

Fountainhead Central

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**November 14
Sunday**



Pre-registration is required and will open Monday Nov. 8 at 6pm; there is NO day-of registration.

Come out and enjoy a full set of courses in this classic fall orienteering event at Fountainhead Regional Park in Clifton, Virginia--some of QOC's best terrain.

Course setter Gary Smith and assistant course setter Justin Green have designed a full set of classic courses (details below). Check in and map pick-up will be at the pavilion next to the main parking lot, and the E-punch team will set up in its customary location in the shack at the end of the parking lot. We will also be offering an approximately 2-3 km, five-control "Fox-O" radio-direction-finding orienteering course at Fountainhead Central, a perfect complement to your classic course for those who would like to try a new orienteering experience. Click [here](#) [2] for more details.

Any youth or large groups attending, although you will be pre-registering online, for their awareness please let the [Event Director](#) [3] know of your plans and participant numbers.

COVID Risk Reduction Protocols:

As with all 2021-2022 QOC events, this event requires pre-registration via the link below. QOC's COVID risk reduction protocols, as also enumerated somewhat [here](#) [4], are in effect. Please read these guidelines carefully. Key points:

- **PROPERLY WORN MASKS AND SOCIAL DISTANCING ARE REQUIRED** at all times when near



registration, e-punch and any other areas or queues where volunteers and/or participants are congregating.

- No water will be provided. Provide for your own hydration needs before, during, and after the event.
- There is no planned, on-site beginner instruction, but beginners are encouraged to watch relevant videos such as [this one](#) [5] created by QOC's instructional guru David Onkst.
- There will be eight 15 minute check-in windows followed by two 45min windows (as for most QOC events this season).

Other points:

- 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).
- Port-a-johns will be on site.
- Pets are permitted in the park but must be on the leash at all times.
- **You're Invited!** QOC veteran Sidney Sachs will host a Zoom meeting on Tuesday, Nov 16th at 8pm to review selected FHC course legs and analyze the routes various orienteers took. Please contact [Sid Sachs](#) [6] for the invite link.

Location

Fountainhead Regional Park, Main parking area,
Fairfax Station, VA (Classic)

Registration