



Lake Accotink

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September 5 Saturday

Final Update as of Friday evening: Conditions on the MTBO courses are fine, and the event is a go! Event timing and course details for this **Saturday** event are now posted (see below). First off: 2 mountain bike orienteering (MTBO) courses, with registration from 9:45 - 10:45am, a 10 - 11am start window, and a Noon course closing time. Then it's time to start running or walking! Register for the white, yellow or 75 minute Score-O course between 11:45am - 1:15pm, start any time between Noon - 1:30pm, and make sure to finish and be back to download no later than 3pm. Score-O controls are worth 10 points each, and you'll have 20 points deducted from your total for each fraction of a minute you're over 75 minutes.

Special Review! Feel free to get tips and discuss MTBO in general and the courses more specifically with both course setter Victor Lin and with MTBO Team USA member Jeff Dickey (who'll be at the event pavilion around Noon).

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.

Note that registration for both events will be at the McLaren-Sargent Pavilion, accessed from the parking lot off of Heming Ave; driving directions are below.

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.

Be aware that both courses require technical MTB riding skills and involve quite narrow, steep and rocky sections.

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

Alternative parking is available at the lower parking lot (7500 Accotink Park Rd., Springfield), which is a short walk from the pavilion where registration will be.

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.

[\[8\]](#)**Location**

[Lake Accotink Park, McLaren-Sargent Pavilion,
Springfield, VA \(MTBO + WY & Score-O\)](#)

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 each event.](#)

Schedule

Saturday, September 5

<u>9:45 am -</u>	<u>MTBO + WY & Score-O:</u>
<u>10:45 am</u>	<u>MTBO</u>
	<u>Registration open</u>
<u>10:00 am -</u>	<u>MTBO + WY & Score-O:</u>
<u>11:00 am</u>	<u>MTBO Start Window (start any time between 10 - 11)</u>
<u>11:45 am -</u>	<u>MTBO + WY & Score-O: W/Y</u>
<u>1:15 pm</u>	<u>& Score-O</u>
	<u>Registration Open</u>
<u>12:00 pm</u>	<u>MTBO + WY & Score-O:</u>
	<u>MTBO</u>
	<u>Courses</u>
	<u>Close: All bikes must be off the course</u>
<u>12:00 pm -</u>	<u>MTBO + WY & Score-O: W/Y</u>
<u>1:30 pm</u>	<u>& Score-O</u>
	<u>Start Window (start any</u>



[time during
this window\)](#)
[3:00](#) [MTBO + WY &](#)
[pm](#) [Score-O: W/Y](#)
[& Score-O](#)
[Courses Close](#)
[\(everyone](#)
[must finish by](#)
[3pm\)](#)

Volunteers

[Event](#) [John Baker \[9\]](#)
[Director:](#)
[Course](#) [Victor Lin \[10\]](#)
[Designer:](#)

Location Details

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