



# Mason Neck

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**January 28  
Sunday**



**Pre-registration is required for this event, opening Monday, Jan. 22 at 6pm and closing Saturday Jan. 27 at 12 noon.**

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

**Get ready for another fast-running, mid-winter event at club favorite, Mason Neck State Park!**

**Orienteering at Mason Neck provides a distinctive navigation experience due to the flatness of this coastal plain terrain. The park's subtle contours (2.5 meter contour interval rather than the standard 5 meters) and subtle features present a change from the usual Northern Virginia spur and reentrant terrain. At Mason Neck you'll enjoy the chance to develop your compass skills and pace counting. Runners have their choice of a full set of classic courses (details below) thanks to Will Hubsch who has set courses for LAOC in the past, and now, having come east, has volunteered to be a course setter for QOC. In addition, the map has improved thanks to QOC's Mark Thomsen, who has made selected updates to the map following last year's event.**

**Also, to help those new to the very useful skill of pace-counting, we will set up a 100 meter pace course. Those interested will be able to get some instruction/recommendations on how to calculate your pace and employ pace-counting most effectively.**

**Check in will be on the west side of the main parking area as usual. Follow QOC signage from the turn off of Gunston Road.**



[2]

**Volunteer SignUps:** [If you'd like to help at this event, click here \[2\]](#) or [contact the Event Director \[3\]](#).

**Post-Event Social:** [After your run, join fellow orienteers at Hometown Grill and Bar \[4\] for a bite to eat. Show your map and get a treat with purchase, courtesy of Chef Scott Perry! Hometown Bar and Grill is located here \[5\], just 9.2 miles north of Mason Neck.](#)

**Keep in mind:**

- [There is a park entry fee of \\$10 per vehicle that is collected at the park gate.](#)
- [The rest rooms at Mason Neck are adjacent to the check in area and will be open for our event.](#)
- [All participants must pre-register; there is no day-of registration.](#)
- [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 \(juniors and adults combined\).](#)
- [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 so they are aware of your plans.](#)
- [Dogs are allowed in the park but must be on a leash of no more than six feet at all times.](#)

**Location**

[Mason Neck SP, Mason Neck SP, Lorton, VA \(Classic\)](#)

**Registration**

[Registration for this event opens at 6pm on Monday Jan. 22 via this link \[9\]. Registration will close at 12 noon on Saturday Jan. 27 \(the day before the event\). Pre-registration is mandatory.](#)

**Who's Registered?** [Check by clicking here \[10\].](#)

**Start Times**

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

**Schedule**

**Sunday, January 28** 10:00 am - 3:00 pm Classic:

**Volunteers**

Event Director: [Gary Quam \[3\]](#)

Event Director: [Ginny Quam \[11\]](#)

Course Designer: [Will Hubsch \[12\]](#)

**Classic**

[Mason Neck SP](#)  
[Mason Neck SP](#)  
[Lorton, VA](#)  
[Google Map \[13\]](#)