

Gambrill State Park

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**March 30
Sunday**



Registration is now open and will close when sold out or on Saturday March 29 at 12 noon. There will be no day-of registration.

Welcome to QOC's 2025 Rogaine, taking place in Maryland's Gambrill State Park and the Frederick Municipal Forest. We will again have two course options - a shorter 3-hour rogaine, with 20 checkpoints, and a longer 8-hour event with 40 checkpoints. All checkpoints are worth from 1 to 5 points depending on factors such as difficulty to find, or frankly, the whims of course designer Michael Dickey. There is no set course, so it is up to each competitor to determine the best route to get the maximum number of points within the allotted time. Scoring will be based on total points with time used as a tie-breaker. Competitors exceeding the time limit for their course will lose 1 point per minute or fraction of a minute over time. So don't be late!

This year, all rogainers (3-hour and 8-hour) will take a 4-mile shuttle ride to a remote start at the Hamburg Road Parking area. The finish is near Shelter 3 in Gambrill State Park. While this is not an event suitable for beginning orienteers, all others should find this a challenging and fun event. The 3-hour event is designed to be easier and more friendly to those interested in trying out something new. If you are comfortable with Orange courses, and would enjoy a nice hike in some beautiful terrain, come try this! Want to learn more about rogaines in general? [Click here](#). Note that in contrast to orienteering (where you shouldn't look at your map before you start), in a Rogaine you are given time to study the map and plan a route before your time starts. For this event, maps will be handed out at registration and each competitor can start when they are ready by punching the 'start' epunch box. Note course closure times though - if you are still out on the course, time for your course stops then no matter when you start. Unlike last year, there is no mass start because of the shuttle to the remote start.

Post-Event Picnic! Plan to stay around after the event to compare route choices and enjoy complimentary hot dogs, hamburgers, veggie burgers, chips, and soft drinks. Other than alcohol (prohibited in Maryland state parks), feel free to bring anything else you'd like to drink or eat.

Volunteers Needed: Is 8 hours too much, and 3 hours not enough? We are looking for 3 hour participants to help pick up controls. Run, eat, then run some more. Plus someone



who can help with 8-hour registration in the morning. Contact the [Event Director](#) [2]event director if interested.

Registration Details:

- **3-hour: Registration is capped at 80 starts (individuals and teams); cost is \$12.49/pp for members and those younger than 21, and \$22.49 for non-members.**
- **8-hour: Registration is capped at 75 starts (individuals and teams); cost is \$32.49/pp for members and under-21's, and \$42.49 for non-members.**
- **Registration will close when sold out or no later than noon on Saturday March 29.**
- **Solo rogainers and teams of 2 to 4 (max) are welcome. Note that IRF rules require those under 14 be on a team with at least one person over 18.**
- **Portable toilets will be available near the registration pavilion.**
- **The shuttles do not allow non-service animals.**
- **Recommended Equipment: whistle, watch (make sure to keep track of your time!), compass and basic first aid kit. Phones are allowed but are not to be used for navigation. [Feel free to take photos to share later though!]**
- **Competitors should bring sufficient hydration (and food) for the length of the event, or the means to filter purified water from streams. There is no provided water on the course, but there are plenty of springs and streams.**

Parking Information:

Carpooling is encouraged! We expect that there will be plenty of parking near the pavilions (#2 and #3) and near the park entrance just after the Visitor's Center for all 8 hour competitors.

For 3 hour competitors, while there may not be sufficient parking at the High Knob area there is additional parking in the Rock Run area at the bottom of the hill as you enter the park. We'll post a sign and volunteer at the bottom of the hill if parking fills up. The shuttle will make runs past that parking area between 8:30 and 9:30 for 3-hour competitors. It will be a downhill hike back to the Rock Run parking area after your course (no shuttle). Please arrive by 9:30am so you have enough time to make all the shuttles and register.

Location

**Gambrill SP, Shelter 3, Frederick, MD
(Rogaine)**

Registration