

Cabin John

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**October 5
Sunday**



Pre-registration is required and will open on Monday, Sept. 29 at 6pm and will close at noon Saturday Oct. 4. There will be no day-of registration.

Join Us for an Exciting Family Adventure!

Discover the thrill of map and compass navigation at the upcoming orienteering event at the kid-friendly Cabin John Regional Park on Sunday, October 5!

Acquired by the state of Maryland in 1937, Cabin John Regional Park spans about 500 acres and includes ball fields, an ice rink, a miniature train, and many other amenities. Whether a seasoned competitor or new to the sport, this event offers something for everyone—from kid-friendly beginner courses to advanced routes that challenge even the most experienced orienteers. With beautiful early-fall scenery, a wide variety of courses, and an inviting community atmosphere, this is the perfect opportunity to explore the outdoors, sharpen navigation skills, and enjoy an adventurous day with family and friends.

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 Courses (white & yellow): Perfect for newcomers, offering a gentle introduction to orienteering with straightforward checkpoints and kid-friendly terrain. Beginner Instruction will be available.
- Intermediate Course (orange): A bit more challenging, great for those with some orienteering experience looking to improve their skills.



- Advanced Courses (brown, green, red & blue): For experienced orienteers seeking a rigorous and demanding course with complex navigation.

Check in will open about 9:45am and courses will open at 10:00am. Everyone must be out of the woods and back at the registration/finish area by 3:00pm when we will begin picking up the controls. Allow yourself time to get back to the registration area and download regardless of whether you have finished. We want to make sure of everyone's safety and status.

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

Please note how to get from the different parking areas to our registration area at Pavilion A on [this map \[2\]](#). QOC signs will point towards Pavilion A from all parking lots.

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 \[3\]](#) 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 \[4\]](#) webpage.

Post-Event Social

After your run, join fellow orienteers at [Cava \[5\]](#), located [here \[6\]](#) in Cabin John Village, just a mile northwest of Cabin John Regional Park.

Location

Cabin John Regional Park, Playground Parking Area,
Bethesda, MD (Classic)

Registration