

Lake Needwood

[ShareThis](#) [1]

**May 13
Sunday**



Welcome back to Lake Needwood! This will be our seventh event at this [beautiful lakeside park](#) [2], nestled within the 1,800 acre Rock Creek Regional Park. We'll offer a full slate of beginner through advanced courses (white through blue, including beige). And the park offerings a surprising array of family recreational opportunities – from kayak rentals to the Go Ape! Treetop challenge course (see below).

In honor of Mother's Day: After your run, please join us for grilled burgers, hot dogs, or veggie burgers, plus a special Mother's Day cake. We'll be grilling on site, by the shelter.

Course stats and course setter comments are posted below.

Standard event timing: register between 10:45 - 1:15, start any time between 11 - 1:30, and be back before 3pm. Special welcome to new orienteers! As always, we will offer free beginner instruction. An experienced QOC member will show you how to read a map, use a compass with your map, and give you hints on how to navigate your course. Just wear the clothes and shoes you would for a hike or run in a local park. Bring a compass, if you have one, or borrow one free at the event.

Driving directions are below; we will be in Shelter C (just up hill from Shelter A, near the restrooms). And BTW, leashed dogs are welcome!

[One word of caution: In recent years, in late summer, Lake Needwood has shown elevated levels of



microcystin, an algae-produced toxin. This problem only appears when water temperatures – and algae blooms -- peak in late July/early August. Springtime has never been a problem; the water is still cool. But since microcystin is potentially harmful to both people and pets, we want everyone to be fully aware of the issue. Swimming is prohibited, and Park authorities recommend not letting dogs swim in the lake either. And, of course, nobody should ever drink the lake water. [Here](#) [3] is a link to last summer's notice (July 24, 2017) from Montgomery Parks.]

Youth or large groups: Please contact the [Event Director](#) [4] so that we can coordinate pre-registration for your group; the group registration and waiver [form](#) [5] is part of the information on our [Group Leaders](#) [6] page.

Links to park info and nearby attractions:

- scenic Lake Needwood itself in this [panoramic photo](#) [7] by fearless mapper Nadim Ahmed of part of the lake.
- info about [fishing and boat rentals](#) [8] (kayaks, canoes, rowboats & paddle boats).
- schematic [Park map](#) [9] showing Shelter C" (yellow circle at the bottom of map, near the boat dock.) and parking areas. An [interactive aerial map](#) [10] of the entire park.
- a [Go Ape](#) [11] treetop adventure course is also in this park.

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.

Schedule

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

Volunteers

Event [Tom Smerling](#) [12]
Director:
Course [Peggy Dickison](#) [13]
Designer:

Classic

Lake Needwood
Circle Parking Area
Derwood, MD
[Google Map](#) [14]