

# Fountainhead Central

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**November 15**  
**Sunday**



***Pre-registration is required and will open Monday Nov. 9 at noon; there is NO day-of registration.***

Come out and enjoy a full set of courses in this classic fall orienteering event at Fountainhead Regional Park in Clifton, Virginia (course stats and course setter comments are posted below). This event requires on-line pre-registration which will open on Monday, 9 November at 12 noon. QOC's [COVID risk reduction protocols](#) [2], as also enumerated [here](#) [3], are in effect. Please read these guidelines carefully, particularly keeping in mind the need for participants to bring their own water for all their hydration needs before, during, and after their runs/walks.

When you arrive, the map pick-up will be at the pavilion next to the main parking lot. The start, finish and download are all nearby (but appropriately distanced to avoid clusters of people). Please make an effort to click and move on from these sites as consideration to others.

The start location for beginner courses will be separate from the advanced courses to minimize contact. Beginner courses will start just north of the main parking lot, advanced courses will start across the street from the mini golf area where the e-punch registration will be located.

Any youth or large groups attending, although you will be pre-registering online, please let the [Event Director](#) [4] know of your plans and numbers for his situational awareness.



Other points:

- **PROPERLY WORN MASKS ARE REQUIRED at all times when near registration and epunch areas and their volunteers.**
- Water will not be provided in accordance with QOC COVID-19 risk reduction policies. Please plan for your own hydration needs before, during, and after your run/walk.
- Pets are permitted in the park but must be on the leash at all times.
- Port-a-johns will be on site.
- The size of start teams (groups of individuals orienteering together with one e-punch) on a course must be no more than four (4) individuals (juniors and adults combined).
- There is no planned, on-site beginner instruction, but beginners are encouraged to watch relevant videos such as [this one](#) [5] created by QOC's instructional guru David Onkst.

**Location**

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

**Registration**