

Great Falls

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October 27
Sunday



Welcome back to C&O NHP! Once again, due to park regulations we require advance registration with payment. Pre-registration is currently open at the moment (again, due to cancellations); [click here](#) [2] to register. If after you've registered you realize you won't be able to attend, please notify us in advance so others can attend. Note that there will be no day-of registration at the event (nor will there be refunds). 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.

Course Information: Provisional course stats are below, but they are subject to change. 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!

Rain Policy: QOC events take place rain or shine - as long as we have permission to hold the event. Some parks may revoke our permit based on rain, but Great Falls is not one of them. However, we take the possibility of lightning strikes during thunderstorms seriously. Although the forecast is not currently predicting any significant chance of lightning, [**Update 8pm Sat:** in fact, the sun may come out by around noon according to one recent forecast] at the event our Event Directors will temporarily suspend all activity and direct participants to their cars or nearby buildings if a significant threat materializes. But don't wait for us to say something: all orienteers should be savvy enough on their own to know about basic lightning safety; an example from the CDC for hikers is [here](#) [7].

Location

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

Registration

Pre-registration is required; [click here](#) [2] to register and pay.

Start Times

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

Schedule

Sunday, October 27 11:00 Classic:
am -
3:00
pm

Volunteers

Event [Greg Lennon](#) [8]



Location Details

Director:
Event [Kathleen Lennon](#) [9]
Director:
Course [Nadim Ahmed](#) [10]
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
[11] 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](#) [12].

Course Details

ClassicCourse	Length	Climb (m)	No.
Name	(km)		Controls
Medium	5.9	235	14
Advanced			
Long	8.8	310	23
Advanced			
Beginner	3	60	9



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Entry Fees