

Mason Neck

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March 21
Sunday



After several delays due to Virginia COVID restrictions and a date change from Saturday to SUNDAY, March 21, we are going back to Mason Neck State Park in Virginia for a classic orienteering meet. Orienteering in Mason Neck provides a distinctive navigation experience due to its flat ground and relatively few easily identifiable features. Its 2.5m map contours (rather than the standard 5 meters) will give orienteers the chance to develop a heightened appreciation of terrain subtleties and provide a great opportunity for them to work on their compass skills and pace counting. Runners will have their choice of a full set of classic courses designed by Tavia Sullens and Mark Thomsen. Unfortunately, an expansion of the restricted areas in the park has forced us to shorten some of the advanced courses, so keep that in mind when you select your course during registration.

This Sunday event requires on-line pre-registration, and we will open registration at 6pm on Monday, March 15. QOC's [COVID risk reduction protocols](#) [2], as also enumerated [here](#) [3], will be 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.

Other points:

- **PROPERLY WORN MASKS ARE REQUIRED at all times when near registration and epunch areas and their volunteers.**
- There is an entrance fee for the park (\$7 per car). Please pay your entrance fee prior to arrival at the meet check-in for your course.
- As usual, we will set up the check-in site on the west side of main parking area. Rest rooms are immediately adjacent.



- We encourage everyone to download and use any or even all of the [DC \[4\]](#), [Maryland \[5\]](#) and [Virginia \[6\]](#) COVID exposure notification apps.
- Dogs are welcome in the park, but must be on a leash of length 6 feet or less at all times and "with a human on the other end", as a park ranger said.
- Park Information: [Mason Neck State Park \[7\]](#) is also a great place by bike this time of year, a very smooth and family-friendly bike path runs through the park and connects with other parks on the Mason Neck peninsula.
- The park has Nature Programs for Kids & Families: There are three programs on March 21: 11am (Roving Ranger at the Elizabeth Hartwell Mason Neck National Wildlife Refuge), 1pm (Out of the Blue), 3pm (Eco Invaders). Go to the park website for more information.
- 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). Unregistered "tag-alongs" are not allowed (other than babies or toddlers). Any youth or large groups attending, although you will be pre-registering online, please contact the [Event Directors \[8\]](#) of your plans and numbers for their awareness.
- There is no planned, on-site beginner instruction, but beginners are encouraged to watch relevant videos such as [this one \[9\]](#) created by QOC's instructional guru David Onkst

Location

Mason Neck SP, Mason Neck SP, Lorton, VA
(Classic)

Registration