



07-Feb-2026 Rockhaven Orienteering Event

Shake off the winter doldrums and enjoy some time in Rockhaven's winter woods and prairies. Will you find Sir Clifford or see a bald eagle soaring over Clinton Lake? Whether it's your first time or fiftieth, you'll find orienteering a delightful challenge for the body and brain.

Schedule:

Feb 3: Registration is closed. [Registration link](#)
See who has [already registered](#)
[Volunteer](#) to work at the event

Feb 7:

- 10:00: check-in for all participants begins (receive timing chip)
- 10:00: first Starts begin (staggered, start when you want)
- 10:15: instructions for first-timers
- 11:30: check-in closes and last possible start time
- 1:00: courses close and participants must be back at the finish.
Markers will be picked up

Event Format and Courses:

Start: staggered. Courses: standard. [Definitions](#)

Course setter: Lisa Grossman

Explorer: find as many markers as you wish, in any order, in a two-hour time limit. (Penalty for being overtime). This course is recommended for first timers, kids, older adults, anyone who wants to limit their time to two hours, or adventure racers who are new to orienteering maps.

Intermediate: ~3 km straight line course. You must go in numerical order from point to point. Typically takes 45 minutes to 1.5 hours to complete, based on pace and experience.

Advanced: ~6 km straight line course. You must go in numerical order from point to point. Typically takes 45 minutes to 2 hours to complete, based on pace and experience.

Event Notes: Rockhaven is an equestrian park so please give trail riders the right of way and a wide berth so as not to spook horses.

Registration:

Registration is open until 5 p.m. on Feb 3. Sign up as an individual or team. Teams register once (not each individual). [Registration link](#). You can see a list of who has already registered [here](#).

Fees:

First timers free!

Individual: \$10 (\$5 for OUSA members)

Team: \$10 (\$5 if one team member is an OUSA member)

Payment: [PayPal.me/OrienteerKansas](https://www.paypal.com/paytoemail?email=PayPal.me/OrienteerKansas) in advance or cash on day of event

Location:

Rockhaven Park, Clinton Lake, Lawrence KS.

Google map.

New to Orienteering? Start Here!

We welcome first-timers and will have a dedicated volunteer available to provide basic instruction and answer your questions before you start.

1. **What is orienteering?** Watch our [Welcome to Orienteering video](#)
2. **Which course should I register for?** Explorer
3. **What do I do when I arrive?** Look for the person in the orange vest. They will direct you to the registration table where you will check in and get your timing chip (called an epunch). You MUST check in before you go on the course.
4. **What time should I arrive?** You can arrive about 15 minutes before first-timer instructions. Check-in only takes a few minutes.
5. **How do I learn to orienteer?** We'll teach you on site. We offer free basic instruction in map and compass reading. Check the "request for instructions" during registration.
6. **What do I need to bring?** Bring a sense of adventure! Also any water or food you may want. Orienteer Kansas will provide the map (with pre-drawn course). Compass? A compass is not required. If you want to use one, we have them available to borrow.
7. **What should I wear?** Hiking pants and hiking shoes are best. Sneakers with good grip are fine. Don't wear your best clothes: the woods are thorny and have stick tights. You may want a change of shoes/socks if the weather is wet.
8. **What time will I start?** You will start at staggered times, (not all at once), any time after the instructions.

9. **How long will this take?** Two hours maximum for the Explorer course. You are welcome to stay out for a shorter time, whatever is comfortable for you.

Map:

1:10,000 with 5 meter contours.

Weather:

The event will be held rain or shine. In case of *extreme* weather, check this page, or our [website](#) and [Facebook](#) page the morning of the event for announcements regarding postponement.

Questions?

Contact mjones@orienteerkansas.com or 785-318-6279