

Fountainhead Central

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**April 23
Sunday**



Pre-registration is required and will open Monday, 17 April at 6pm and close on Saturday, 22 April at 12 noon; there is no day-of registration.

Come out and enjoy a full set of courses during our brief Washington-area spring at Fountainhead Regional Park in Clifton, Virginia--some of our favorite terrain. Course setter Justin Green has designed a full set of classic courses. Check in and map pick-up will be at Shelter 1 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.

Updated note on parking: Although the Fountainhead main parking lot is very large and there is a second lot near the waterside with additional space, we expect that if Sunday has decent weather, the park will be heavily used and parking will be at a premium. If there is no parking left in the main parking lot, follow the park road loop down to the lakeshore and park in the lower lot. We are also allowing more early starts so more orienteers can get parked and out on their courses before peak park use.

At this event, we will also be offering an approximately 4-5 km, ten-control "Fox-O" radio-direction-finding orienteering course at Fountainhead Central for those who want a new orienteering experience or a complement to your classic course. Click [here](#) [2] for more details.

Junior training will also be offered at this event starting at 10am. If you have children between the ages of 10 and 21 who can already orienteer on their own, bring them to meet coaches [Adam Smith](#) [3], [John Cumings](#) [4], and [Alex Merka](#) [5]. They have a fun hour of orienteering instruction planned for

QOC juniors wishing to improve their skills. [Junior training is an ongoing program and is separate from beginner training, which is designed to get orienteers of all ages out on the trail at that event.] If you have any questions about Junior training, contact any coach (by clicking on their names).

VOLUNTEER

[6]

Volunteer SignUps: [If you'd like to help out at this event click here \[6\]. You can also contact the Event Director \[7\].](#)

[Any youth or large groups attending, although you will be pre-registering online, for their awareness please let the Event Director \[7\] know of your plans and participant numbers.](#)



Post Event Social: [meet after the event if you wish at the Hopsfrog Grille, located here \[8\], just 7+ miles north of Fountainhead in Burke VA. Indoor and outdoor seating, with a fine selection of pub grub, and a great motto: Where Friends Meet. See the Hopsfrog website \[9\] for more information; bring your map and let the manager \(Antonio\) know you're with QOC to receive a small treat!](#)

[Keep in mind:](#)

- [QOC will continue to use pre-registration as the ONLY method of signing up for our meets. There will be NO day-of, on-site registration. Refunds are paid only in the case of event cancellation.](#)
- [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.](#)
- [As mentioned above, beginner instruction has resumed to provide an overview of orienteering basics for newcomers to the sport or those who just want a refresher.](#)
- [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 will be no snacks offered by QOC.](#)
- [For this event the standard eight 15-minute check-in windows followed by two 45-minute windows may be subject to change to alleviate any potential parking shortage.](#)
- [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 \(juniors and adults combined\).](#)
- [The park rest rooms near the main parking lot will be open and there may be some port-a-johns on the edge of the parking lot as well.](#)
- [Pets are permitted in the park but must be leashed at all times.](#)

Location

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

Registration

[Registration for this event opens at 6pm on Monday April 17 via this link \[10\]. Registration will close at 12 noon on Saturday April 22 \(the day before the event\). Pre-registration is mandatory.](#)



Start Times

Schedule

Volunteers

Classic

[Fountainhead Regional Park](#)
[Main parking area](#)
[Fairfax Station, VA](#)
[Google Map \[13\]](#)

[Who's registered? Check by clicking here \[11\].](#)
[Sorting by column is possible too - just click on the column name.](#)

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

Sunday, April 23 10:00 Classic:

[am -](#)

[3:00](#)

[pm](#)

Event [Matthew Knight \[7\]](#)

Director:

Course [Justin Green \[12\]](#)

Designer: