

# Intro to O

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**September 10  
Saturday**



**Quantico**

**Orienteering Club invites all newcomers to join us for an "INTRODUCTION TO ORIENTEERING" as we get ready for our 2022-2023 season. Pre-registration is required for this event, opening Monday, September 5th at 6pm and closing Friday September 9th at 10pm. There will be no day-of registration.**

This is the first time since July 2019 that we have been able to offer this event. It will take place at Lake Needwood, Rock Creek Regional Park, Derwood, MD - a forested park in suburban Maryland, which boasts numerous outdoor and recreational activities.

These will be FREE beginner-only orienteering courses for all ages - from children to adults. For anyone who has ever wanted to try orienteering, or has just wondered what it is, here's your chance to come out and give it a go. Those of you who are already seasoned orienteers, please invite your co-workers and friends out to experience that activity you're always telling them about.

Participants will learn the basics of orienteering from experienced instructors and then apply their newly acquired skills on a beginner level orienteering course (either a White or Yellow Course) that same day.

**Check in will open at 9:45 AM with instruction will be offered approximately every 30 minutes beginning at 10:00 AM and running through 12:00 PM. Participants can orienteer solo or in small groups of their own choosing. All participants will have until 1:30 PM to complete their courses.**

The only equipment you'll need to bring is your brain, some active clothing/sportswear, a comfortable pair of athletic shoes, and a watch. Compasses will be available, but please bring your own if you have one. You will want to bring some water, because there won't be any out on the courses or at the check



in area.

Pre-registration is required due to park permit participant limitations (and for this event, there will be five 30-minute check-in windows). Once registration is open, click below to register to ensure your spot and get in on the fun!

**We will meet at Shelter A, which you can access from the park's southern-most parking lot, just off Needwood Lake Circle.** You might also want to check out our [Video](#) [2] about attending your first orienteering event, as well as some of our written materials about "[Your First Event](#) [3]" and "[Orienteering Techniques For Beginners](#) [3]".

Group Leaders: if you are bringing a group of 10 or more, please contact the [Event Director](#) [4]. Note that the maximum number going out together on a course is 4, so please plan on dividing groups larger than that into groups of 4 or less.

Special Notes:

- There is no water on the course. Participants are responsible for their own hydration. A very limited supply of bottled water for emergency use will be on hand with the Meet Director; but it is vital to stay well hydrated. Please come prepared!
- There are no snacks offered by QOC.
- Pets are allowed but must be kept on a leash.

### Location

Lake Needwood, Circle Parking Area, Derwood, MD  
(Beginner Intro)

### Registration