



Lake Accotink

[ShareThis](#) [1]

September 11
Sunday



Welcome to the first event of QOC's Sept. - June season! We have bike orienteering, foot orienteering, and a special welcome for Northern VA Senior Olympics participants! Everyone is welcome at either (or both) of the events taking place here at Lake Accotink Sunday, Sept. 11. In the morning, weather permitting, bring your bikes and choose between medium and long mountain bike orienteering ("MTBO") courses; register between 9-10am, start between 9:15 - 10:15, and be off your course by 11:30am. After the bike event comes foot orienteering. Register between 11:15 - 1:15pm, and then walk or run on foot your choice of a beginner (white or yellow), intermediate (orange), or advanced (brown, green, red) orienteering course. Start anytime between 11:45 - 1:30pm, and be sure to be back no later than 3pm.

New to orienteering? We recommend you try foot orienteering (the bike courses are not recommended for beginning mountain bikers). We will hold (free) beginner clinics from 11:30 - 1:30 upon request; just tell the friendly folks at registration if you'd like to try that. Also, make sure to check out our [Your First Event](#) [2] and [For Beginners](#) [3] webpages, and if they don't answer any question you have, just use our [Contact Us](#) [4] form and ask away!

Group Leaders: please see our [For Group Leaders](#) [5] webpage and then contact us so we can get you registered in advance.

Northern VA Senior Olympics Participants: Check in at the registration area from 11:00 to 11:30. The "advanced beginner" course is also known as the Yellow course, and your "Advanced" course is also known as the Brown course. We will be happy to offer instruction and answer additional questions at the event.

Additional Information:

- All Orienteers: There is a 500m walk between our registration area and the start/finish area. Please plan accordingly. Also, note which pavilion we are using and how to get there (below); it is



- **not** the flat parking area near the train overpass that we more commonly use.
- Helmets are required for MTBO. Also, participants are encouraged to bring the map carrying system of their preference although there will be safety pins and polyethylene map cases available to support the low-tech option of safety pinning your map to your torso. Note that the map will be 8.5"x11" and that you will be given the map at the start, a minute before starting, so you might want to practice inserting a piece of paper that size into whatever system you will use to be sure you can do it quickly.
- Map boards are your responsibility; we will not have extras on hand at this event.
- All orienteers: be respectful of park users, especially those ambling slowly along the main trail. Don't spook them by popping suddenly out of the woods or speeding onto the main trail from a side trail. Pass small kids and those walking dogs carefully.
- Contour interval for all maps is 5m.
- The term "long" for our longer MTBO course is a bit of a misnomer; this park is so compact that even with the criss-crossing involved, the expected shortest times are well under the times associated with classic "Long" MTBO courses.
- MTBO participants: give yourself enough time to complete your course. **You will be disqualified** if you are not back by 11:30. We do not want bikes on the course at the same time as any foot orienteers.
- Epunching will be in use for both events.
- The hours for the Lake Accotink carousel, boat rentals, miniature golf, bike rentals and snackbar are Noon - 7pm at this time of year. More park details are [here](#) [6].
- Dogs are welcome in this park but must be kept on leash at all times. Do not take bike with them on the MTBO course though.
- Registration fees are the same (but collected separately) for the MTBO and regular/foot orienteering.

Location

Lake Accotink Park, McLaren-Sargent Pavilion, Springfield, VA (Classic & MTBO)

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, September 11

9:00 am - Classic & MTBO:
 10:00 am - MTBO
 10:00 am - Registration
 9:15 am - Classic & MTBO:
 10:15 am - MTBO Start Window
 11:15 am - Classic & MTBO: Foot
 1:15 pm - (classic) Registration
 11:30 am - Classic & MTBO:
 MTBO Courses
 Close: All bikers must be back before



11:30am
11:45 Classic &
am - MTBO: Foot
1:30 (classic)
pm Start
Window
3:00 Classic &
pm MTBO: Foot
(classic)
courses
close: All
orienteers
must return
by 3pm

Volunteers

Event [John Baker](#) [7]
Director:
Course [Jeff Dickey](#) [8]
Setter:
Course [Victor Lin](#) [9]
Designer:

Location Details