

Lake Needwood

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April 12
Sunday



Welcome to the first Maryland QOC event for April!

This will also be our fourth event ever at Lake Needwood, and it will feature a full slate of beginner through advanced courses. Course lengths are now posted below.

As with all QOC events, we will have free newcomer instruction at this event. A QOC member will show you how to read a map, teach you how to use a compass with your map and give you hints on how to navigate your choice of course. Besides that, just wear a smile and the clothes you would for a hike or run in a local park. Bring a compass, if you have one, or borrow one at the event. And dogs (on leash) are welcome at Lake Needwood too. Driving directions are below; we will be in Shelter C (just up from A).

Map scales: White, 1:5000; Yellow, Orange and Brown, 1:7500; Green, Red, and Blue 1:10000. All are on letter size (8.5x11 inch) paper.

Special Training! An advanced training session will be conducted by veteran member Mihai Sirbu starting at 1:30. If you're an intermediate (orange) or advanced runner interested in this, email [Mihai](#) [2] directly to let him know so he'll have enough maps ready.

Any youth or large groups attending, please contact the [Event Director](#) [3] 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.

Nearby attractions include:

- Scenic Lake Needwood itself - for a panoramic photo by mapper Nadim Ahmed of part of the lake, click [here](#) [6]
- Park map - a Rock Creek Regional Park trail map with plenty of amenities can be found [here](#) [7], and a brochure [here](#) [8]
- A [Go Ape](#) [9] treetop adventure course is also in this park.



Post-Race MeetUp: It's a deal for us at this favorite spot - all appetizers are half-price and beers are \$1 off (meaning, Happy Hour prices) - when you head to this family friendly restaurant after orienteering. Urban BBQ is located at 5566 Norbeck Rd, in the shopping center just east of the Rock Creek overpass; driving directions from our event are [here](#) [10].



[\[11\]](#)

Location

[Lake Needwood, Circle Parking Area, Derwood, MD \(Classic\)](#)

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

Sunday, April 12 11:00 am - 3:00 pm Classic: Start between 11 - 1:30; finish no later than 3pm.

Volunteers

Event [Lydia Andrews \[12\]](#)

Director:

Course [Greg Lennon \[13\]](#)

Designer:

Course [Kathleen Lennon \[14\]](#)

Designer:

Location Details

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