

# Hemlock Overlook

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Welcome back to Hemlock Overlook Regional Park -

where the woods are quite open even at this time of year. We'll have a full set of courses, from beginner to advanced (white through red).

The six courses were adapted from the QOC Long Day's Night National Event, held in November 2014. Advanced runners on Brown, Green and Red: if you competed in the 2014 event, and you run the same color course as you ran in 2014, you will have a totally different course this time. White, Yellow, and Orange are basically the same as the 2014 versions, so if you ran in 2014, you should consider moving up this time. Additional course setter comments are now posted below.

Event timing will be standard: register anytime between 10:45 - 1:15, start between 11 - 1:30, and be back before the controls start being picked up at 3pm. Please note that the registration pavilion will be to the right as you walk in from the parking area(s). Dogs on leash are welcome at this park; please do not let your dog(s) run off leash.

Any youth or large groups attending this event should contact the [Event Director](#) [2] so that we can coordinate pre-registration for your group; the group registration and waiver [form](#) [3] is part of the information on our [Group Leaders](#) [4] page.

**Reminder:** QOC will be hosting the US Two-Day Classic Championships this Nov. 11-12 on two newly mapped - as well as never before used - areas of the Quantico Marine Base. Whether you're coming for one day or both, you do need to pre-register, so why not sign up now at [USChamps.org](#) [5] if you



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haven't already?

**Location**

Hemlock Overlook Regional Park, Hemlock Pavilion,  
Clifton, VA (Classic)

**Registration**

No advance registration required. Just show up and  
have fun!

**Start Times**

You may start your course at any time during the  
start window listed below for your event.

**Schedule**

**Sunday, September 17** 11:00 Classic:

am -  
3:00  
pm

**Volunteers**

Event      [Aaron Linville](#) [6]

Director:

Course      [Tom Nolan](#) [7]

Designer:

**Location Details**