

VENTUREQUEST

ADVENTURE RACE

Welcome to the 2019 VentureQuest Adventure Race – **Sport 5-Hour Course!** The race begins at 9am and ends at 2pm sharp! If you finish by 2:01 we deduct 1 CP, by 2:05 2 CPs, by 2:10 3 CPs, etc. Please don't be late. Using these rules of travel and your map, find each checkpoint (CP) and e-punch. Teams will be ranked by the number of checkpoints and then time. You may skip checkpoints within a leg of the race, but you cannot go back to a skipped point once you've completed that leg. The race will start in the field near the transition area. Take care of yourself and your teammates, and have fun!!



Leg 1 – Trekking

Trek to checkpoints A, B, C, and D in ANY order, and then trek to TA1.

A – Access road/powerline intersection

D – Reentrant

B – Spur (just north of bench)

TA1 – Field

C – Powerline pole



Leg 2 – Mountain Biking

At TA1, transition to biking and use the highlighted park access roads to reach the paved bike path that parallels Gunston Road. This bike path heads generally northwest and runs all the way to the Pohick Bay Golf Course. Upon reaching the golf course, use the flagged route on the north side of Gunston Road until you reach the parking lot for the mountain biking trails at Meadowood (B1/5). Use caution crossing Gunston Road and follow police direction. Ride counterclockwise to points B2, B3, B4, and B5 along the South Branch Loop. These points must be gotten IN ORDER following the South Branch Loop trail. After you exit the South Branch Loop back in the parking lot, cross Gunston Road and return to Pohick Bay via the flagged route, paved bike path, and park access roads to TA2. Travel on Gunston Road is prohibited. Travel on the Pohick Bay park road is prohibited except where indicated on your orienteering map.

B1 – Kiosk in parking lot

B4 – Intersection with Yard Sale trail

B2 – Intersection with Boss trail

B5 – Kiosk in parking lot

B3 – Bridge

TA2 – field



Leg 3 – Trekking and Paddling

At TA2, transition to trek and then trek to P1. Travel on or crossing the main park road is prohibited except where indicated on your orienteering map. At P1, transition to paddle and paddle in ANY order to P2, P3, P4, and P5. Then return your boat back to P6.



P1 – Boat launch

P2 – Shoreline (tree south side of creek)

P3 – Small channel (fallen tree branch)

P4 – Shoreline (tree north side of creek)

P5 – Shoreline (tree south side of creek)

P6 – Boat launch



Leg 4 – Trekking

After returning you boat to P6, transition to foot and trek to CPs 1 through 8 in ANY order. Then trek to the finish at the pavilions.

1 – Trail intersection

2 – Reentrant

3 – Bridge

4 – Stream junction

5 – Stream junction

6 – Small erosion gully

7 – Reentrant

8 – Reentrant

Finish – Pavilions

Congratulations on completing the VentureQuest Adventure Race!



Race Director Andy Bacon 703-338-3965 Emergency dial 911