

# Pohick

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**April 11  
Sunday**



***Pre-registration is required and will open***

***on Monday, April 5 at 6pm.***

Welcome back to Pohick Bay Regional Park and its compact mix of typical Northern Virginia, draw-and-reentrant terrain and extensive trail network. This season's Pohick Bay event returns to the main area of the park with check-in at Shelter 1 (see the [locator map](#) [2]). Mark Thomsen and Paul Morris have prepared a full set of classic courses to choose from (details are below).

Those who live in the NOVA Parks jurisdiction--Arlington, Fairfax & Loudoun Counties; Cities of Alexandria, Fairfax & Falls Church--are exempt from paying the park entry fee, collected at the entrance. All other attendees should inform the attendant that they are at the park for the orienteering event at Shelter 1 and receive the discounted entry fee of \$5 per vehicle.

As usual, everyone must be out of the woods and back at the registration/finish area by 3:00pm when we will begin picking up the controls. Courses are designed not to take runners through camping areas. Please bypass any occupied camping or pavilion sites you encounter. In addition, courses cross the main park road, so be aware of approaching traffic.

This Sunday event requires online pre-registration, and we will open registration at 6pm on Monday, April 5. QOC's [COVID risk reduction protocols](#) [3], as also enumerated [here](#) [4], 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.**
- We encourage everyone to download and use any or even all of the [DC](#) [5], [Maryland](#) [6] and [Virginia](#) [7] COVID exposure notification apps.
- Dogs are permitted at this event but must be leashed at all times.
- The park's boat ramp will be available for those who want to bring their boats, and kayaks may be rented as well; full rental details [here](#) [8].
- 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 Director](#) [9] 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](#) **[10]** created by QOC's instructional guru David Onkst

**Location**

Pohick Bay Regional Park, Shelter 1, Lorton, VA  
(Classic)

**Registration**