



# Hemlock Overlook

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## February 2 Saturday



WOW, this is one heck of a day to celebrate.....it's Groundhog Day, it's Mid-Winter Day (winter is half over!) and it's the **7th annual Super Bowl Saturday Bumble**. **Come join us in Hemlock Overlook Park for a great day in the woods followed by QOC's Winter Meeting and Pot Luck Party where we will celebrate volunteers, hear about upcoming events, and have some fun giveaways generously donated by REI.**

To honor Punxsutawney Phil, everyone will have to run their course again, and again, and again – ha ha, just kidding! We will have fun navigating great terrain and sharing great food. In addition to the Bumble Mass Start event for advanced participants, White, Yellow, and Orange level courses also be available. **PLEASE read ALL notes for important details about the courses and the party.** Registration, downloading, and the post-race party will be in the LODGE thanks to our wonderful partnership with [Adventure Links](#) [2]! And, we have been given permission to park in a few new places this time so we will have parking marshals to provide guidance. Of course, carpooling is always encouraged and appreciated. Please click [here](#) [3] for a LOCATOR MAP.

Because of the mass-start we will **open registration at 10:30 am**. Please be sure to arrive early to avoid a last minute rush.

### Important notes:

- Beginners are welcome, as always, and instruction will be available.
- White, Yellow, and Orange courses will have regular starts from 11:00am to 1:30pm.
- Advanced courses will have a **MASS START at NOON**. Please be ready for the **PRE-RACE briefing at 11:45am** at the Start location. Clothing drop for mass start; clothes will be available for pick up in Lodge.
- Everyone must be out of the woods by 3:00pm, which is when we will begin picking up controls.
- No spikes allowed in the Lodge; doggies are welcome in the building (not the kitchen) and in the park (on leash).
- Restrooms available in Lodge but PLEASE do not come in with muddy shoes. There are much larger bathroom facilities located in the Bathhouse (which is closer to the start!)
- Bumble prizes awarded (mass start only):
- First male and first female competitors to cross the finish, regardless of course.
- Fastest male competitor on Blue and fastest female competitor on Red



**Please bring a dish to share for the pot luck party!**

- We have access to refrigeration. Feel free to bring cold items in when you register or keep them in a cooler or car (will most likely be chilly weather!)
- We do NOT have access to a stove but can easily accommodate crock pots!



- Please bring serving utensils for your dish.
- Alcohol is allowed so feel free to bring your fav beer or wine; QOC will provide non-alcoholic beverages, cups, utensils and paper goods.

Any youth or large groups attending, please contact the [Event Director](#) [4] so that we can coordinate pre-registration for your group; the group registration and waiver [form](#) [5] is part of the information on our [Group Leaders](#) [6] page.

We are looking forward to seeing you soon! Please feel free to contact the [Event Director](#) [4] with questions.

**Location** Hemlock Overlook Regional Park, Hemlock Pavilion, Clifton, VA (Bumble & Winter Meeting)

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

**Start Times** Start any time between the specified times (usually 11am - 1:30pm).

**Schedule**

**Saturday, February 2**

10:30	Bumble & am - Winter
1:15	Meeting: Registration open
11:00	Bumble & am - Winter
1:30	Meeting: White, yellow, and orange courses: start any time in this window
11:45	Bumble & am Meeting: Pre-race briefing for Mass Start / clothing drop available
12:00	Bumble & pm Meeting: <b>Bumble Mass Start</b>
2:00	Bumble & pm Meeting: Pot Luck Party Begins (2pm-ish); Winter Meeting sometime during the festivities
3:00	Bumble & pm Winter





White	1.9	50	15
Yellow	2.8	70	11
Orange	4.7	160	11
Brown	3.5		12
Short			7
Green	5.5		17
Red	7		22
Blue	9		27

**Course Notes**