

# Intro to Orienteering - Wheaton

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**July 20**  
**Saturday**



Quantico Orienteering

Club invites all newcomers to join us for an "INTRODUCTION TO ORIENTEERING" as we get ready for our 2019-2020 season. As we have for the past few years, we are hosting two purely beginner-oriented events: this one at Wheaton Regional Park, Wheaton, MD on Saturday, July 20, and a second one at Pohick Bay Regional Park (VA) on Saturday, Sept. 7.

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 you do.

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 courses.

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 being offered for these events due to park permit participant limitations. Please click [HERE](#) [2] to register to ensure your spot and get in on the fun!

## Location

Wheaton Regional Park, Shorefield Area, Shelter H, Wheaton, MD (Beginner)

## Registration

Pre-registration is now open [HERE](#) [2] to ensure your spot and to speed your check-in. On-site registration will also be open from 10:00 am to 12:00pm.



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### Start Times

Start any time between the specified times (see details above).

### Schedule

**Saturday, July 20** 10:20 am - 1:30 pm Beginner: Intro to Orienteering: courses open

### Volunteers

Event [Heidi Onkst](#) [3]  
Director:  
Course [David Onkst](#) [4]  
Designer:

### Location Details