

# Fountainhead West

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**May 9  
Sunday**



**Pre-registration is required**

**and will open on Monday, May 3 at 6pm; there will NOT be day-of registration.**

Welcome back to Fountainhead Regional park for the final Virginia event of the 2020-21 season. For this event we will be returning to the popular Fountainhead West (FHW) area, which has some of the best orienteering terrain in the QOC ambit. The parking and check-in site for the Fountainhead meet is at the parking area near the Bull Run Marina on Old Yates Ford Road; a map link is [here](#) [2] and also below (in the Location Details section).

Because our COVID protocols are still in effect, **we will unfortunately not be able to use buses for this event**, as we have the last three times we have run in FHW. Instead, for the orange and advanced courses, there will be an approximately **1,500 meter** walk to a remote start from the Bull Run Marina parking lot along a segment of the Bull Run Occoquan Trail (BROT) through a corridor of land bounded on one side by private property and the other by the Occoquan Reservoir. Near the start, the land opens out into the extensive FHW area with which we are familiar. **So especially for those in the later check-in windows, please be sure to take into account the amount of time required to move to the start to ensure your ability to finish no later than 3pm.**

The orange and advanced runners will orienteer back all the way to a finish and download location adjacent to the parking lot. White and yellow courses will start and finish near the parking lot.

**OUSA Team Trial Event open to QOC member and non-members:** QOC will be hosting a three-day national-team time trial event on May 7th, 8th, and 9th. Peggy Dickison is the POC for the team trial.

The 9 May time trial will be a long-O held in conjunction with our Fountainhead West local event. So in addition to our normal complement of classic courses at Fountainhead, course setter Vido Aleksiev has designed a men's long-distance course approximately 11.5 kilometers in length with the course map at 1:15,000 scale. This long course will be open to all event participants. The national team time trial competitors will have all started their courses before the first local meet runners get out to the remote start. (Note: There will also be a women's long-distance course which will be the same as the local meet Blue course except that, unlike the Blue course, it will be on a 1:15,000 scale map.) You will be



able to pre-register for this long-O course at the pre-registration link below on this page (once registration is open).

The 7 May (Friday) team trial event will be a sprint, and the 8 May (Saturday) event will be a middle distance event, both at Hoyle's Mill in Maryland.

See the [Team Trials webpage](#) [3] for more details and pre-registration information for the 7 and 8 May time trial events.

As usual, this Sunday event requires online pre-registration, and we will open registration at 6pm on Monday, May 3. QOC's [COVID risk reduction protocols](#) [4], as also enumerated [here](#) [5], 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.

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.

PLEASE NOTE: Runners who participated in last Sunday's (May 2) QOC event at Patapsco Valley State Park, CCBC Catonsville should wash, then check and remove from their clothing any plant seeds they may have picked up. We would like to make sure orienteers are doing their part to minimize spreading invasive plant seeds from one park to another.

Other points:

- **PROPERLY WORN MASKS ARE REQUIRED at all times when near registration and e-punch areas and their volunteers.**
- We encourage everyone to download and use any or even all of the [DC](#) [6], [Maryland](#) [7] and [Virginia](#) [8] COVID exposure notification apps.
- Porta-johns will be located near the check-in.
- 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](#) [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**

Fountainhead Regional Park, Bull Run Marina,  
Clifton, VA (Classic)

**Registration**