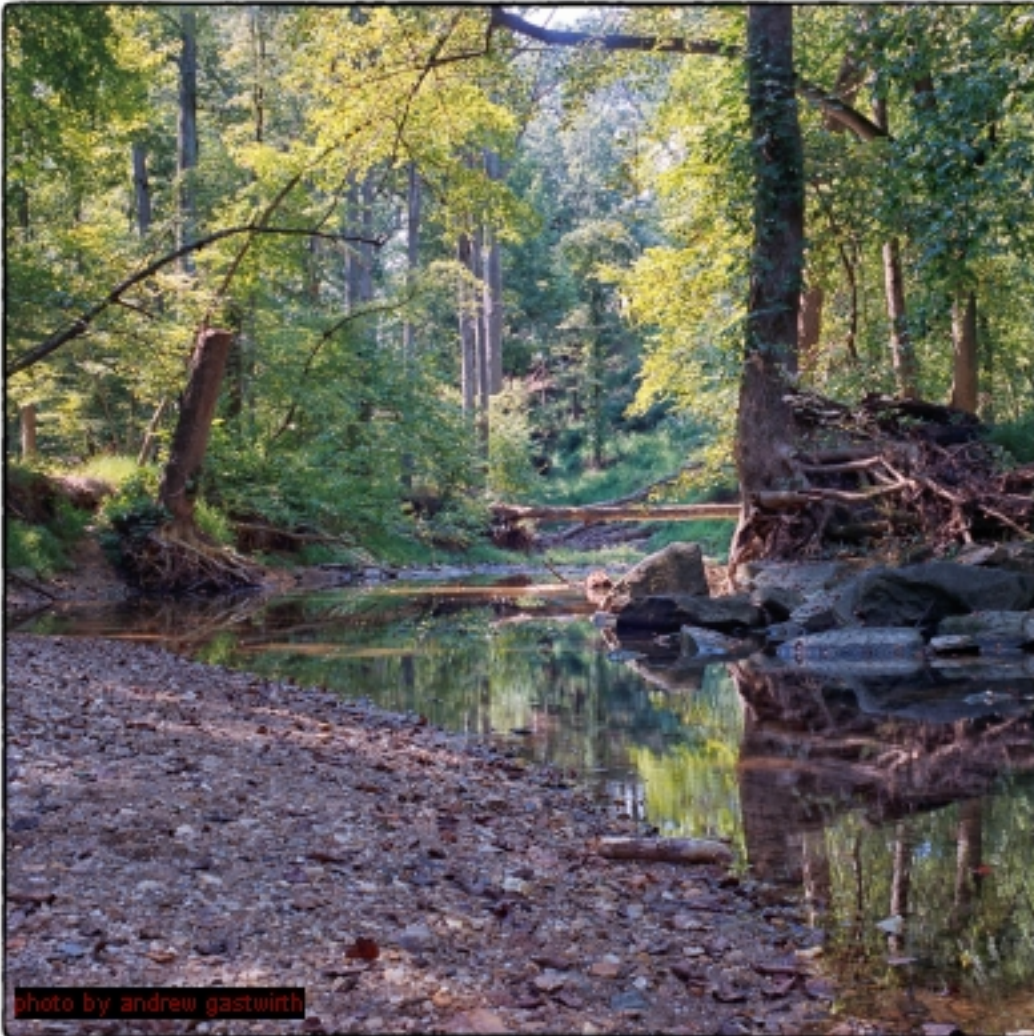


Cabin John

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November 22
Saturday



[2]Welcome back to one of our family-friendliest orienteering venues - and one that still has plenty of navigational challenges for all levels. We will be offering a range of courses (2 beginner, 1 intermediate, and several advanced options - see below), thanks to our new QOC member (TeamUSA member) Boris Granovski. Note that this is a **Saturday** event!

Event timing 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.

This is a small and relatively heavily used area, but it has a number of nice pockets of forest and will present challenges for beginners and experienced orienteers alike. There will be two starts: Start 1, for White, Yellow, and Orange courses, will be adjacent to the assembly area. Start 2 for Brown, Green, Red, Blue, and UltraBlue is about 600m away. White, Yellow, and Orange will finish at the assembly area, while the advanced courses finish near their start location and have to walk back to the assembly area to download.



The longer advanced courses (Red, Blue, and our special offering UltraBlue) are composed of loops that allow for better use of the available terrain. At the start of your first loop, punch the Start box. For each subsequent loop, punch the finish and then proceed to the start triangle, **but do not punch the Start box**. Red and Blue will consist of two loops each, and UltraBlue of three loops. The loops will be printed one to a page, so make sure you run the correct loops in the correct order. Make sure to read the course notes below too (especially the part about the multiple, un-timed crossings of Tuckerman Rd).

Brown = A (3.6km)

Green = C (5.1km)

Red = A + B (6.7km)

Blue = A + C (8.7km)

UltraBlue = A + B + C (11.8km)

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:

- All maps will be at 1:7500 scale (with 5m contours).
- Watch out for the Train! Yes, given dry enough weather we expect that the quite popular miniature train ride will be running, and although you can run faster than it goes, and you might even be able to leap over it, it's still poor form to scare kids by rushing out of the woods at them as they ride the train. On the other hands, if you're bringing young kids, read up about this ride on [this page](#) [6].
- Carpooling is encouraged as a courtesy to other park users.
- Dogs on leash are welcome.
- 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](#) [7] form if you have any questions!



Post-Race MeetUp Special! The nearby - literally about 1 minute away - California Tortilla is offering orienteers after our event a **free** side of chips & queso with any purchase (use top secret code "race"). Located in the Cabin John Shopping Center (Tuckerman & Seven Locks Rds) just west of our venue, [CalTort](#) [8]'s Wall of Flame and it's spunky attitude make it a QOC favorite.

**Location**

Cabin John Regional Park, Shirley Povich Field, Rockville, MD (Classic)

Registration

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

**Start Times
Schedule**

Start any time between 11 - 1:30pm.

Saturday, November 22 11:00 Classic:

am - Start

1:30 window

pm

3:00 Classic:

pm Courses

close:

everyone

must be

back at

finish

Volunteers

Event [Jon Pifer](#) [9]

Director:

Course [Boris Granovskiy](#) [10]

Designer:



Location Details

Classic, Classic Take I-270 to Democracy Blvd. Merge onto Cabin John Democracy Boulevard Regional heading west and go 0.3 miles, just beyond the Park Shirley Montgomery Mall. [**Note:** Povich Field This exit is not accessible Rockville, coming west on the MD Beltway; click the [Google Maps link](#) for directions.] [11] Then turn RIGHT onto 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 Course Name	Length (km)	Climb (m)	No. Controls
Long	11.8		
Advanced			
White	1.7	25	10
Yellow	2.2	55	9
Orange	3	75	12
Brown	3.6		
Green	5.1		
Red	6.7		
Blue	8.7		

Entry Fees

Individual Entries

Note: juniors = under 21

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



Borrower

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](#) [12] (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](#) [13].
- 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/2014/11/22/cabin-john>

Links:

[1] <https://www.qocweb.org/events/2014/11/22/cabin-john>

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

[3] <http://qocweb.org/contact/Pifer/Jon>

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

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

[6] http://www.montgomeryparks.org/enterprise/park_facilities/trains/cabin_john.shtm

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



[8] <http://californiatortilla.com/>

[9] <https://www.qocweb.org/contact/Pifer/Jon>

[10] <https://www.qocweb.org/contact/Granovskiy/Boris>

[11]

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

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

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