



Lake Needwood

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**April 18
Sunday**



Pre-registration is required and WILL open on

Monday, April 12 at 6pm

Welcome back to Lake Needwood! This will be our ninth event at this [beautiful lakeside park](#) [2], nestled within the 1,800 acre Rock Creek Regional Park. On offer is a full slate of beginner through advanced courses (white through blue), and course stats and course setter comments are now posted below.

This Sunday event requires online pre-registration, and we will open registration at 6pm on Monday, April 12. 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 punch areas and their volunteers.** Per CDC guidelines, this applies to everyone, whether or not you have been vaccinated.
- 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 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](#) [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

Lake Needwood, Circle Parking Area, Derwood,
MD (Classic)

Registration