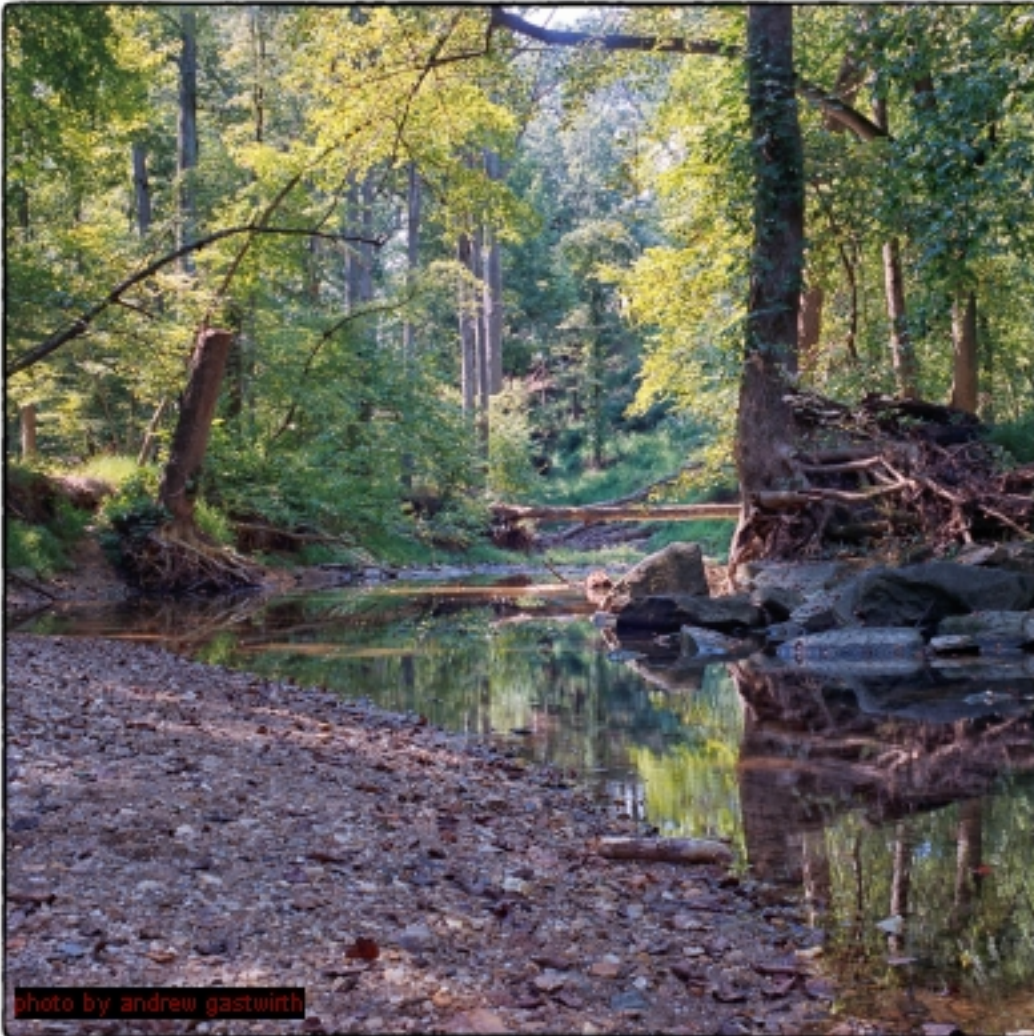


# Cabin John

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**March 3  
Sunday**

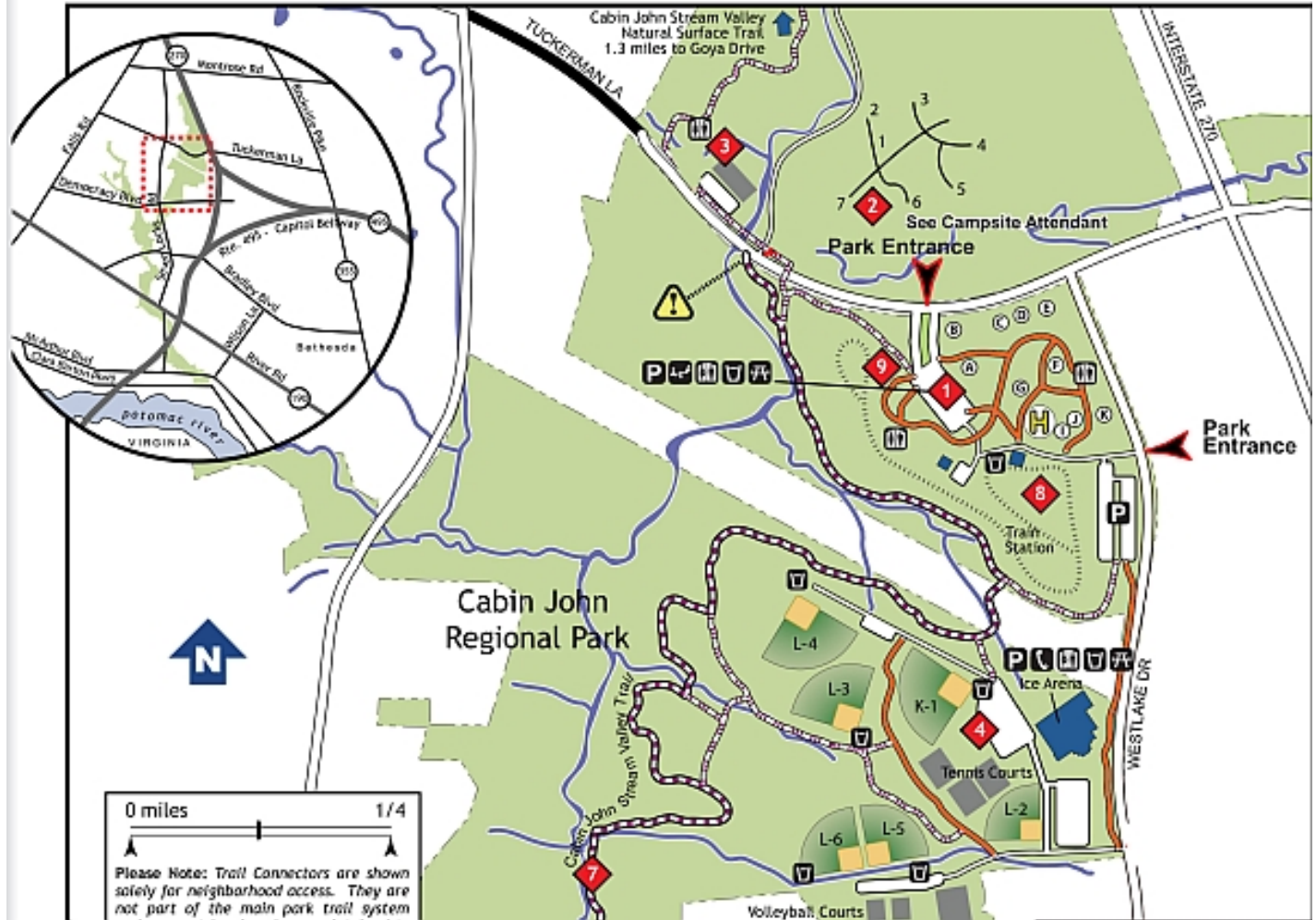


[2]Welcome back to one of our family-friendliest orienteering venues - and one that still has plenty of navigational challenges for all levels. White through red courses (beginner through advanced) will be available, and course setter comments are now posted below. Note that the registration area for this event will be Pavilion A, on the northeast side of the large parking lot marked '1' on the locator map posted below. Event timing will be standard: register at the event anytime between 10:45am - 1:15, start anytime between 11 - 1:30, and make sure to finish and check back no later than 3pm. Electronic timing will be used, so make sure to return borrowed timing chips at the download/finish station. This is a small and relatively heavily used area, but it has a number of nice pockets of forest and will present challenges for beginners and experienced orienteers alike. As usual, youth groups and other large groups planning to attend this event should contact the [Event Director](#) [3] well in advance so that we can coordinate pre-registration for your group; the group registration and waiver [form](#) [4] is part of the information on our [Group Leaders](#) [5] page. **Reminder: Do Not Drink From the Water Containers.** It is unsanitary. Use the cups that we've

placed at each water stop. We don't care if it does take you a few extra seconds (you're not racing for a medal anyway!). And if you see someone putting their lips on an open water jug, feel free to report it to the Event Director, who at their discretion may speak with (and disqualify) the offender.  
Additional information:

- Please make sure to read the course setter comments below.
- Course maps scales will be 1:5000 for white and yellow, 1:7500 for orange and brown, and 1:10,000 for green and red.
- Watch out for the Train! Yes, given dry enough weather we expect that the quite popular miniature train ride will be running, and although you can run faster than it goes, and you might even be able to leap over it, it's still poor form to scare kids by rushing out of the woods at them as they ride the train. On the other hands, if you're bringing young kids, read up about this ride on [this page](#) [6].
- Carpooling is encouraged as a courtesy to other park users.
- Dogs on leash are welcome, but must stay off athletic fields and tennis courts. There is also a fenced doggy exercise area in another area of the park.
- GPS watch loaner program continues, for anyone interested in trying one out. See Jon Torrance at the event.
- Feel free to use our [Contact Us](#) [7] form if you have any questions!





**Location**

Cabin John Regional Park, Playground Parking Area, Bethesda, MD (Classic)

**Registration**

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

**Start Times**

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

**Schedule**

**Sunday, March 3** 11:00 am - 3:00 pm Classic:

**Volunteers**

Event [Florence Tan](#) [8]  
Director:  
Course [Don Fish](#) [9]  
Designer:

**Classic**

Cabin John Regional Park  
Playground Parking Area  
Bethesda, MD  
[Google Map](#) [10]