



# Fountainhead East

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## September 15 Sunday

While we don't yet have details about the orienteering event, we would like to point out that this event will be part of the Northern Virginia Senior Olympics. 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/> [2]

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

<https://nvso.us/wp-content/uploads/2019/06/nvso2019brochure.pdf> [4]

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

Requirements: over 50 and resident of Northern Virginia.

O'courses for Senior Olympics: Beginner (this will be either Yellow or White), Intermediate, & Advanced courses.

### Location

Fountainhead Regional Park, Main parking area, Clifton, VA (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, September 15** 11:00 Classic:  
am -  
3:00  
pm

### Volunteers

Event [Charles Carrick](#) [5]

Director:

Course [Charles Carrick](#) [5]

Designer:

### Location Details

**Classic** One route among Fountainhead Regional Park, Main parking area Clifton, VA  
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.

### Entry Fees