



Lake Accotink

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**September 7
Sunday**



This Sunday event requires pre-registration, opening Monday, Sept. 1 at 6pm and closing Saturday Sept. 6 at noon. There will be no day-of registration.

Orienteering at Lake Accotink

Join Us for an Exciting Family Adventure!

Calling all adventure enthusiasts! We are thrilled to announce the kickoff event of the QOC orienteering season at Lake Accotink Park in Fairfax County. Whether you're a seasoned orienteer or a curious beginner, this event promises to be a fun and challenging experience for all. Come enjoy the rolling hills and fantastically open woods at this special venue. Lake Accotink is a beautiful park in Springfield, VA with a train trestle, tangled trails, and of course, a sparkling lake. There are numerous mountain bike/hiking trails throughout the park, with new ones (that may not be mapped) appearing periodically. The courses presented will provide a challenge for keeping track of which trails you've checked off



along your route.

This event features classic/foot orienteering, with an optional mountain bike orienteering (MTBO) course. [Registering only for MTBO is not possible.] All MTBO starts will be between 9:00 - 9:30am, with classic/foot orienteering starting at 10:00am. Orienteers are encouraged to register for both events; the MTBO entry fee is offered at a 50% discount. While groups of up to 4 are allowed as usual on the classic/foot course, bike participants must register either solo or as groups of two (at most). For additional MTBO guidelines and rules, please see below.

What to Expect

Participants will navigate through diverse terrains, including wooded areas, open fields, and waterways, using a map and compass. This event is designed to test your navigation skills, endurance, and for groups, teamwork. Various courses will be available to accommodate all skill levels:

- **Beginner Course:** Perfect for newcomers, offering a gentle introduction to orienteering with straightforward checkpoints and kid-friendly terrain. Beginner Instruction will be available.
- **Intermediate Course:** A bit more challenging, great for those with some orienteering experience looking to improve their skills.
- **Advanced Courses:** For experienced orienteers seeking a rigorous and demanding course with complex navigation.

What to Bring

Participants should come prepared with the following items:

- Comfortable outdoor clothing and sturdy footwear
- Water bottle and snacks
- Compass and whistle if you have them. Loaners are available if needed.

Parking Details

We will be using the main parking lot, near the end of Accotink Park Rd just below the dam. (7500 Accotink Park Rd., see locator map) QOC signage will point you towards the main parking lot. There is a 400 meter walk to the check-in area at the McClaren-Sargent shelter. The small parking lot near the McLaren-Sargent shelter is reserved for event volunteers.

Groups

QOC allows groups of up to 4 people to orienteer together. Any youth or large groups attending this event should contact the [Event Director](#) [2] in advance so that we can coordinate pre-registration for your group. Details and the required waiver form can be found on our [For Group Leaders](#) [3] webpage.

Volunteers

We are seeking just a few volunteers to assist with various aspects of the event, including parking/shuttle coordination, check-in, beginner instruction, and control pick up. Your help is invaluable in ensuring a smooth and enjoyable experience for all participants. If you are interested in volunteering, please reach out to the [Event Director](#) [2].



Post-event Social

After your run, head to [El Paso Mexican Restaurant](#) [4], located [here](#) [5], just 3.5 miles from the park. Grab a bite to eat, discuss your run and catch up with friends!

Don't miss out on this opportunity to celebrate the start of our new season, explore the natural beauty of Lake Accotink Park, and challenge yourself in a thrilling orienteering adventure. We look forward to seeing you there!

Location

**Lake Accotink Park, Lower Lot (for Parking)
(Classic & MTBO)**

Registration