

PWF Pine Grove

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**March 7
Sunday**



Orienteer on some of QOC's favorite terrain in Prince William Forest Park near Triangle, VA. We will be in the Pine Grove area, which is the closest to the park entrance. There will be seven courses to choose from (2 beginner, 1 intermediate, and 4 advanced), and detailed park and course notes are now posted below, thanks to course setters Gary Smith and Paul Hession.

This Sunday event requires on-line pre-registration, and we will open registration at 6pm on Monday, March 1. 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.

Registration will be at the Pavilion, west of the visitor center. Carpooling is encouraged. A park map is [here](#) [4]; We plan to park in the ballfield south of the visitor center if it is dry enough. Follow the QOC signs and parking volunteers to find the parking area. Any youth or large groups attending, although you will be pre-registering online, please contact the [Event Director](#) [5] of your plans and numbers for her awareness.

Other points:

- **PROPERLY WORN MASKS ARE REQUIRED at all times when near registration and epunch areas and their volunteers.**
- There is a \$20 per car fee for entering the park. Click [here](#) [6] for more information on fees and the park's fee pay app.
- Water will not be provided in accordance with QOC COVID-19 risk reduction policies. BYOW.
- We encourage everyone to download and use any or even all of the [DC](#) [7], [Maryland](#) [8] and [Virginia](#) [9] COVID exposure notification apps.



- Pets are permitted in the park but must be on the leash at all times.
- There will be a bathroom open near the pavilion.
- 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](#) **[10]** created by QOC's instructional guru David Onkst

Location

Prince William Forest Park, Pine Grove, Triangle,
VA (Classic)

Registration