

Mason Neck

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**August 8
Saturday**



Quantico Orienteering Club invites all newcomers to join us for an "INTRODUCTION TO ORIENTEERING" as we gear up for our 2015/16 season in September. This year we are hosting two purely beginner-oriented events: this one and another in Maryland that took place on Saturday, July 11th at Wheaton Regional Park, Wheaton, MD.

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.

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.** 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, and you can walk or run your course as you wish.

The only equipment you'll need to bring is your brain, some active clothing/sportswear, a comfortable pair of athletic shoes, and a watch. Compasses will be available, but please bring your own if you have one. 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.



Pre-registration is being offered for these events due to park permit participant limitations. Pre-registration is now closed, but you are welcome to attend since enough space is available. open [here](#) [2].

Location

Mason Neck SP, Mason Neck SP, Lorton, VA
(Introduction to Orienteering)

Registration

Pre-registration is now closed. Registration will be available at the event.

Schedule

Saturday, August 8 9:20 am - 12:30 pm Introduction to Orienteering: Orienteering for beginners - courses open

Volunteers

Event [Heidi Onkst](#) [3]
Director:
Course [David Onkst](#) [4]
Designer:

Location Details

Introductio From southbound I-95,
n to take exit 163 (Lorton). Go
Orienteerin left onto Lorton Rd at the
g end of exit ramp. Go
Mason Neck under the 2nd overpass



SP and turn right onto Lorton
 Mason Neck Market St (Z-pizza is in
 SP the shopping center on
 Lorton, VA the left), then go about
[Google Map](#) 1.5 miles to the traffic
 [5] light at Route 1. Go
 straight through light (the
 road name changes to
 Gunston Rd) and go
 about 5 miles to the right
 turn on High Point Road
 (it's about 1.2 miles after
 the Pohick entrance).
 Once in the park (\$5
 in-state or \$7 out-of-state
 entrance fee per vehicle
 on weekends), follow the
 signs towards the Visitor
 Center. The registration
 area will be to the left
 just before the Visitor
 Center; look for the
 banner.

Course Details

Introduction to Orienteering	Cou	Len	Clim	No.
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me)		s	
White	3	40	13	
Yellow	3.8	70	15	

Course Notes

Introduction to Orienteering
 White Course: All on trails. Best option for adults and families with no or limited orienteering/navigational experience.
 Yellow Course: Longer, some off-trail controls but with linear features to follow. Good option for adults with older children and some navigation/orienteering experience, adventure racers and hikers.

Entry Fees

- This event will be free of charge.
- Electronic timing will be used. We will provide you with an electronic timing chip (aka e-stick, finger dibber, or SI-card) for free if you don't own one. Loaned e-sticks that are lost incur a \$40 replacement fee.
- 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.
- For additional safety, whistles are available for sale at \$1/each.



Source URL: <https://www.qocweb.org/events/2015/8/8/mason-neck>

Links:

[1] <https://www.qocweb.org/events/2015/8/8/mason-neck>

[2] <https://qoc.wufoo.com/forms/m1uvjxig11xmw7d/>

[3] <https://www.qocweb.org/contact/Onkst/Heidi>

[4] <https://www.qocweb.org/contact/Onkst/David>

[5]
http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=loc:38.6424,-77.1984&sll=38.6424,-77.1984&sspn=0.076258,0.086346&ie=UTF8&z=14