



# Mason Neck

[ShareThis](#) [1]

**October 26  
Sunday**



**Pre-registration is required and will open Monday, Oct 20 at 6 pm. It will close on Saturday, Oct 25 at 12 noon. There will be no day-of registration.**

## **Orienteering at Mason Neck**

**Get ready for one of QOC's flattest events - Mason Neck State Park. Gary Smith has designed a full set of 7 Classic-O courses and runners will need to use their compass skills and pace counting to stay on target. The park's subtle contours (2.5 meter contour interval rather than the standard 5 meters) and point features present a change from the usual Northern Virginia spur and reentrant terrain. Also, to help those new to the very useful skill of pace-counting, we will set up a 100 meter pace course near registration. Those interested will be able to get some instruction/recommendations on how to calculate your pace and employ pace-counting most effectively.**

## **Soundscape Demo & Trail-O Demo:**

**Special for this event! Daniel Heimgartner and Russ Myer have designed both a**



**Soundscape demo and a Trail-O course suitable for all abilities. Soundscape-O has two check-in windows (10:00 and 11:00), and Trail-O also has two check-in windows (12:30 and 1:30). Cost is \$10 for either event or \$15 for both; pre-registration is required. Full details (read before registering!) are [here](#) [2].**

## **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 and 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 more challenging course, great for those with some orienteering experience looking to improve their skills and venture off-trail.
- **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.**

## **Volunteers**



[\[3\] 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 \[3\] or email the Event Director \[4\] directly for other options.](#)

## **Post-event Social**

**After your run, join fellow orienteers at [Casa Tequila Bar and Grill](#) [5], located [here](#) [6], just 9 miles north of the park.**

## **Beginners**

**Make sure to check out our [Your First Event](#) [7] and [Orienteering Techniques For Beginners](#) [8] webpages, and if they don't answer all your questions, just ask them via our **Contact Form**. We will also offer beginner instruction at the event.**

## **Groups**

**QOC allows groups of up to 4 people to orienteer together. Please see our [For Group Leaders](#)**

---



[9] webpage and then contact the [Event Director](#) [4] 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 the picnic area.**
- **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.**

<b>Location</b>	<b>Mason Neck SP, Mason Neck SP, Lorton, VA (Classic)</b>
<b>Registration</b>	<b>Advance registration is required. Registration for all three events will open at 6pm Monday Oct. 20 and will close at noon Saturday Oct.25 (the day before the event). To register for a Classic (foot orienteering) course, <a href="#">CLICK HERE</a> [10].</b>
<b>Start Times</b>	<b>Start times will be by windows (to be defined for this event before registration opens).</b>
<b>Schedule</b>	<b>Sunday, October 26 10:00 Classic: am - 3:00 pm</b>
<b>Volunteers</b>	<b>Event <a href="#">John Baker</a> [4] Director: Course <a href="#">Gary Smith</a> [11] Designer: Trail-O: <a href="#">Daniel Heimgartner</a> [12] Trail-O: <a href="#">Russ Myer</a> [13]</b>
<b>Location Details</b>	