

Intro to Orienteering - Pohick

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**September 7
Saturday**



Quantico

Orienteering Club invites all newcomers to join us for an "INTRODUCTION TO ORIENTEERING" as we gear up for our 2019-2020 season. As we have for the past few years, we are hosting two purely beginner-oriented events: this one at Pohick Bay Regional Park (VA) and another in Maryland taking place on Saturday, July 20 at Wheaton Regional Park, Wheaton, MD.

These will be FREE beginner-only orienteering events for all ages - from children to adults. For anyone who has ever wanted to try orienteering, or just wondered what it is, here's the chance to come out and give it a go. Those of you who are already seasoned orienteers, please feel free to invite your co-workers and friends out to experience that activity you're always telling them about.

Participants will learn the basics of orienteering from experienced instructors and then apply their newly acquired skills on a beginner level orienteering course (either a White or Yellow Course) that same day. **Registration opens at 10:00 AM and instruction will be offered approximately every 20 minutes beginning at 10:20 AM and running through 12:00 PM.** Participants can either orienteer solo or in small groups of their own choosing. All participants will have until 1:30 PM to complete their courses.

The only equipment you'll need to bring is your brain, some active clothing/sportswear, a comfortable pair of athletic shoes, and a watch. Compasses will be available, but please bring your own if you have one. Participants may also want to bring along extra water or beverages, though there will be plenty of water on the course and at the start/finish/instructional area. For your convenience, a [Locator Map](#) [2] for this event is available.



Pre-registration was being offered for these events due to park permit participant limitations, and it is now **CLOSED** since we have reached our maximum permitted capacity. We look forward to seeing everyone who pre-registered at this fun event! Questions related to registration may be emailed to the event director using the link below.

Location

Pohick Bay Regional Park, Pavilion 3, Lorton, VA
(Beginner)

Registration

This (free) event is now "sold out". Registration is **now closed**, since we have reached the maximum capacity allowed by our event permit. Day-of registration will **not** be available at the event. As always, beginner's are welcome at all QOC events and free introductory instruction is offered at each meet.

Start Times

Start any time between the specified times (see details above).

Schedule

Saturday, September 7 10:20 Beginner:

am -
1:30
pm

Volunteers

Event [Heidi Onkst](#) [3]

Director:

Course [David Onkst](#) [4]

Designer:

Location Details