

Great Falls

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November 11
Sunday



Welcome back to C&O NHP! Once again, due to park regulations we require advance registration with payment, and we are expecting to sell out. Registration is now open closed; click [here](#) [2] when ready to register. If you have registered but will not be able to attend, please notify us in advance so others can attend. If people cancel in advance we may release some extra registrations. Whether or not that happens, there will be no day-of registration at the event. There will be compasses and epunches available to those who requested them during pre-registration, but GPS watches will not be available at this event.

On Sunday, **only pre-registered orienteers** will be able to start on their course, anytime between 11 - 1:30, and must be back no later than 3pm. For planning purposes: from our registration area, there's a ~5-10 minute walk of about 600 meters to the start shared by all courses, and a walk back of about 400 meters from the (shared) finish.

Course Information: Course stats and course setter comments are now posted below. Note that there are officially 3 approved courses (beginner, intermediate, and advanced; see note about courses in course setter comments). These courses are carefully designed to avoid areas that the National Park Service has designated as sensitive.

Speaking of sensitive areas, the NPS has asked us to remind all participants of the following:

- *Participants should follow compass bearings as close as possible. Participants should not take*

shortcuts: approved routes are designed specifically to avoid sensitive habitats and known invasive plant populations that may facilitate human-facilitated spread of seeds and berries.

- Participants should avoid any and all standing water, including seeps, springs, wetlands, and streams. Amphibian diseases have been documented in the area, and human-facilitated movement of such fungal pathogens from habitat to habitat can cause massive die-offs in amphibian species.
- All participants must avoid stepping in streams and should try to minimize impacts to stream bank vegetation and soils.



Just tell them, "I ran the race in Great Falls park!"

Once Again, Back by Popular

Demand: Post-Race Potomac Pizza Palooza! After your race, take advantage of a 1/2 price pizza deal at a nearby restaurant, [Potomac Pizza](#) [3]. Normally \$17 for a large cheese and tomato pizza, just wave your QOC map and you'll get this 8 slice pizza for just \$9, and additional toppings are only \$1 each. There's seating for everyone at this friendly local place with a full [menu](#) [4], free soda refills, and it's no problem to go "as you are" post-race. There's plenty of room to go over your map and routes and meet up with your fellow orienteers. The address is 9812 Falls Rd in Potomac; to get there, just take a left at the stop sign as you exit the park, and in less than 2 miles take a left just before River Road into the Potomac Promenade parking area. Directions are also shown in the [Event Locator Map](#) [5].

Have any questions? Just use our [Contact Us](#) [6] form and ask away!

Location

C&O NHP (Great Falls MD), Great Falls Tavern, Potomac, MD (Classic)

Registration

Pre-registration and payment for this event is now closed possible via [this link](#) [2].

Start Times

Start any time between the specified times (usually 11am - 1:30pm).

Schedule

Sunday, November 11 11:00 Classic:
am -
3:00
pm

Volunteers

Event [Greg Lennon](#) [7]

Director:

Event [Kathleen Lennon](#) [8]



Location Details

Director:
 Course [9]
 Designer:
Classic From I-495, Maryland:
 C&O NHP Take exit 41
 (Great Falls (Carderock/Great Falls,
 MD) MD), follow Clara Barton
 Great Falls Parkway to the end. At
 Tavern the stop sign, turn left
 Potomac, onto MacArthur Blvd.
 MD Follow MacArthur ~3.5
[Google Map](#) miles to the park
 [10] entrance booth.
 MacArthur Blvd. ends at
 the park.
 From I-495, Virginia:
 Cross into Maryland over
 the American Legion
 Bridge (beltway inner
 loop) and take exit 41
 (Clara Barton Parkway)
 Westbound, staying left
 at the fork. Follow Clara
 Barton to the end. At the
 stop sign, turn left onto
 MacArthur Blvd. Follow
 MacArthur Blvd ~3.5
 miles to the park
 entrance booth.
 MacArthur Blvd. ends at
 the park.
 After paying the park
 entrance fee, park in the
 large lot to the right
 (north) of the
 roundabout, then walk
 south back past the
 roundabout and beyond
 the Tavern to find our
 registration area.
 Printable detailed maps
 showing the
 parking/registration area
 and the route to the Pizza
 Palooza are [available
 here](#) [11].

Course Details

Classic Course Name	Length (km)	Climb (m)	No. Controls
Beginner	2.4	80	9
Intermediate	4.5	120	13
Advanced	8.5	280	25

Entry Fees