

Fountainhead East

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**September 15
Sunday**



Welcome back from your summer to the 2019-20 orienteering season! This year, QOC's opening Virginia event will take place at Fountainhead Regional Park, with registration at our usual location (shelter 1) and parking in the main parking lot. QOC is happy once again to be hosting the Northern Virginia Senior Olympics (NVSO) orienteering competition at this event.

We'll be using the easternmost section of the park between the park entrance road and Sandy Run, which we have not orienteered in since 2013, for the Orange-Blue courses. This will entail a short shuttle and then a walk to a remote start with a remote finish as well. Take a look at the linked [locator/concept map](#) [2] to see the layout and flow. White, yellow and NVSO intermediate and advanced courses will be set in the area north of the parking lot with their own start and finish both near shelter 1.

White, Yellow and NVSO courses: Short and NVSO courses include the following:

White/NVSO Short

Yellow

Short Orange/NVSO Intermediate

Beige (a short Brown)/NVSO Advanced

This year registration for the Senior Olympics consists of a single, flat fee covering your registration for as many events as you'd like to do. URLs to visit for more information and to register are:

<https://nvso.us/> [3]



<https://nvso.us/events/> [4]

<https://nvso.us/wp-content/uploads/2019/06/nvso2019brochure.pdf> [5]

Senior Olympics preregistration is required: 8/24 mail in deadline, 8/31 online deadline.

Requirements: over 50 and resident of Northern Virginia.

Orange-Blue: Because access to the southeastern section of the park is constricted by the archery range, mountain bike course and a tract of private property, it will take a little doing to get into the area, but the terrain there is very open and enjoyably runnable once you get there.

A brief shuttle ride will take Orange-Blue runners from Shelter 1 to the trailhead on the park road near the park entrance. The distance is about 1 kilometer with the shuttle returning to shelter 1 about every 10 minutes. From the trailhead, there will be a 700 m trail walk to the start. Runners will finish their courses back near the drop-off point and then take the shuttle back to Shelter 1 to download. Again, reference the linked locator map to see this displayed graphically.

Anyone who wishes to do so can walk all the way from Shelter 1 along the trail that runs next to the park entrance road (see the [Locator Map](#) [6].) The entire route from Shelter 1 to the start will be streamered, but we recommend using the shuttle. In any case, please DO NOT walk along the park entrance road to the trailhead.

Rest rooms are available near registration.

Location

Fountainhead Regional Park, Main parking area, Fairfax Station, VA (Classic)

Registration

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

Start Times

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

Schedule

Sunday, September 15 11:00 Classic:
am -
3:00
pm

Volunteers

Event [Charles Carrick](#) [7]
Director:
Course [Charles Carrick](#) [7]
Designer:

Location Details

Classic One route among Fountainhead Regional Park, Main parking area, Fairfax Station, VA [8]
several: Take I-95 south of the Beltway, exit at Lorton Road (exit 163), go west 2.1 miles (4th stop light) and at the end of the road take a right onto Route 123. Drive 1.3 miles to Hampton Road, then turn left just past the fire station and drive 3 miles to the park entrance on the left.

Course Details

Classic Course Name	Length (km)	Climb (m)	No. Controls
White	2	75	8
Yellow	2.5	75	8
Short Orange	4	120	11
Orange	5.8	185	15
Beige	3.8	155	11



Brown	4.9	180	12
Green	6.6	210	14
Red	7.8	245	18
Blue	9.3	350	22

Course Notes