

# Intro to Orienteering

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**August 6  
Saturday**



Quantico Orienteering Club invites all newcomers to join us for an "INTRODUCTION TO ORIENTEERING" as we gear up for our 2016/17 season in September. This year we are hosting two purely beginner-oriented events: this one at Wheaton Regional Park (MD) and [another](#) [2] in Virginia taking place on Saturday, July 30 at Mason Neck State Park, Lorton, VA.

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 - this is your chance to invite your co-workers and friends out to experience that activity you're always saying great things about!

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 was offered for this event but is now closed as we hit our pre-registration maximum. We hope to accommodate walk-ups (i.e. those who didn't pre-register) in the later part of the registration window.**



<b>Location</b>	Wheaton Regional Park, Shorefield Area, Shelter H, Wheaton, MD (Free Beginner Event)	
<b>Registration</b>	Pre-registration is now closed. We hope to accommodate walk-ups (those who didn't pre-register) after 10am, pending space availability.	
<b>Start Times</b>	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. You may start your course after instruction, and you will have until 12:30 to complete your course.	
<b>Schedule</b>	<b>Saturday, August 6</b>	9:00 am - 12:30 pm Free Beginner Event:
<b>Volunteers</b>	Event Director:	<a href="#">Heidi Onkst</a> [3]
	Course Designer:	<a href="#">David Onkst</a> [4]



## Location Details