



Lake Accotink

[ShareThis](#) [1]

September 23
Sunday



Lake Accotink – Run, Bike or Walk, but please no Swimming

NOTE: The MTBO portion of the event has been CANCELLED due to rain. Foot orienteering will continue as planned.

On September 23rd 1806, Lewis and Clark returned to St. Louis after two years of exploring the Pacific Northwest. Now exactly 212 years later, channel your inner explorer in the wilderness of Northern Virginia!

Please join us for this season's Lake Accotink orienteering meet which will have several exploration/racing opportunities:

Mountain biking orienteering (MTBO) will, weather permitting, be available in short, medium, and long courses. Registration opens at 8:30 am, starts are immediately thereafter, last start is at 10:00. Traditional white, yellow and orange classic orienteering courses will be offered for with registration beginning at 10:45 and starts allowed from 11:00 to 1:30. All participants in the foot orienteering races must be completed by 3:00.

For foot orienteering, the piece de resistance will be a variation on score-O imported from Ontario called a "Thomass" event. Registration and start window will be as for the classic courses but for added excitement the Thomass will have an optional mass start at 12 noon. This course is intended for advanced orienteers and for intermediates interested in a change from point-to-point courses. Shortly after the start, the course will enter a single large score-O window. Orienteers may tackle the points within the window in any order they choose and are allowed to skip a certain number of controls according to an age/gender/skill based handicapping system. After completing the score-O window, conventional point-to-point orienteering regains its sway with a series of mandatory controls leading to the finish.

Lake Accotink is a beautiful park in Springfield, VA with a train trestle, tangled trails and of course a sparkling lake. Don't miss this second orienteering meet of the fall.

Lewis and Clark were tasked to explore and map newly acquired territory and were out for two years, four months and ten days, your task is to use your map skill, have fun, and be back by 3pm.

For any youth or large groups planning to attend this event, please contact the event director so that we can coordinate pre-registration for the group. The group registration and waiver forms are part of the information on our [Group Leaders](#) page.



Note that registration for both events will be at the McLaren-Sargent Pavilion, accessed from the parking lot off Heming Ave rather than through the southern park entrance most navigation apps will lead you to if you search for Lake Accotink Park.

Mountain Biking Notes:

MTBO is navigational racing on mountain bikes, in which each participant is given a map showing a series of checkpoints to be found in a designated order in the shortest possible time, with the choice of route between checkpoints left up to the racer. Success therefore depends on raw speed, of course, but also on the ability to read the map, make good route choices and execute them efficiently.

Rules for the MTBO event:

NOTE: The railway bed/track is out of bounds. Stay away from it.

Helmet use is mandatory.

Participants are required to stay within 10 feet of their bikes at all times while racing.

Participants are required to stay on trails, tracks, roads and fields. No short cuts through the forest.

Be aware that all courses require some degree of technical MTB riding skills and may involve quite narrow, steep and rocky sections.

Participants must yield to horses and pedestrians, in accordance with park rules.

Alternative parking is available at the lower parking lot (7500 Accotink Park Rd., Springfield), which is a short walk from the pavilion where registration will be.

Note: in case of rain and therefore poor trail conditions we may be required to cancel the MTBO event; make sure to check this website the day before the event for news. The foot-O in the afternoon will take place rain or shine.

Location

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

Registration

No advance registration required. Just show up and have fun!

Start Times

Start on a foot orienteering course any time between 11am - 1:30pm. [MTBO starts have been cancelled.]

Schedule

Sunday, September 23
11:00 Classic:
am - Classic
1:30 Orienteering
pm Start
Window
3:00 Classic:
pm Classic
Course
Closing Time

Volunteers

Event [DennisAndHelen Doherty](#)
Director: [2]
Course [Jon Torrance](#) [3]
Designer:

Location Details