

Wheaton

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March 11
Sunday



Welcome back to Wheaton Park! We will be offering a full set of courses, thanks for course setter Nadim Ahmed. Course notes and stats for all *8* courses are now posted below - and **advanced runners especially** should read the special nature of what Nadim has in store for you.

Timing will be standard: Registration will be from 10:45am to 1:15pm, start any time between 11-1:30. Everyone must be out of the woods and back at the registration/finish area by 3:00pm, which is when we will begin picking up the controls. Note that the registration/start area being used this time is near the "Train Station". **[And remember to set your clocks forward one hour Saturday night!]**

Any youth or large groups attending, please contact the [Meet 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.

Additional information:

- Contour interval is 5m; course map scales will be 1:5000 for white & yellow, 1:7500 for orange,



and 1:10000 for all advanced courses.

- Dogs are welcome, so long as they are on a leash at all times.
- We do have access to full restroom facilities.
- There are several playgrounds in this park, and it's a great place for kids.
- There are no entrance fees to this park, and parking is also free.
- Have any questions? Just use our [Contact Us](#) [5] form and fire away.

Location

Wheaton Regional Park, Shorefield Area, Train Station Party Room, Wheaton, MD (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, March 11 11:00 Classic:
am -
3:00
pm

Volunteers

Event [Don Fish](#) [6]
Director:
Course [Nadim Ahmed](#) [7]
Designer:

Location Details

Classic From I-495 take Exit 31
Wheaton for Georgia Avenue/MD
Regional 97 North. Follow Georgia
Park Avenue north for almost
Shorefield 3 miles, then turn right
Area, Train onto Shorefield Road.
Station PartyContinue on Shorefield
Room Road until you reach the
Wheaton, parking area.
MD Registration will be just
[Google Map](#) beyond the south end of
[8] the parking lot, in the
Train Station Party Room
(near the Carousel).

Course Details

Classic	Course Name	Length (km)	Climb (m)	No. Controls
	White	2.3	30	10
	Yellow	2.4	40	9
	Orange	5.4	130	11
	Beige	3.1	75	9
	Brown	4	95	9
	Green	5.9	160	14
	Red	7.6	170	18
	Blue	8.9	250	22

Course Notes

Classic
Long-time QOC members have great familiarity navigating Wheaton Regional Park, a close to the Capital Beltway urban oasis. Even for them, there are still some surprises to be experienced, as in 2017 when courses had been set along a major paved trail which the park closed the day before the event. For that reason, and for changes that



just the plain passage of time brings, a major update has been applied to the map. This is the third major update for the Wheaton Regional Park map in about 15 years. The main changes include trail updates, vegetation updates, new LiDAR-based contours, stream course corrections, rootstock updates, and new point features.

Having a new map, and new features to go to, make this event a perfect time to really test one's navigation skill. To provide that opportunity, **all advanced course maps** (Beige, Brown, Green, Red, Blue) **will use maps without trails!**

Advanced course runners won't have the easy trail bend and trail intersection attack points. Gone will be the easy trail catching features. One will really need to read one's way across the terrain relying on whatever else remains—contours, streams, point features, vegetation changes, etc... One can still run on the trails. However, if you don't read along to see where it's going, that's taking a risk. A trail may be going in the right direction initially but it may later bend; one has to know when to leave it. Additionally, a shaky memory of the trails and the expected proximity to a mapped control may cause one to end up someplace else. If one has to relocate, places to relocate could be far away. For any who feel this is going to be really hard, please select your course carefully—you may want to drop down in distance. A Beige course (on a map without trails) has been added for that convenience. Please note also, that some parts of the map have changed more than others. The changed parts have been updated more than others but it's still very likely there will be things in the terrain that are not on the map.

Orange, Yellow and White courses will have normal maps showing trails and all other features. Both the White and Yellow courses have more than one control that's off trail in an open field area. For Yellow, there is one leg in which the most efficient route is off trail following along a stream.

There are many controls in close proximity—be sure to check control codes to ensure punching the one for the selected course. In one area for advanced courses, legs on the same course criss-cross tightly to maximize open terrain, but care is needed to follow the correct leg.

Entry Fees