

**NOV. 14 - 16, 2014**

# **LONG DAY'S NIGHT**

**CHALLENGE**



**Including the 2014 US Night and Ultra Long Orienteering Championships**

November 14 – Oregon Ridge Park – **US Night Orienteering Championships**

November 15 – Hemlock Overlook Regional Park – **Middle Distance Orienteering Race**

November 16 – Fountainhead Regional Park – **US Ultra Long Orienteering Championships**

Welcome to the Long Day's Night challenge, a three day orienteering event including the 2014 US Night and Ultra Long Orienteering Championships. The event will feature three A-meet races in some of the most open, runnable woods the Mid-Atlantic region has to offer. Two of the venues are longtime QOC favorites, for which brand new maps have been created for this event. The third is a newer orienteering area which has never hosted a national orienteering event.

### **Organizers & Chiefs**

Club: Quantico Orienteering Club

Meet Director: Jon Torrance, jon.torrance@gmail.com

Registrar/Timing & Results: Valerie Meyer, VMeyer9086@aol.com

Course Setters: Night-O – Jan Merka, Middle – Tom Nolan, UltraLong – Nadim Ahmed

Chief of Veters: Sam Listwak

OUSA Course Consultant: Don Davis

Map production/website/promotion: Greg and Kathleen Lennon

Chief of Equipment: Ted Good

Volunteer Coordinator: Heidi Onkst

Head of Starts: Glen Schorr

Head of Finish & Refreshments: Tom and Trish Strat

Registration: Mark and Rae Ann Hicks

Awards: Gary Smith

Parking and Busing: Howie Weinstein

Safety: Bill Wright

Veters: Eddie Bergeron, Lydia Andrews, John Baker, Don Davis, Don Fish, Keg Good, Francis Hogle,

Kim Jepsen, Victor Lin, Brad Whitmore, David Onkst

### **Schedule**

**Friday, November 14th** - US Night Orienteering Championships at Oregon Ridge Park, Cockeysville, MD

Night-O model event: opens at 1300, closes at 1730

Registration & packet pickup open at event: 1600 - 2200

Start window: 1737 - 1900

Courses close: 2200

**Saturday, November 15th** - Middle Distance at Hemlock Overlook Regional Park, Clifton, VA

Middle/UltraLong model event open at Fountainhead Park: 0900-1645

Registration & Packet Pickup open at event: 0900-1600

Start Window: 1200-1400

Recreational starts, first/last: 1300/1400

Night-O and Middle awards: 1500

Middle distance courses close: 1600

**Sunday, November 16th** - US UltraLong Championships at Fountainhead Regional Park, Fairfax Station, VA

Registration & packet pickup open at event: 0700-1400

UltraLong model event open at Fountainhead Park: 0700-0900

Buses departing to start: 0745-0820

Ultra Long mass start: 0900

First Ultra Long interval start (WY only): 0915

Recreational starts, first/last: 0945/1200

Award ceremony: 1300

Ultra Long courses close: 1400

## Directions and Parking

**Oregon Ridge Park** (Friday) – 13401 Beaver Dam Rd, Cockeysville, MD 21030 Lat/Long:

39.4918N/76.6808W From I-83, take exit 20B for Shawan Rd West. Signs will be posted from the junction of Shawan Rd and Beaver Dam Rd. Parking will be in a large paved lot. Registration will be in the Seneca Room in the southeast end of the large building on the southwest side of the parking lot.

**Hemlock Overlook Regional Park** (Saturday) – 13220 Yates Ford Rd, Clifton, VA 20124 Lat/Long:

38.7670N/77.4080W Signs will be posted from the junction of Ox Rd (VA-123) and Clifton Rd (SR-645).

Parking will be on the grass along both sides of Park Authority Road as directed by event volunteers.

There will be a 300-900m walk from parking to registration, adjacent to the finish.

**Fountainhead Regional Park** (Sunday) – 10875 Hampton Rd, Fairfax Station, VA 22039 Lat/Long:

38.7245N/77.3303W Signs will be posted from the junction of Ox Rd (VA-123) and Hampton Rd (SR-647). Parking will be in a large paved lot. Registration will be in the picnic shelter by the southwest corner of the parking lot.

**All Venues** - Printable road maps showing how to get from I-695 (the Baltimore Beltway) to Oregon Ridge Park and from VA-123 (Ox Road) to Hemlock Overlook and Fountainhead Regional Parks can be downloaded from the Venues and Directions section of the Long Day's Night web site. This section also features:

- a link to a Google maps overview of the whole event
- printable arena maps for all three race venues
- printable maps for the night-O and middle/ultra long model events (also available on request when you pick up your race packet at registration)

A single sheet of essential meet information included in your packet will also include an overview map of the Baltimore/Washington, DC area, showing major roads and the event venues, and the local road map for the area around Hemlock Overlook and Fountainhead mentioned above. **To conserve resources, these meet notes and the various other maps will not be in your packet – please download and print those things you expect to need.**

## Miscellaneous Event Info

### Weather

The forecast tells us to expect varying amounts of sun and cloud cover and somewhat cooler than average temperatures for the season, with daily highs in the 40s and overnight lows somewhat below freezing. Temperatures are likely to dip below freezing before the night-O courses close – please dress accordingly. If you find you haven't packed adequately, a visit to the REI a few miles south of Oregon Ridge, shown on the Oregon Ridge road map on the event web site, might be in order (also if you manage to leave your lamp at home). No rain or snow is expected during the event.

## **Bathrooms**

There will be indoor bathrooms available at Oregon Ridge (no studded/spiked shoes allowed) and Hemlock Overlook, as indicated in the arena maps. At Fountainhead, the indoor bathroom south of the finish may be closed for the winter. If so, there will be portable toilets beside the parking lot adjacent to the finish. There will also be portable toilets at the assembly area near the remote mass start for all Ultra Long courses except White and Yellow. White and Yellow will start less than 100 meters from the finish and registration.

## **Clothing and Bag Return**

There will be clothing returns from the start to the finish for each race. For the middle distance, keep in mind that the start for advanced courses is far enough from the finish that you may, despite our best efforts, get to the finish before your clothes do – please plan accordingly and do not bring bags, clothes only please. In addition to a clothing return from the Ultra Long mass start, there will be a bag return from the assembly area where the bus shuttle will drop competitors off - we're happy to provide this to allow competitors to prepare for their race in the style to which they're accustomed; nevertheless, please go easy on our volunteers and pack lightly, bringing only what you need for the brief period you'll spend at the assembly area before the walk to the mass start at 08:45.

## **Model Events**

There will be a model event for the night-O at Oregon Ridge Park, open on Friday 1300-1730, starting from the parking lot adjacent to the Oregon Ridge Nature Center. The model map will be available on request at registration/packet pickup or can be downloaded from the event web site to print yourself.

There will be a model event for the middle and ultra long races at Fountainhead Regional Park, open on Saturday from 0900 until the park closes at sunset (about 1650) and on Sunday 0700-0900.

The model events will feature control bags and stands as will be used in the races themselves but there will be no e-punch units.

## **Awards**

In addition to OUSA medals for the Night-O and Ultra Long Championships and awards for the middle and for top non-US eligible finishers in the championship races, there will be awards for the weekend overall, with cross-country style scoring in each competitive class to determine the top three navigators on each of the seven course colors for the weekend overall. Details are in the Rules and Awards section of the event web site.

## **Photo & Video Contest**

As at Ran-it Granite in 2009, there will be a contest with prizes for the best photos and video of the event. Details are on the web site but briefly, just submit A-Meet related digital photos and videos (or links to where they can be found and downloaded) to the organizers by Nov. 24. We will be assembling a collection of them, posting a link for participants, tagging them with searchable keywords (especially the names of people in the photos) and the top 3 photos and videos will be awarded \$75, \$50, and \$25 each.

## **Miniature Golf**

For anyone wishing to divert themselves on Sunday while the orienteering takes place, there is an 18 hole miniature golf course at Fountainhead Regional Park immediately south of the main parking lot by the finish and registration. The fee to play is \$2 per person for unlimited play with rented equipment (\$1.50 on the honor system if you bring your own equipment); equipment can be picked up from the Marina Building, located on the shoreline of the reservoir in the southwest part of the model event map, south of the main parking lot adjacent to registration and the finish.

## Busing and Walks to Starts

	Night	Middle	Ultra Long
Bus to assembly area	N/A	N/A	10 min ride for Orange/Brown /Green/Red/Blue only - bus departures between 07:45 and 08:20
Walk to start from registration or assembly area	10min (~400m steep uphill)	White/Yellow/Orange – 8min (~500m) Brown/Green/Red/Blue – 25min (~1500m)	White/Yellow – 1min Orange/Brown/Green/Red/Blue – 5min (~400m) guided walk to start begins at 08:45

## Race Info

### Start Procedures

A three stage start will be used for the night-O and middle races and for the Ultra Long white and yellow courses. All clocks will display REAL TIME.

You will be called to the first line (check in) 3 minutes before your start time, which will be on your bib. Your name and number will be confirmed. The SportIdent e-punching system will be used for all races. You must CLEAR and CHECK your SI stick before moving into the start chute.

At the “whistle/long beep” you will move to line 2 where CONTROL DESCRIPTIONS will be available along with tape and scissors. (NOTE: for Night-O the control descriptions will be at the first call-up line, which will be illuminated.)

At the next “whistle/long beep”, you will move to line 3. Here you will receive your map. Please write your competitor number and/or name on the back. A start volunteer will then check your map to ensure that you have selected the correct course. You may NOT look at your map.

On the final “whistle/long beep” you will punch the start box. For the Night-O courses, you will have a short 15m run to the start triangle, which will be marked with glow sticks. For the Middle and UltraLong (W/Y), you will be at the start triangle.

If you are late to your start or need to change your start time please go directly to the Start Director at the check-in line.

Prior to the Ultra Long mass start, control descriptions will be available beforehand in the assembly area as will SI clear and check units. These will also be brought to the start location. At the start location, there will be a pre-race briefing and maps will be distributed. Please take care to take the correct map for the course color you signed up for. For red, also please be careful to get the F-21+ version of the map at 1:15,000 or the 1:10,000 version as appropriate given the class you entered. Maps will be printed double-sided and offered to competitors with the side showing the early parts of each course facing down. Competitors are asked to refrain from looking at that side of the map at all and to refrain from studying the other side of the map before the start. There will be no start punch – competitors will be given a countdown and an audible start command, after which they can turn over their maps and begin their courses.

### Jury and Protests

If you have a complaint about your course, first contact the meet director, Jon Torrance, within 15 minutes of course closing. If you fail to obtain satisfaction and wish to lodge a protest, you should submit your protest in writing at registration. Should a jury be required to deliberate, a three person jury will be assembled from a jury pool consisting of Barb Campbell (GHO), Mary Jones (OK), Walter Siegenthaler (COK) and Tom Overbaugh (DVOA).

**Time Limits**

Night-O	180 minutes
Middle	120 minutes
Ultra Long	300 minutes

**Whistles**

We're taking a page from Canada and asking all competitors to carry whistles on course during the Long Day's Night. Please bring your own but if you forget, we will have a limited number of complimentary whistles available at the start.

**Water**

There will be water stops at controls on all courses longer than 2.5km, in accordance with OUSA rules. There will also be refreshment stops on the intermediate and advanced Ultra Long courses – one stop for orange and brown, two for green, red and blue - offering water, food and an electrolyte replacement drink. Competitors in the Ultra Long intermediate and advanced courses may leave personal food and drink at the refreshment stop adjacent to registration before taking the bus shuttle to the assembly area near the remote mass start.

**Local Hospitals and Emergency Services**

The emergency number at all venues is 911. Ambulance service is provided by local fire departments. The nearest fire stations to the venues vary from 6 to 13 minutes driving time away.

Closest ER to Oregon Ridge: 10.8 miles drive away  
Saint Joseph Medical Center  
7601 Osler Dr., Towson, MD 21204-7582  
Main Number: 410-337-1000; Emergency Room: 410-337-1226

Closest ER to Hemlock Overlook: 9.2 miles drive away  
Inova Emergency Care Center – Fairfax  
4315 Chain Bridge Road, Fairfax, VA 22030  
703-877-8200

Closest ER to Fountainhead: 7.1 miles drive away  
Inova Emergency Care Center – Lorton  
9321 Sanger Street, Lorton, VA 22079  
703-982-8324

Basic first aid will be available at the finish of each race. We also expect to have local volunteer rescue squad personnel on hand at each venue.

**Course Info****Map Scales**

Night-O maps will be printed at a scale of 1:10,000 except for White and Yellow maps, which will be at 1:7,500

Middle distance maps will be 1:10,000 except for White and Yellow at 1:5,000 and Orange at 1:7,500

Ultra Long maps will be 1:10,000 except for White and Yellow at 1:5,000, and M/F-21+ Blue and Red at 1:15,000 (Note: due to some miscommunication, the meet information sheet in your packet erroneously says Yellow is at 1:7,500)

Course	Classes	Night	Middle	Ultra Long
White	F-10, F-12, M-10, M-12, M/F-White	2.4km/50m/7 cntrls	2.0 km/75m/11 cntrls	1.9 km/50m/9 cntrls
Yellow	F-14, M-14, M-Yellow, F-Yellow	2.5 km/70m/7 cntrls	2.1 km/80m/12 cntrls	3.1 km/140m/13 cntrls
Orange	F-16, M-16, F-Orange, M-Orange	4.1 km/200m/7 cntrls	3.2 km/125m/14 cntrls	7.2 km/330m/11 cntrls
Brown	F65+ to F90+, M75+ to M90+, F-Brown, M-Brown	4.2 km/170m/10 cntrls	3.3 km/175m/13 cntrls	7.6 km/260m/13 cntrls
Green X	M50+, M55+, M60+	5.7 km/240m/13 cntrls	3.7 km/175m/12 cntrls	11.8 km/445m/17 cntrls
Green Y	F-20, F35+, F40+, F45+, F50+, M-18, F-Green, M-Green	5.8 km/230m/13 cntrls	3.6 km/180m/13 cntrls	
Red	F-21+, M-20, M35+, M40+, M45+, M-Red	8.2 km/390m/18 cntrls	4.2 km/185m/15 cntrls	15.2 km/590m/21 cntrls
Blue	M-21+	10.1 km/520m/22 cntrls	5.2 km/260m/17 cntrls	20.0 km/690m/24 cntrls

There will be only one White, Yellow, Orange, Brown, Red and Blue course each day. Classes running Green courses will be split into Green X and Green Y for the Night-O and Middle Distance, but not for the Ultra Long, as follows:

Green X = M50+, M55+, M60+

Green Y = M-18, M-Green, F-20, F35+, F40+, F45+, F50+ and F-Green

### Recreational courses

A recreational white course will be offered on Saturday (starts 1300-1400) and Sunday (starts 0945-1200) only. This will cost \$5 per map plus \$2 per additional map desired by a start group.

## Map and Course Notes

**General map notes:** All venues feature typical Mid-Atlantic ridge and valley terrain, varying in the amount of contour detail, with generally open, runnable woods. All maps will have 5 meter contour intervals and will be oriented to magnetic north. A separate legend applicable to all maps will be available at registration. Competitions maps will not have legends printed on them. Clue sheets will be printed on the front side of all maps, and will also be available separately; the longest clue sheets (Blue courses), the lengths will be 7.2, 6.1 and 7.1 inches for the Night-O, Middle and UltraLong courses respectively.

### Oregon Ridge - Night-O

The map will be printed at a scale of 1:10,000 for all courses except white and yellow (which are 1:7500). The safety bearing for all courses is north. There will not be water on the White or Yellow courses. The Model Map for this event/park can be downloaded from the Resources section of the event's web site; the model map area is shown at both 1:7500 and 1:10000 scale.

**General Terrain Description:** the mapped terrain is dominated by a single large hill mass, rising from 110m above sea level at the lowest point within the park to 194m, carved by erosion into broad spurs and reentrants, covered almost uniformly with extremely runnable, high visibility mature deciduous forest, with a moderate trail network. To the north and northeast of the hill, the park is more developed for recreation, with parking, open areas and shelters for picnicking, areas of thicker vegetation, a denser trail network, playgrounds, buildings, a disused ski hill, and the remains of small scale quarrying and mining operations dating to the 19th and early 20th centuries.

### **Detailed Map & Course Notes**

The forest at Oregon Ridge is generally open, with mature deciduous trees and little deadfall or undergrowth, and will afford very fast running. Denser vegetation is concentrated along the bigger creeks in the southern half of the park and it consists mostly of mountain laurel that can be passed through. Dark green areas are often masses of convoluted deadfall and will slow runners significantly. The popular network of hiking trails stretching over ridges and along creeks is typically easy to identify. However, trails on flatter ground often receive sufficient leaf accumulation to make them practically disappear, this is especially true for smaller trails.

The park is divided roughly in thirds by two gas line rides overgrown with tall grass, oriented from SW to NE. The rides offer fast running on trails but steep inclines.

The park features large and frequently shallow reentrants, there are very few narrow ones. Therefore, runners won't have problems getting in and out of the reentrants. The main point features used for controls are root stocks, knolls, and rocks/cliffs. The knolls are mostly fairly small, ranging from 0.5 to 1 m in height. Cliffs and boulders are also below 2 meters in height.

The safety bearing is North for all courses: Once you reach a gas line ride, you can follow it NE or continue North until you reach Shawan Rd or houses just South of that road."

### **Hemlock Overlook - Middle**

The map will be printed at a scale of 1:10,000 for all courses except white and yellow (which are 1:5000) and Orange (1:7500). The safety bearing for all courses is west, in order to relocate (or wait to be found) at the Bull Run shoreline. If you lose your compass, the same result can be achieved by heading downhill until you reach Bull Run. A model map for both Saturday and Sunday's events can be downloaded from the Resources section of the event's web site; the model map area is shown at both 1:15000 and 1:10000 scale. The model event is at Fountainhead Regional Park, the Sunday venue.

**General Terrain Description and Mapping Notes:** typical Mid-Atlantic spur and reentrant terrain, rising from 37 m above sea level at the Bull Run shoreline to a high of 100 m, with moderate contour detail, some rock detail and a moderate trail network, denser in the northern third of the terrain where an outdoor education business offers ropes courses and similar challenges. Vegetation is varied with areas of light and medium green and deadfall but the terrain has good runnability and visibility overall. The mapping should offer few surprises. The LiDAR basemap was excellent, showing the subtler topographic variation in the terrain well. Fairly small rootstocks, down to ~1m high, are mapped where prominent with the green X symbol, i.e. when not in the vicinity of much larger, more prominent rootstocks. Mapped knolls and rock piles may be quite low, though distinct. Due to the general lack of rock features in the area, distinct cliffs and boulders are mapped down to approximately half a meter in height. Green circles are either lone trees in open areas or truly gigantic trees, judged based on diameter at torso level, in the woods. Black circles are fire rings. Black X's are assorted other manmade features, including obstacles of various sorts used in outdoor education and teambuilding exercises, usually made mostly of wood, which vary in their visual prominence at running speed in the woods, though all are clearly manmade on close examination. Some might at first glance be taken for a small building or section of wall. Where manmade features occur densely or with a ground footprint extending beyond a point on the map, they may be represented on the map in simplified form, with fewer X's than might seem called for, for the sake of legibility.

### **Detailed Map & Course Notes:**

The Middle Distance event will be held at Hemlock Overlook Regional Park, located near Clifton, Virginia. The park is bordered on the west and south by Bull Run, which continues southeast towards where it meets the Occoquan River by the west end of Fountainhead Regional Park, the UltraLong venue. Access to the park is via Yates Ford Road, which enters from the east. Hemlock Overlook terrain is characterized by numerous closely spaced ridges and valleys, typical of Mid-Atlantic orienteering venues.

There will be a trail race taking place in the park on Sunday, for which the setup will occur on Saturday from ~0900 to ~1300. The trail race organization will have quite a small footprint, leaving aside a lot of pink surveyor's tape and signage marking the race route, but you will see them at work in a parking lot as you walk between parking, registration and the starts. Please don't go out of your way to get in their way, ignore their race route markings, and we should be able to coexist happily.

The advanced courses, and most of the Orange course, 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 very fast running. There are only a few trails in this area, which are well traveled and should be visible even with the recent new leaf accumulation. On these courses, climb is approximately 5% of distance traveled. The climb is an inherent feature of this terrain, although some small amount of climb may be avoided by navigating around large reentrants rather than through them. Even so, the courses avoid the steepest terrain, and unless there has been an unusual amount of rainfall, you should not have much difficulty getting in and out of the reentrants.

The White and Yellow courses are confined to the area of the park north of the entrance road. The forest can be quite dense in this area, but there is a good trail network, and a variety of large features and handrails. There are many large objects in the woods constructed of wood and rope, and marked with the X symbol on the map, and a few of these are used as control features. There may be unmapped temporary shelters or teepees erected in the open fields. One, a teepee which appeared several weeks ago and which white and yellow runners are likely to see has been mapped as a small round building. As of a couple of days ago, it was still there but it is possible it may disappear or be moved or others may appear elsewhere in the terrain by race day.

There are two starts: one for White, Yellow, and Orange, and the other for Brown, Green, Red, and Blue. The White-Yellow-Orange start is a short (500m) walk from registration, accessed by walking north along a power line/cut from the entrance road just west of the parking area. The start for the advanced courses is approximately 1.5 kilometers from the registration building. The walk to the start includes about 1.2 km along a trail that crosses a small creek and has about 30 meters of climb. Allow 20-25 minutes depending on your walking pace.

You may hear gunshots when you are out on your course. You can safely ignore them. The rifle range is located across the river from the park, and poses no hazard to runners. There is no hunting allowed in the park itself on the day of our event.

### **Fountainhead – Ultra Long**

The map will be printed at a scale of 1:10,000 for all classes except F-21+ and M-21+ (both at 1:15000) and those on White or Yellow courses (both at 1:5000). Classes running white or yellow courses will have interval starts, with a start a stone's throw from registration. All other classes will have a remote mass start with a bus shuttle running starting at 0745 with the last bus scheduled to depart at 0820. The safety bearing for all courses is south, in order to relocate (or wait to be found) at the Occoquan reservoir shoreline. A model map for the Ultra Long can be downloaded from the Resources section of the event's web site; the model map area, immediately south of Fountainhead's main parking lot and registration, is shown at both 1:15000 and 1:10000 scale.

**General Terrain Description and Mapping Notes:** typical Mid-Atlantic spur and reentrant terrain, often fairly steep, rising from 37 m to a high of 93 m above sea level on the north side of a reservoir formed by damming the Occoquan River. Generally high to extremely high runnability and visibility, with patches of thicker vegetation and deadfall in varying quantities and of varying size. Trail network varies from sparse in less visited portions of the terrain, to moderate, to very dense, particularly in a section containing ~10 miles of twisting singletrack for mountain bikers. Moderately intricate contour detail in small portions of the terrain but topography is mostly characterized by distinct, large to very large spurs and reentrants with subtler contour variations indented here and there into their sides. The terrain is similar to that at Hemlock Overlook, with somewhat faster, more open woods on average. The basemap was equally excellent as for Hemlock Overlook so place your trust in the contours. There are fewer mappable

boulders and cliffs than at Hemlock Overlook, with those down to half a meter in height mapped. Knolls and rock piles may again be quite low though distinct. Rootstocks, however, are treated differently than at Hemlock Overlook, being mapped with the green X symbol only if six feet or more high. Also, where the trunk of a rootstock represents a significant obstacle not shown on the map using other vegetation symbols, the trunk is depicted by a solid green line attached to the center of the X. There are no distinct trees or distinct vegetation boundaries on the competition maps – the field checkers mapped some but the consensus of the vetters and course setter was that they weren't sufficiently prominent to be useful for navigation at competition speeds.

#### **Detailed Map & Course Notes:**

The mostly wide-open Fountainhead ridge and valley forests are a real joy to run through. However, up-front so that you don't miss it, here are a few words of caution:

The advanced courses (Brown, Green, Red, and Blue) pass through a sizeable section of what may be the most popular single-track mountain biking trails in the entire greater Washington, D.C. area. QOC attempted to negotiate their closure during the competition, as often occurs due to bad weather, but without success. Unless it rains, cyclists can be expected to be present and they have the right-of-way on this dense set of painstakingly mapped and twisting trails, which they are not accustomed to sharing as runners and other pedestrians are usually not allowed on these trails. The courses were not designed to encourage use of the cycling trails but using them in your race is permissible. It is even somewhat unavoidable for short segments. Be cautious as the cyclists often push their limits riding fast going downhill, on blind curves, and even when going up the hills. It is your responsibility to see and avoid oncoming cyclists, and to do so in a way calculated not to alarm them with close calls or the appearance thereof.

Note also that the cycling trails exist in a state of ongoing improvement which has been at a high pitch over the course of the past year. This involves re-routing trails from time to time, the construction of new trail segments and the abandonment of sections of existing trails which are then allowed to fade away. Trail remodeling occasioned significant re-mapping in September/October—during the competition there could again be some differences from what is mapped if the work has continued in recent weeks. There are also unmapped obstacles on the trails such as a series of bumps, narrow bridges, ramps and even installed rocks on some of the trails. These obstacles can reduce the speed/efficiency advantage that trails usually provide.

Not long after the mass start there are some streams to cross. Two streams have bridges and if you don't use the bridge for one of them (it's fairly obvious which one from reading the map), you're likely to get wet feet early. The bridges are just wide enough for one person at a time. The courses are designed to stagger arrival of orienteers at this crossing point in order to reduce congestion to a minimum.

Just after the mass start, one course has a low fence to cross.

On some legs, competitors may choose routes that will go very near the northern border of the park. Crossing onto the private land is strictly forbidden and doing so is grounds for disqualification.

A large area marked out-of-bounds along the main park entrance road is an archery zone. There are signs and sometimes streamers along the border of the archery zone. All should keep out. Portions of the boundary of this area that are not defined by unmistakable linear features in the terrain (roads and trails) and which a lost orienteer might therefore unwittingly wander across will be marked with yellow and blue streamers.

If it's cold or rainy, be on the guard for hypothermia and wear appropriate clothes. Advanced course runners can drop off unneeded clothes at the spectator control/second food stop area at the main parking lot.

Advanced course runners not past the spectator control after 4 hours will be pulled from the course.

**Advanced and Orange Course Notes:**

The advanced and Orange courses have a remote mass start.

The bus ride is approximately 10 minutes from the main parking lot. Bus departures begin at 07:45 with the last bus scheduled to depart at 08:20.

After transport, competitors should wait or warm-up in the open area surrounding the unoccupied house next to the bus drop-off.

Clue sheets, Clear and Check epunch boxes, drinking water, and a few portable toilets will be available at the bus drop-off area. Please use the Clear and Check epunch boxes when you get off of the bus.

Runners may leave clothes and bags at the bus drop-off area (after the bus ride). They will be returned to the finish. There will also be a clothing return from the mass start location itself to the finish.

Don't wait for the last bus to get to the remote start—you won't have long after drop-off to do the above. And the meet director's blood pressure will thank you if you line up in time to get on an earlier bus and enjoy a leisurely warmup at the bus drop-off area, incidentally ensuring that there will be space on the last bus for others. To be clear, if something goes wrong with the bus shuttle, the mass start will be delayed if necessary to ensure everyone can arrive in time for it. If the buses run on schedule but the early ones are half-empty and there isn't space for you on the last bus or you miss it, we'll do our best to nevertheless get you to the mass start location promptly but you'll be on the clock from the actual mass start time, whatever the time you actually began orienteering.

At about 8:45am competitors will start a 5 minute walk from the bus drop-off area, to a remote start triangle. Signs will be placed at the start triangle for common course competitors to gather around. This will speed the handing-out of the maps. Advanced course maps are two-sided. Be sure to pick-up the map for your course and not one for another. Don't look at your map until after the start. Volunteer course officials will help you check a map if needed. Any final announcements will be made before the 9:00am mass start.

To alleviate bunching delays, a second epunch box will be available for the first control of select courses.

The courses emphasize route choice. Not taking the optimal route can significantly change how much one climbs.

The low vegetation symbols, both slow running and difficult running, have been used to represent nearly all kinds of deadfall across the map. These symbols are the dominate greens on an otherwise predominantly white forested map. The low vegetation is very well mapped, however the worst of these areas are essentially unpassable and not all that low.

Most of the park is surrounded by the Occoquan Reservoir. The water levels vary and were mapped higher than what the actual late October water level was. Allowance should be made for this if attacking a control from the shoreline.

**Orange and advanced courses will have one to two food stations** in addition to water controls spaced in accordance with OUSA rules. One of the stops is well beyond the halfway point at the main parking lot. Runners can leave their own labeled food or drink there before boarding the bus if they choose to. Other food & drink will be provided at the stops. No personal food or drink will be transported to the remote food stop.

Depending on the route choice, some advanced course and Orange course runners may see a sign near a T-intersection indicating private property. This driveway/road is actually open to use until much further ahead where a park border is marked on the map.

The bottoms of reentrants can be steeper than may be obvious from the map.

Mapped cairns can be low. There are many rock piles that are below the cairn threshold that did not make it onto the map. However, where they occur densely and extensively enough some such piles are mapped as stony ground.

Some mapped rides are old road beds and are good to run on. Most of these are easily distinguished having been eroded or cut into the terrain, but some below threshold examples may not be mapped at all or have become ditches.

There is a marked route across a road beginning at the spectator control and the food stop, at the main parking lot. There will be a crossing guard at this road crossing.

The finish area and event arena are somewhat constricted. Non-competitors may cross the long finish chute in designated areas however competitors should be given the right-of-way. Non-orienteers who may not be paying attention will be in the park and are likely to cross the finish chute (as well as be encountered elsewhere in the park) – please be on the lookout to avoid collisions and near misses.

**White and Yellow Course Notes:**

The Yellow course is designed to reward short stretches of off-trail navigation while still having longer handrail route options.

There are several steep hills on the courses.

Thank you for joining us for the Long Day's Night Challenge. I wish everyone a safe and fun weekend in the woods and out! And many thanks to the 70+ volunteers who made this event possible.

Jon Torrance  
Meet Director

