

## Occoquan

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**April 25  
Sunday**



***Pre-registration is required***

***and will open on Monday, April 19 at 6pm; there will NOT be day-of registration.***

Welcome back to Occoquan Regional Park, recently added to the schedule as a result of problems with one of our planned venues. The park affords a combination of fast, open woods along with recreational fields (and some thick vegetation if you wander off course). Course designer, Tom Strat, and course setter, Rob Field, are teaming up to provide a full set of classic courses. Course stats and course setter comments are now posted below.

This event requires on-line pre-registration which will open at 6pm on Monday, April 19, via a link that will be in the Registration section below.



Event check-in is at Shelter 4, which has a (relatively) new parking lot adjacent to it, so there should be plenty of parking space; a locator map is [here](#) [2]. In the unlikely event the hard-surface lot should fill up, there is another (unpaved) lot 200 meters back along the park road. Rest rooms are 100 meters from Shelter 4.

NEW!: In addition to our regular classic courses, this event will feature a different navigational challenge: Amateur Radio Direction Finding. In ARDF, you use directional radio receivers to locate beacons in the woods. Learn more about the event [here](#) [3], and to register for the ARDF event (**NOT FOR THE REGULAR EVENT**), click on [this link](#) [4], which will also become active at 6pm, Monday, 19 April.

QOC's [COVID risk reduction protocols](#) [5], as also enumerated [here](#) [6], 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. Following CDC guidelines, this applies to everyone, whether or not you have been vaccinated.**
- There is no entrance or parking fee at Occoquan Regional Park.
- We encourage everyone to download and use any or even all of the [DC](#) [7], [Maryland](#) [8] and [Virginia](#) [9] COVID exposure notification apps.
- Dogs are welcome in the park, but must be on a leash 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](#) [10] 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](#) [11] created by QOC's instructional guru David Onkst
- The Brickmaker's Cafe is located in the event center on park grounds and serves brunch on Sundays 10 AM to 2 PM.

Have any questions? Feel free to reach out to our [Event Director](#) [10] or for general questions, just use our [Contact Us](#) [12] form.

**Location**

Occoquan Regional Park, Shelter 4 Parking Area,  
Lorton, VA (Classic)

**Registration**