



# Fountainhead East

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January 7  
Sunday



**Pre-registration is required for this event, opening Monday, Jan. 1 at 6pm and closing Saturday Jan. 6 at 12 noon.**

**There will be no day-of registration.**

Fountainhead East is once again QOC's New Year lead-off event! 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. And for a graphic overview, click [here](#) [2].

This season, Francis Hogle and his course-setter course students, who are designing and setting the event, will be producing a full set of classic courses for your enjoyment. A collective QOC thanks to all those who have volunteered to learn the art and craft of course setting from Francis and perhaps set their own courses for future QOC events! Please provide them with your feedback after you finish your course.



**[Volunteer SignUps](#)**: If you'd like to help at this event, click [here](#) [3] or contact the [Event Director](#) [4]. The mountain bike course will be completely closed to biking for our event day, so the area will be free of all non-orienteering activity except a few hikers and dog-walkers. 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.



**Post-Event Social:** [After your run, meet fellow orienteers at Squisito Pizza and Pasta - Lorton for a bite to eat. Located here \[5\] just five miles east of Fountainhead.](#)

Keep in mind:

- [All participants must pre-register; there is no day-of registration.](#)
- [No food items will be provided.](#)
- [Participants are responsible for meeting all their own hydration needs before, during and after their courses.](#)
- [As always, please be off the course no later than 3pm and remember to download at our e-punch station even if you did not finish.](#)
- [Beginner's instruction will be available.](#)
- [For those new to orienteering, make sure to check out our Your First Event \[6\] and Orienteering Techniques For Beginners \[7\] webpages, and if they don't answer any question you have, just use our Contact Form \[8\] and ask.](#)
- [Group Leaders \(of larger groups\): please contact the Event Director \[4\] so they are aware of your plans.](#)
- [Port-a-johns will be located at the west end of the main parking lot near Shelter 1.](#)
- [Dogs are allowed in the park but must be on the leash at all times.](#)

**Location**

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

**Registration**

[Registration for this event opens at 6pm on Monday Jan. 1 via this link \[9\]. Registration will close at 12 noon on Saturday Jan. 6 \(the day before the event\). Pre-registration is mandatory.](#)

**Start Times**

**Who's Registered?** [Check by clicking here \[10\]. Start times will be by windows \(to be defined for this event before registration opens\).](#)

**Schedule**

**Sunday, January 7** 10:00 Classic:  
am -  
3:00  
pm

**Volunteers**

Event [Jana Seidlova \[4\]](#)  
Director:  
Course [Francis Hogle \[11\]](#)  
Designer:

**Classic**

[Fountainhead Regional Park](#)  
[Main parking area](#)  
[Fairfax Station, VA](#)  
[Google Map \[12\]](#)