



Quantico Orienteering Club (QOC) invites first time orienteers (those who have never orienteered) to join us for a free Introduction to Orienteering event at Lake Fairfax Park on Sunday, September 22nd. Spend a day in the woods with us to experience this fun, family-friendly sport.

Pre-registration is required. It will open Monday, September 16 at 6pm and close Saturday, September 21 at noon. There will be no day-of registration.

We encourage you to check out our [For Beginners](#) webpage to help you prepare for your adventure. You are also encouraged to watch relevant videos such as [this one](#) created by QOC's instructional guru, David Onkst. If you have questions, please use the [Contact Form](#).

Please note that the maximum group size is four, and juniors must be accompanied by at least one of their parents. The registration form will offer an option for ASL interpretation.

We will meet at the [Large Shelter](#). Check-in will open at 9:45am, with free instruction sessions every 30 minutes from 10:00 until 11:30. Register online for the time that works best for you, and plan to be there 15 minutes early to check in. You will learn the basics of orienteering from experienced instructors and then apply your newly acquired skills on one of two beginner-level orienteering courses. Participants can orienteer solo or in small groups of up to four people.

Everyone will have until 3pm to complete their courses. Remember to download at our e-punch station even if you did not finish the course. The only equipment you'll need to bring is active clothing/sportswear, a comfortable pair of athletic shoes, and a watch. Free loaner compasses will be available, but please bring your own if you have one. You will want to bring water, as there won't be any out on the courses or at the check-in area.

Both the White and Yellow courses are for beginners. The routes follow linear features such as roads, trails, edges of fields, or streams. Checkpoints for the White course are set on the linear feature. The longer Yellow course checkpoints will be on or close to linear features. Going off trail is allowed on both courses, but legs on the Yellow course are set to encourage it if you're feeling brave!

Please get in touch with the [Intro Event Director](#) if you have a large group or have questions about Intro to O.