



Fountainhead

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**January 4
Sunday**



Pre-registration is required and will open Monday, Dec 29 at 6 pm. It will close on Saturday, Jan 3 at 12 noon. There will be no day-of registration.

Orienteering at Fountainhead

Welcome to QOC's 2026 New Year lead-off event at Fountainhead. This area of the park is a mixture of typical mid-Atlantic woods; the forest is generally fast, with classic, yet intricate, ridge and valley topography. Courses may make use of the park east or west of the main parking lot including the mountain bike trails. And again this year, the mountain biking trails will be closed to the public during our event. Check-in will be at shelter 1 and e-punch registration at the small shack at the south end of the parking lot adjacent to shelter 1 that our e-punch team customarily uses.

Keg Good has designed a full set of classic courses for this event. You will be able to choose from white, yellow, orange, beige, brown, green, red or blue; her course notes are below.

Note that the Northern Virginia Archers' archery area is clearly marked as off-limits on all maps. The boundaries of the archery course are delineated on the ground with Do Not Enter signs.

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.

Volunteers



[\[2\] Have time to help? Please sign up for a volunteer slot via this form \[2\] or email the Event Directors \[3\] directly for other options.](#)

Beginners: Make sure to check out our [Your First Event \[4\]](#) and [Orienteering Techniques For Beginners \[5\]](#) 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 \[6\]](#) webpage and then contact the [Event Director \[3\]](#) 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.
- Port-a-johns will be located at the west end of the main parking lot near Shelter 1.
- 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.

Location

Fountainhead Regional Park, Main parking area,
Fairfax Station, VA (Classic)

Registration