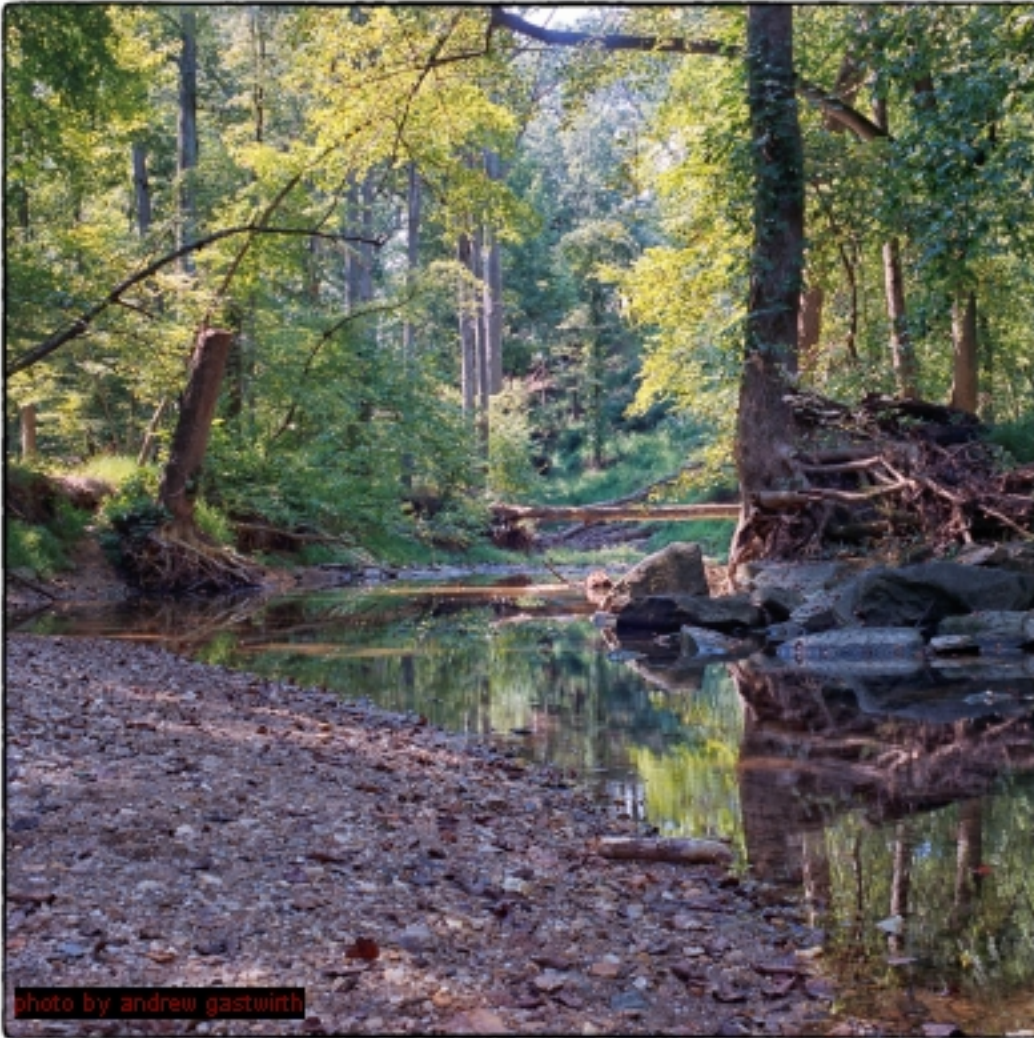


# Cabin John

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**September 26**  
**Sunday**



[2]Welcome back to Cabin John Regional Park, one of our family-friendliest orienteering venues. Veteran course setter Russ Damtoft has designed a nearly full range of courses (2 beginner, 1 intermediate, and 3 advanced; full stats are below). Event check-in will be in front of Shirley Povich Field on the south side of the powerlines near the ice arena (directions below).

Additionally, we will be offering a limited Radio Orienteering (ARDF) course at this event. Information about the ARDF course can be found [here](#) [3].

Pre-registration is required for this event and will open at 6pm on Monday, September 20th.

As usual, youth groups and other large groups planning to attend this event should contact the [Event Director](#) [4] well in advance so that we can coordinate pre-registration for your group; the group registration and waiver [form](#) [5] is part of the information on our [Group Leaders](#) [6] page.

Additional information:



- **PROPERLY WORN MASKS ARE REQUIRED** at all times when near registration and epunch areas and their volunteers. This applies to everyone, whether or not you have been vaccinated.
- Dogs on leash are welcome.
- Certain advanced courses include a road crossing (actually two; once going, once coming back). There are controls on both sides of the road, and the time taken in between them will be subtracted for both crossings so these participants can concentrate on crossing the road safely rather than speedily.
- Please don't park in the area directly south of the ice rink - it's reserved for skaters. Park police have been known to ticket cars parked at the ice arena that are not there for ice activities, so be forewarned!
- Feel free to use our [Contact Us](#) [7] form if you have any questions!

**Location**

Cabin John Regional Park, Shirley Povich Field,  
Rockville, MD (Classic)

**Registration**