



Lake Needwood

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March 13
Sunday



Yes! All systems are a go for our Lake Needwood event and we are looking forward to seeing you - but make sure you've set all your clocks forward an hour.

Welcome to this year's last QOC event in March! This will also be our fifth event ever at Lake Needwood, and it will feature a full slate of beginner through advanced courses. Course lengths and course setter comments aren't now posted; note the warning below regarding children on the orange course.

Daylight Savings Time Reminder! While this event's timing may be standard - register between 10:45 - 1:15, start between 11 - 1:30 and be back before 3 - what's not so standard is that you will need to be sure to set all clocks ahead 1 hour Saturday evening. Don't show up late!

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).



Special Training! An advanced training session on route choices will be conducted by this event's course setter, veteran member Mihai Sirbu, starting at 1:30.

Any youth or large groups attending, please 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.

Nearby attractions include:

- Scenic Lake Needwood itself - for a panoramic photo by mapper Nadim Ahmed of part of the lake, click [here](#) [5]
- Park map - a Rock Creek Regional Park trail map with plenty of amenities can be found [here](#) [6], and a brochure [here](#) [7]
- A [Go Ape](#) [8] 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](#) [9].



And How About a Show Later? Focus, an organization promoting folk and acoustic music in the DC area, has a nearby concert starting at 7:30pm, featuring 80's legend Marshall Crenshaw and local musician Harris Amster. Tickets are \$18 in advance or \$20 at the door; full details are [here](#) [10].

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. Remember to set all clocks forward 1 hour on



Schedule

Saturday night.

Sunday, March 13 11:00 am - 3:00 pm Classic:

Volunteers

Event [Diana Todd](#) [11]

Director:

Course [Mihai Sirbu](#) [12]

Designer:

Location Details