



Fountainhead East

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**January 8
Sunday**



Pre-registration is required for this event, opening Monday, Jan. 2 at 6pm and closing Saturday Jan. 7 at 12 noon.

There will be no day-of registration.

Welcome to the first QOC event of 2023!

For this Fountainhead event, we'll be orienteering in the eastern section of the park, i.e., the part running south and east from the park main entrance road all the way to Sandy Run. See a graphic overview of FHE [here](#) [2].

Just like last January, we will have access to all of Fountainhead East (minus the archery range area) including the mountain bike course area. Check-in will be at shelter 1 and e-punch registration at the small shack at the south end of the parking lot adjacent to shelter 1 that our e-punch team customarily uses. Start and finish will be in the general vicinity of the parking lot and the bike course entrance. Patrick Farley has designed a full set of seven classic courses to take advantage of this great terrain.



[\[3\] Volunteer SignUps: If you'd like to help out at this event click here \[3\]. You can also contact the event director \(listed below\).](#)

[The mountain bike course will again be completely closed to biking for our event day, and MORE \(the local mountain bike club who has oversight of the bike course\) will not be conducting any scheduled maintenance, so the area will be free of all activity except orienteering \(and perhaps a few hikers.\). We are looking forward with hope to great weather for this event \(unlike last season\)! Check back at this site as we get closer to the event to receive any weather-related updates we might need to](#)



[disseminate.](#)

[Note that the Northern Virginia Archers' archery area is clearly marked as off-limits on all maps. The boundaries of the archery course are delineated on the ground with Do Not Enter signs.](#)

[Also keep in mind:](#)

- [QOC will continue to use pre-registration as the ONLY method of sign-up for our events. There will be NO day-of, on-site registration. Refunds are paid only in the case of event cancellation. We are unable to handle cash transactions at the event.](#)
- [Masks are optional at all locations connected with the event. Please continue to minimize clustering at and around the check-in, e-punch, start and finish areas.](#)
- [Beginner instruction is available to provide an overview of the orienteering basics for newcomers to the sport or those who just want a refresher.](#)
- [We will continue our policy of not providing WATER or food to participants at our events aside from an emergency water for first aid purposes only. So don't forget your canteens/Camelbacks/other hydration arrangements.](#)
- [As with last season, there will be eight 15-minute check-in windows followed by two 45-minute windows.](#)

[Additional Information:](#)

- [Any youth or large groups attending, although you will be pre-registering online, please contact the Event Director \(below\) to let her know of your plans and numbers for their awareness.](#)
- [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 \(juniors and adults combined\).](#)
- [Dogs are welcome in this park but must be kept on leash no longer than 6 feet at all times.](#)
- [Port-a-johns will be stationed near check-in and e-punch.](#)

[Location](#)

[Fountainhead Regional Park, Main parking area, Fairfax Station, VA \(Classic\)](#)

[Registration](#)

[Registration for this event opens at 6pm on Monday Jan. 2 via this link \[4\]. Registration will close at noon on Saturday January 7. Pre-registration is mandatory.](#)

[Who's registered? Check by clicking here \[5\]. Sorting by column is possible too - just click on the column name.](#)

[Start Times](#)

[Start times will be by windows \(to be defined for this event before registration opens\).](#)

[Schedule](#)

**[Sunday, January 8](#) 10:00 Classic:
am -
3:00
pm**

[Volunteers](#)

Event [Jana Seidlova \[6\]](#)
Director:
Course [Patrick Farley \[7\]](#)
Designer:

[Classic](#)

[Fountainhead Regional Park](#)
[Main parking area](#)
[Fairfax Station, VA](#)
[Google Map \[8\]](#)