

Gunston Hall

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September 27
Sunday



Pre-registration was required but is now SOLD OUT; there is NO day-of registration.

Welcome to the first QOC event of the 2020-2021 orienteering season and our first event since last March on the grounds of George Mason's gracious estate, Gunston Hall. The terrain at Gunston Hall includes forest of varying density, open fields, historic structures, and bluffs along the Potomac shore. Keg Good has designed full set of classic courses (white through blue; full stats with course setter comments are posted below) with some parts of the longer courses entailing a road crossing to Gunston Hall's property on the west side of Gunston Road, which we have not used before. QOC is happy to welcome back all our orienteers to this year's Gunston Hall event by waiving the \$5 grounds fee surcharge. It's a challenging time for us all, and we appreciate the willingness of both our members and non-members to come out and enjoy a great day in the woods!

To ensure a safe orienteering event in the current environment and in accordance with the Governor of Virginia's Phase III COVID-19 plan, we are also implementing the following guidelines and special measures (click [this link](#) [2] to view the current QOC COVID Risk Reduction protocol for the 2020-2021 season). **PLEASE READ CAREFULLY:**

- These guidelines have been adopted to help minimize the chances that you or anyone else will contract COVID-19 at QOC events. However, participation is at your own risk. Please consider not participating if you have an elevated risk of severe illness from COVID-19. Do not attend any event if you are sick or are currently displaying any symptoms of COVID-19, or have been tested positive for it within the previous 14 days.
- All participants **MUST** pre-register online. Pre-registration will open via the link below on Monday,



Sept. 21 at 12 noon and close at 6pm on Saturday Sept. 26 (the night before the event).

Pre-registration is first come, first served, as always.

- Refunds will ONLY be provided if the event is cancelled.
- While pre-registering, all participants will select a 45-minute time window during which to show up at the administration table to confirm participation, get maps, etc; please arrive at the administration table during your selected window.
- These time windows are intended to prevent too many people congregating in any place at any one time; the four time windows--each with 45 available slots for a total of 180 start slots--are:
 - 9:45am - 10:30pm - start course between 10 and 11am
 - 10:45am - 11:30am - start course before 12 noon
 - 11:45am - 12:30pm - start course before 1pm
 - 12:45pm - 1:30pm - start course before 1:30pm
- All participants will be asked at the administration table to declare that they and their children/youth group participants do not have a fever (body temperature above 100.4 degrees Fahrenheit)
- All participants MUST wear face covering when not on their courses, warming up in isolation, picking up controls or engaged in similar remote, strenuous tasks
- Social distancing will be in effect with spaced lines at all administrative locations as well as at the start. Prescribed distancing is 6 ft (2m) between individuals and/or groups.
- No food items will be provided
- **Especially IMPORTANT: Participants are responsible for bringing full canteens, camelbaks, bottled water in a backpack or other portable water containers with them to meet all their individual or group hydration needs before, during and after their courses; a very limited supply of bottled water for emergency use will be stocked on hand; it is vital to stay well hydrated during September in northern Virginia, so please come equipped!**
- E-punches and compasses will be available as normal and will be sanitized after each use
- Port-a-johns will be available near the registration area with hand sanitizer
- **NEW!** There is no planned, on-site beginner instruction, but beginner are encouraged to watch relevant videos such as [this one](#) [3] created by QOC's instructional guru David Onkst
- There will be two different starts, one for White, Yellow and Orange and a second for advanced courses and a minimum of common first points among courses
- Please avoid bunching up at controls or the finish; let the punching individual clear the control before you move in to punch
- Although we all normally enjoy socializing before and after our runs, this season QOC will follow a policy of "Come, run, leave" to minimize risk to participants

The entrance to Gunston Hall (see directions below; overview map [here](#) [4]) is about 600 meters beyond the Pohick Bay Regional Park entrance on Gunston Road. Please drive with particular caution as you enter Gunston Hall. The first 300 meters of the entrance road is curvy and hemmed in by vegetation reducing the visibility of oncoming vehicles. Parking will be in the lot adjacent to the visitors center. The parking lot and the registration site right across the entrance road from it will be easily discernible as you drive in. The administrative area set-up will be similar to our usual way of doing business at Gunston Hall but with more spacing between sign-in, map pick up, and the e-punch table to allow for social distancing lines at each step of the process.

Guided Tour Included: As noted above, QOC will not be collecting the usual \$5 Gunston Hall ground fee surcharge at this year's GH event (see new QOC fee schedule [here](#) [5]). Participants are still entitled to take one of the guided tours of the Hall offered during the day at no additional cost.

However, the tour schedule is substantially reduced from its usual frequency. Tours will be available on the hour starting at 10am, with the last tour at 4:00pm. The tours will be limited to about 10 people, so signing up early is highly recommended. Just identify yourself as a participant in the QOC orienteering event at the front desk inside the visitors center to sign up. **Also, please wear your face covering when inside the Visitors Center or on your mansion tour.**

To learn more about Gunston Hall, the home of the principal designer of the Bill of Rights, George Mason, visit the [Gunston Hall website](#) [6].

Any youth or large groups attending must pre-register online; additionally, please contact the [Event](#)



[Director](#) [7] for his situational awareness.

Additional notes:

- Dogs are allowed, but must be on a leash at all times.
- Spikes are not allowed in the Visitor Center.
- Please respect the out-of-bounds areas shown on your course map.
- **You're Invited!** Along with the course setter for this event, Keg Good, QOC veteran Sidney Sachs will host a Zoom meeting on Tuesday, Sept. 29 of September at 8 pm to review selected Gunston Hall course legs and analyze the routes various orienteers took. Please [contact Sid](#) [8] for the invite link.

Location

Gunston Hall, Main parking area, Lorton, VA
(Classic)

Registration