

# Hemlock Overlook

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**September 17**  
**Sunday**



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



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**

**Classic** From Clifton VA, take Hemlock Main Street (route 641) Overlook south for 1 mile. Then go Regional right onto Yates Ford Park Road and drive to the Hemlock end (about 2 miles). Pavilion **Note:** Please drive Clifton, VA carefully along Yates Ford [Google Map](#) Road - it is narrow in [8] some places, and one section has a 15mph speed limit.

**Course Details**

Classic Course Name	Length (km)	Climb (m)	No. Controls
White	2.3	65	12
Yellow	2.4	85	12
Orange	3.4	140	12
Brown	3.5	190	10
Green	5.1	290	16
Red	8	450	21

**Course Notes**

**Classic**  
Orange through Red run through the roughly two-thirds of the park that lies south of the entrance road. The forest in this part of the park is generally open, with mature trees and little deadfall or undergrowth, and will afford fast running. There are only a few trails in this area, which are well traveled and visible. There are numerous closely spaced ridges and valleys, which add to the physical difficulty of these courses. The Red course makes two different loops through the same general area, spanning both sides of the map. At 8km with 450m of climb, the Red course is on the long side.  
White and Yellow are confined to the area of the park north of the entrance road. There is a good trail network, but the forest can be quite dense, and



going off-trail can be very difficult in places. The courses use large features and handrails in addition to trails. Note: there will not be water on these White or Yellow courses; if you feel you will need some, please plan on bringing your own. The start will be at a trail junction just off the entrance road. The finish will be in the grassy area just west of the cabins.

Club Member, adult

Epunch Owner \$5

Epunch Borrower \$10

### Team or Group Entries

Participants are welcome to compete together as a single team entry. Teams containing one or more nonmembers are charged the nonmember individual rate. Teams containing one or more adults are charged the adult individual rate. For teams to receive member or junior rates, all members of the team must be members or juniors, respectively. Each extra team map beyond the first is an additional \$2. Individuals or teams desiring to compete on a second course can do so for a reduced fee of \$2/map.

### Important Notes

- At the event, we can only accept payment in cash or check; online, you may use a credit card or PayPal account.
- If you have access to a smartphone, you may become a member at the event by joining online via [this webpage](#) [9] (which also explains the member benefits). Membership is completely optional. If you wish to join or renew, we strongly recommend joining (or renewing) online **before the event** rather than at it to save time and because it's easier.
- Most of our events use an 'epunch' timing chip for electronic timing. Individuals or groups without their own epunch pay a higher entry fee (see above), which includes the loan of an epunch for that event. Loaned epunches that are lost incur a \$40 replacement fee. Epunches (also known as SI-cards or finger sticks) are usually available for sale at each event as described [here](#) [10].
- Former QOC members who have let their membership lapse pay non-member fees.
- Compasses are available at no charge, but if lost incur a \$15 replacement fee.
- Please provide collateral (driver's license or car keys) when borrowing a compass or epunch.
- For additional safety, whistles are available for sale at \$1/each.
- Free beginner instruction is always available - just ask at the registration table.

**Source URL:** <https://www.qocweb.org/events/2017/9/17/hemlock-overlook>

### Links:

[1] <https://www.qocweb.org/events/2017/9/17/hemlock-overlook>



[2] <http://qocweb.org/contact/Linville/Aaron>

[3] <http://qocweb.org/sites/default/files/maps/waiver.htm>

[4] <http://qocweb.org/content/group-leaders>

[5] <https://uschamps.org/>

[6] <https://www.qocweb.org/contact/Linville/Aaron>

[7] <https://www.qocweb.org/contact/Nolan/Tom>

[8] [http://maps.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=loc:38.7673,-77.4085&sll=38.7673,-77.4085&sspn=0.076258,0.086346&ie=UTF8&z=14](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=loc:38.7673,-77.4085&sll=38.7673,-77.4085&sspn=0.076258,0.086346&ie=UTF8&z=14)

[9] <http://qocweb.org/content/membership-types>

[10] <http://qocweb.org/epunch>