

Intro to Adventure

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April 14
Sunday



[2]Have you seen the new Mark Wahlberg adventure racing movie, **Arthur the King**, and wondered, can I do that? The answer is, yes, you can, and the Quantico Orienteering Club (QOC) will help get you started.

Please join us for a *free* **INTRODUCTION TO ADVENTURE** event at Cabin John Regional Park on Sunday, April 14, where we'll teach you the basic map reading skills needed to launch you on your quest for true adventure. Come spend part of a day in the woods with us to experience the fun, family-friendly sport of Orienteering for yourself. Speaking of families: kids are welcome at this event, but must be accompanied by a parent or their legal guardian.

As this event is for first-timers, we encourage you to check out the [Your First Event](#) [3] and [Orienteering Techniques For Beginners](#) [4] webpages to help you prepare for your adventure. Have any questions? Just use our [Contact Form](#) [5].

We will meet at Shelter A, near the large playground parking lot off of Tuckerman Lane (see [overview](#) [6]). Check-in will open at 9:30am, with free instruction sessions every 30 minutes from 10:00 until 11:30. Register for the time best for you and plan to arrive at least 15 minutes early to check in.



After checking in you will then have a chance to warm up as you walk to the start area on the north side of Tuckerman Road, where you will check in with the timing team, get your map, and meet your experienced instructor who will teach you the basics of orienteering.

You will then have the opportunity to apply your newly acquired skills on one of two beginner-level orienteering courses. Participants can orienteer solo or in small groups of up to four people. You will have until 1:30pm to complete the course.

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

ASL Instruction: ASL instruction will be available at this event. To ensure we have enough instructors, please fill in the accommodation request option when registering.

Post-Event Social! After you finish your course, head to the nearby [Cava](#) [7] restaurant with fellow orienteers to grab a bite to eat and discuss your experience! Get a free fountain drink (juices are excluded) with purchase - and map as proof (you must show map to cashier), courtesy of General Manager Kenya. Cava is located [here](#) [8], less than a mile away from our event.

Your ticket to adventure is waiting. See you in the woods!

Location

Cabin John Regional Park, Playground Parking Area,
Bethesda, MD (For First-Time Orienteers)

Registration