

Hemlock

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**February 21
Sunday**



New year, same great Hemlock Overlook terrain, but new parking! **Different from previous years, parking and registration will be out of the Kincheloe Soccer Parking area.** [Click [here](#) [2] for a printable graphic overview.] This should alleviate some of past year's parking woes, and port-a-johns will be conveniently available.

Aaron Linville has prepared a full set of classic courses (details are below) and made minor updates to the South East edges of the map where advanced and intermediate orienteers will be approaching and departing from; course information will be posted soon.

As usual, everyone must be out of the woods and back at the registration/finish area by 3:00pm when we will begin picking up the controls. See the course notes about the remote start/finish and allow yourself time to get back to the registration area and download regardless of whether or not you finished!

COVID-19 Risk Reduction: QOC's [COVID risk reduction protocols](#) [3], as also enumerated [here](#) [4], are in effect. Please read these guidelines carefully. Key points:

- **PROPERLY WORN MASKS ARE REQUIRED at all times when near registration, e-punch areas or other concentrations of participants or others.**
- Water will not be provided in accordance with QOC COVID-19 risk reduction policies. **Please plan for your own hydration needs before, during, and after your run/walk.**
- We encourage everyone to download and use any or even all of the [DC](#) [5], [Maryland](#) [6] and [Virginia](#) [7] COVID exposure notification apps.
- Maintain social distancing at all times especially in the designated lines for check-in, e-punch registration, start and e-punch download.
- There is no planned, on-site beginner instruction, but beginners are encouraged to watch relevant videos such as [this one](#) [8] created by QOC's instructional guru David Onkst



[2] Additional Event Info:

Any groups planning to attend the event or anyone with questions please contact the [Event Director](#) [9].

There are no pavilions or park shelters at this registration/parking. Bring appropriate clothing for mid-February.

The size of start teams (groups of individuals orienteering together with one e-punch) on a course must be no more than four (4) individuals (juniors and adults combined).

Dogs are permitted at this event but must be leashed at all times.

NOTE: The Captcha function used to contact individuals (as named below) is under repair and is not working. To contact an event director, use the [Contact Us](#) [10] form.

Location

Hemlock Overlook Regional Park, Kincheloe Soccer Parking, Clifton, VA (Classic)

Registration