



Occoquan

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**September 21
Sunday**



This Sunday event requires pre-registration, opening Monday, Sept. 15 at 6pm and closing Saturday Sept. 20 at noon. There will be no day-of registration.

We're heading back to Occoquan Regional Park for a day of orienteering fun! This area offers a mix of open fields, historic landmarks, and challenging wooded terrain that make for an excellent orienteering experience. Rob Field has put together 7 courses ranging from White (beginner) through Blue (advanced), as QOC returns for the first time since 2023. Check out the course stats and notes below to pick your course and then come out, explore the park, sharpen your map and compass skills, and enjoy a great day outdoors with the orienteering community. See you at Occoquan!

Event check-in is at Shelter 4 with parking in the adjacent lot; a locator map is [here](#) [2]. This event is extra special because it's also part of the [Northern Virginia Senior Olympics](#) [3] (NVSO). We're excited to showcase orienteering as one of the NVSO activities, proving that adventure and competition are for all ages. For more information, please contact [Keg Good](#)



[4] or [Sid Sachs](#) [5] (note: NVSO registration is already closed).



[6] [Volunteer](#): Our club runs on the incredible energy of our amazing volunteers - a massive thank you to those who volunteer week after week! Thanks to you, we're able to offer an event almost every weekend in the season! We're always looking for new volunteers to help, so sign up for a volunteer slot via this form **[6]** or email the Event Director **[7]** directly for other options.

Post-event Social: The nearby [Brickmaker's Cafe](#) **[8]** is located in Occoquan Park and is open from 11 am to 8 pm, so orienteers have the opportunity to enjoy food and drinks either indoors or on their outdoor terrace overlooking the Occoquan River (mention 'QOC' to get a 10% discount!).

Beginners: Make sure to check out our [Your First Event](#) **[9]** and [Orienteering Techniques For Beginners](#) **[10]** webpages, and if they don't answer any question you have, just use our [Beginner's Instructions](#) **[11]** and will be offered at the event.

Group Leaders: Please see our [For Group Leaders](#) **[12]** webpage and then contact the [Event Director](#) **[7]** so they are aware of your plans.

Other notes and reminders:

- QOC will continue to use pre-registration as the **ONLY** method of signing up for our events. There will be **NO** day-of, on-site registration. Refunds are paid only in case of event cancellation.
- **No water or food will be provided.** Participants are responsible for meeting all their own food and hydration needs.
- Restrooms are available near Shelter 4.
- Everyone must be out of the woods and back at the registration/finish area by 3:00pm when control pick-up will start. Allow yourself time to get back to the registration area to download, regardless of whether you finished the course. We want to ensure that all participants are safe and accounted for.
- Pets are allowed but must always be kept on a leash and under the owner's control.
- The park also offer kayak rentals by the hour; details [here](#) **[13]**.

Location

Occoquan Regional Park, Shelter 4 Parking Area, Lorton, VA (Classic)

Registration