



## Intro to Orienteering - Pohick Bay

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**September 8  
Saturday**



### **ATTENTION: VENUE CHANGE from Mason Neck to nearby Pohick Bay**

Quantico Orienteering Club invites all newcomers to join us for an "INTRODUCTION TO ORIENTEERING" as we gear up for our 2018-2019 season. As we have for the past few years, we are hosting two purely beginner-oriented events: this one at Pohick Bay Regional Park (VA) and [another](#) [2] in Maryland taking place on Saturday, July 14 at Wheaton Regional Park, Wheaton, MD.

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, please feel free to invite your co-workers and friends out to experience that activity you're always telling them 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 10:00 AM and instruction will be offered approximately every 20 minutes beginning at 10:20 AM and running through 12:00 PM.** Participants can either orienteer solo, or in small groups of their own choosing. All participants will have until 1:30 PM to complete their course.

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 is now open [here](#) [3] and is encouraged to ensure map availability. Need a **Locator Map** of the registration & start area? Click [here](#) [4].



**Location**

Pohick Bay Regional Park, Pavilion 3, Lorton, VA (Beginner)

**Registration**

Pre-registration is now open [here](#) [3] and is encouraged to ensure your spot and to speed up check-in. On-site registration will also be open from 10:00 am to 12:00pm, pending space availability. You may start your course at any time during the start window listed below for your event.

**Start Times**

**Schedule**

**Saturday, September 8** 10:20 Beginner:  
am -  
1:30  
pm

**Volunteers**

Event [Heidi Onkst](#) [5]  
Director:  
Course [David Onkst](#) [6]  
Designer:

**Location Details**