

# Quantico Orienteering Club

## Royal Romp NRE Orienteering Meet

### RACE PACKET



The 2023 Royal Romp at Prince William Forest will feature two days of classic course competition. Final results and individual placings for the weekend will be based on 2-day combined times.

What are 2 Day Classics?

Classic distance orienteering courses + awards based on the total of both days of competition! If you do well on the first day, keep up the good work - and if you don't do well, there's always the second day to do better. Both days are sanctioned as National Ranking Events by Orienteering USA.

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# Schedule

**Friday, March 10** Model Course in the Prince William Forest (PWF) Turkey Run Ridge area

Noon - 5pm: Model course open

**Saturday, March 11**

Royal Romp Day 1 - Classic courses in the PWF Oak Ridge area

7:30 am: Parking opens in the Pine Grove Area. Walk to the Visitor Center

8:00 am: First shuttle to Oak Ridge from the Visitor Center

9:00 am: First Competition start

10:00 am – 12:00 noon: Recreational Courses Start Window

3:00 pm: Courses Close

3:20 pm. Last shuttle leaves Oak Ridge

4:30 pm: Happy Hour at Bar Louie - Stonebridge, Woodbridge VA (see directions below)

**Sunday, March 12**

Quantico Classic Day 2 - Classic courses in the PWF Pine Grove area

***2:00 am: Clocks spring forward one hour***

7:30 am: Parking opens in the Pine Grove Area. Walk to the Pine Grove Shelter.

8:00 am: Pine Grove Shelter open for assistance/questions

9:00 am: First Competition Start

9:00 am – 12:00 noon: Recreational Courses Start Window

3:00 pm: Courses Close

1:30 pm: Awards

**Note:** All competitors are required to carry a whistle while orienteering on their course.

# Maps & Courses

## **Terrain**

Prince William Forest is a large park used for numerous prior national events because of its premier terrain. The terrain is typical of the Mid-Atlantic Ridge/Valley region, consisting of mixed pine and hardwood forest. The woods tend to be fast with good footing, but with sections of slower deadfall that add route choice complexity. There are few trails on the Pine Grove map and no trails on the advanced courses of Oak Ridge. The numerous ridges range from 20-30 meters in height; the few rock features in the park are generally small. There are small streams, and one large creek bisects the Pine Grove map.

The Oak Ridge area of Prince William Forest (PWF) used for Day 1 of the Royal Romp had some early usage by QOC in the 1960. After that it went unused for decades. As the name implies, it is basic ridge and valley terrain but often with broad or subtle contours. It's mostly open forest but it does have significant areas with green vegetation or deadfall. More recently, upon remapping of the area, a National Ranking Event (NRE) was held there in December 2020. For the Royal Romp the 2020 mapping was significantly expanded. The expansion includes super-fast and open flatter terrain that's a delight! Shuttles are required to reach the Oak Ridge site, so factor shuttle time into your planning. There are only three porta-johns at Oak Ridge so we recommend using the bathrooms before getting on the shuttle.

Pine Grove and nearby areas of Prince William Forest have been used for orienteering by QOC for decades. It's still a favorite for many. Like Oak Ridge, the Pine Grove area terrain is classic ridge and valley terrain with mostly open forest and some areas of significant deadfall. Unlike Oak Ridge, the contours surrounding Pine Grove tend to be steeper and more twisted. The map was updated in 2021. The Day 2 courses utilize a variety of both the flat and technical areas. The courses favor both major and mini route choices. The competitive Day 2 orienteer will balance swiftness, good route choice decision-making, an ability to follow a bearing, and be able to apply multiple techniques.

## **Courses (course and map notes are below)**

Distances listed are approximate and subject to change.

### **Day 1 - Classic - Course Stats**

White: 3.1k in length, 60m climb, 13 controls

Yellow: 3.2k, 70m, 10c

Orange: 4.6k, 110m, 10c

Brown X: 4.3k, 90m, 9c

Brown Y: 4.0k, 110m, 8c

Green X: 5.8k, 150m, 9c

Green Y: 5.9k, 145m, 10c

Red: 7.9k, 190m, 10c

Blue: 12.3k, 250m, 14c

## Day 2 - Classic - Course Stats

White: 2.5k, 65m, 12c  
Yellow: 2.3k, 75m, 9c  
Orange: 5.3k, 180m, 14c  
Brown X: 4.0k, 160m, 10c  
Brown Y: 4.0k, 165m, 9c  
Green X: 6.2k, 265m, 11c  
Green Y: 5.9k, 175m, 14c  
Red: 8.2k, 315m, 14c  
Blue: 11.0k, 395m, 21c

## Competitive Classes

All classes (M/F21+ and older) will run courses as specified in the OUSA Class Structure (URL: <http://orienteeringusa.org/rules#A11>). Brown & Green age classes are split as follows:

Brown X: M65+, M70+, M75+, M80+, M85+, M90+, M Brown  
Brown Y: F18, F55+, F60+, F65+, F70+, F75+, F80+, F85+, F90+, F Brown  
Green X: M-18, M50+, M55+, M60+, M Green  
Green Y: F-20, F35+, F40+, F45+, F50+, F Green

## Common Map Notes

### **Maps: 1:10,000 for Orange/Brown/Green/Red/Blue; 1:7,500 for White/Yellow. ISOM 2017.**

- Older, smaller rootstocks have been removed. Root stocks are 1.5 meter or larger when mapped and use the green X symbol. The majority of root stocks were checked in in the last 6 months. It only takes one root sticking up higher than 1.5 meters to be mapped. Mapped root stocks having small root balls but one root sticking up may appear below the mapping threshold from a distance. There are other root stocks close to 1.5m that are not mapped.
- Green Slash is mostly downed trees/branches. Some of the smaller areas are mapped as “walk” instead of “slow run” so they can be seen on the map. The smaller areas can be run through but the larger areas will slow a person down. A fallen trunk symbol is not used. Instead, the large difficult to cross trunks are mapped using green slash symbol. Virtually all of the deadfall was mapped as low vegetation. However, there are many instances of it being too tall to see over or too tall to run through.
- Mapped cairns in the park are typically well below 1m.
- Ditches tend to be shallow.
- Some mapped intermittent streams are predominantly dry unless in heavy rain.
- There are some old trails and road cuts. Generally, they are not mapped (as rides or roads) unless they are deep enough to be mapped as a ditch.
- Following current mapping standard, large steep earth banks use the Uncrossable Cliff symbol.
- There is an abundant use of form lines that makes the terrain look steeper than it is in reality.
- Leaf covered hillsides can be slippery. Spiked shoes are recommended.

## Royal Romp Day 1 Course Notes

**Mappers:** Main map by Jon Torrance 2020. Extensions north and south, and updates to the main map by Ted Good 2022/2023.

- Boulders are small: often less than the 1 meter.
- Stony ground will not slow you down. It is small scattered rocks and generally not very noticeable.
- Roads with purple X's are hazardous and not allowed routes.
- White/Yellow use a separate start and finish location. There is a limited trail system so participants will see controls that are not theirs. Be sure to check the codes.
- White/Yellow/Orange: Along the trails, there are wooden bridges without railings that cross some minor water channels. The old "bridge" symbol was used so they clearly stand out on the map.
- The east side of the map is Quantico Creek. The width of the creek and the area on the east side of the creek are not mapped other than contours. No courses use the east side the creek.

## Royal Romp Day 2 Course Notes

**Walk to start:** 400m from the event center.

**Mapper:** Jon Torrance 2021/2022. Updates by Nadim Ahmed 2022/2023.

- Mapped gullies may have streams.
- Telephone poles from old power lines were mapped with pieces of the powerline symbol but they look like small crosses (old grave symbols).
- Mapped rock follows ISOM 2017 standards of being at least 1m. Mapped boulders and cliffs are generally scarce.
- Needing to move around or over the deadfall will pose a challenge as one tries to keep on a bearing. Competitors will generally do best going around deadfall mapped as Slow Walk. When left with no choice, using the map to find the shortest way through is usually best. After the remapping of the park in 2021, a 2022 winter storm knocked additional tree branches to the ground. Updates have been made to account for the heaviest of the new deadfall. It generally consists of scattered branches that are 4-8 inches thick. Where less an obstacle, these branches are unmapped, even in forest mapped White as Fast Run Forest.
- On the Orange course, a distinct/prominent tree (open green circle symbol) is used for a control location. The control is on a noticeably large deciduous tree.
- A variety of rides are mapped. Some are shown as strips of Open Land—these may have tall grass but the grass is usually not thick enough to prevent fast running. The White and Yellow courses have an option to utilize a more traditional ride through forest that is mapped Open.
- Blue, Red, Green and the Orange courses cross South Fork Quantico Creek. The Brown courses do not cross this creek but do cross other streams. Under normal conditions, South Fork Creek has crossable sections. More often, there are deeper pools and steep creek banks for which the uncrossable stream bank symbol was used. Because the creek is often not crossable most course crossings are designed to utilize bridges. One suspension bridge is narrow and bouncy. Two-way foot traffic on it requires that runners use courtesy in crossing. The Green X, Red, and Blue courses have options to cross South

Fork Quantico Creek without a bridge, by using mapped bare rock. Getting across with dry feet on the bare rock is possible but unlikely. Veters experienced calf deep crossing on a day after rain. If heavy rain precedes the event, water conditions may necessitate crossing via an upstream bridge.

- Heavy rain prior to the event may leave temporary standing water in flat areas but these are not mapped as intermittent marsh.
- There are some instances of old telegraph wire on the ground. These have been flagged where found.
- Several out of bounds areas (campground, maintenance area, ranger residence, other) have been designated by the park. They are shown on the map but are not flagged. Some may be sections in open forest. Under penalty of disqualification, please use the map to keep an appropriate distance from all of these areas, especially where there are easy to identify buildings and roads.
- The event arena may be congested. The walk to the start or to the bathrooms may cross a competitor's path. Competitors and spectators are asked to maintain awareness. Those not competing should yield to competitors who are racing.

# Venues & Directions

The meet venue, Prince William Forest Park (PWFP), is located about 30 miles south of Washington, DC via US Interstate 95. The park entry fee is \$20 per vehicle and is good for seven days. If you have a National Parks or Prince William Forest Park pass, entry is free. The park fees may be paid using the park website [HERE](#), or by using the following QR Code:



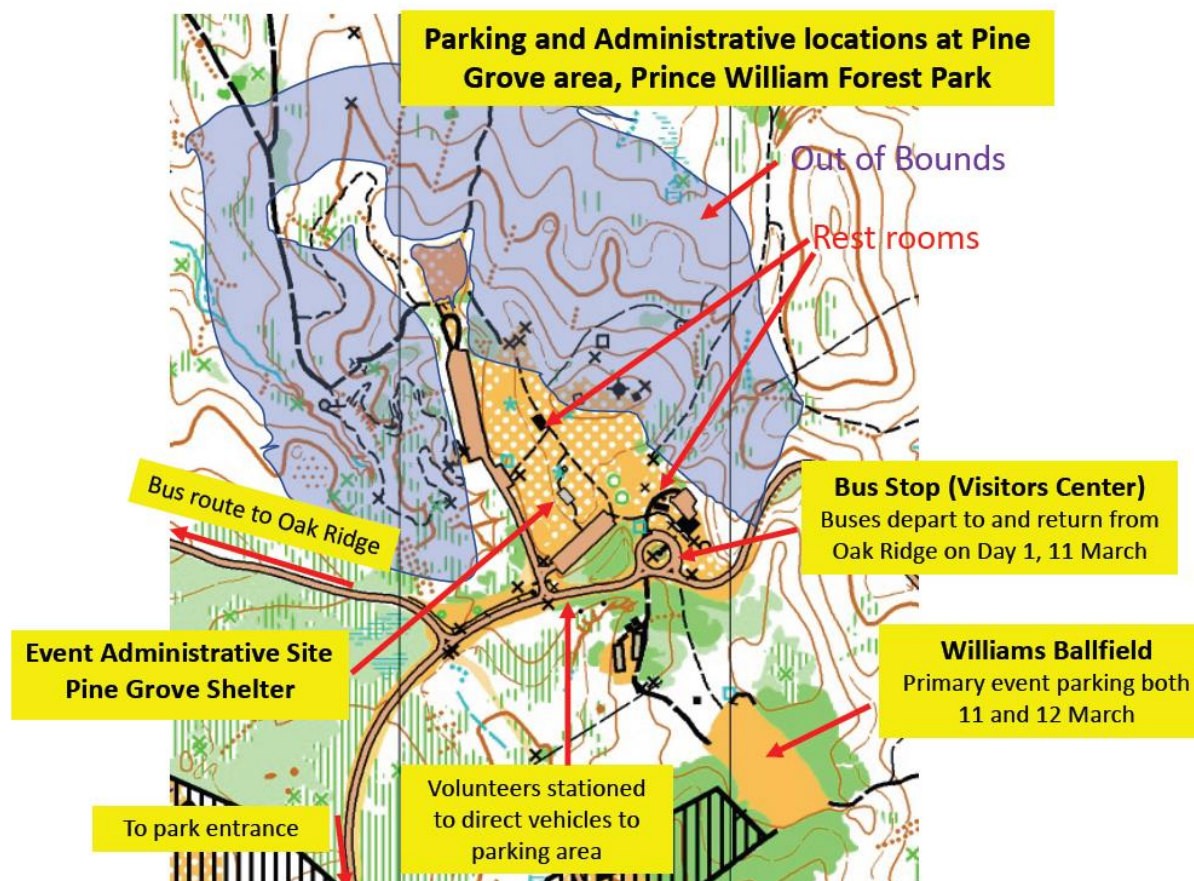
Please adhere strictly to the speed limits in the park. Dress for the weather and consider bringing umbrellas if rain is predicted as there will be no indoor facilities available in the start/finish area. Restroom facilities will be available.

## Embargoed Areas

Refer to the Rules page for a map of the embargoed area. Please abide by the signage marking out of bounds areas surrounding the event center and walk to the start.

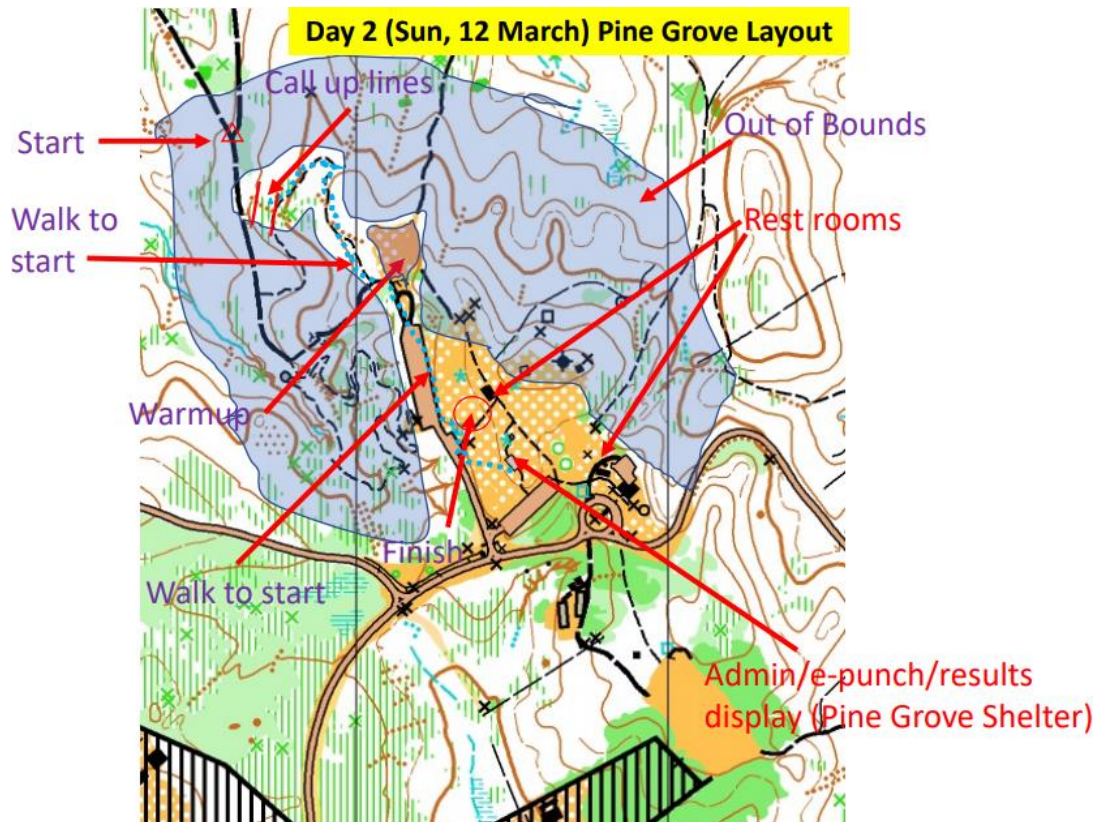
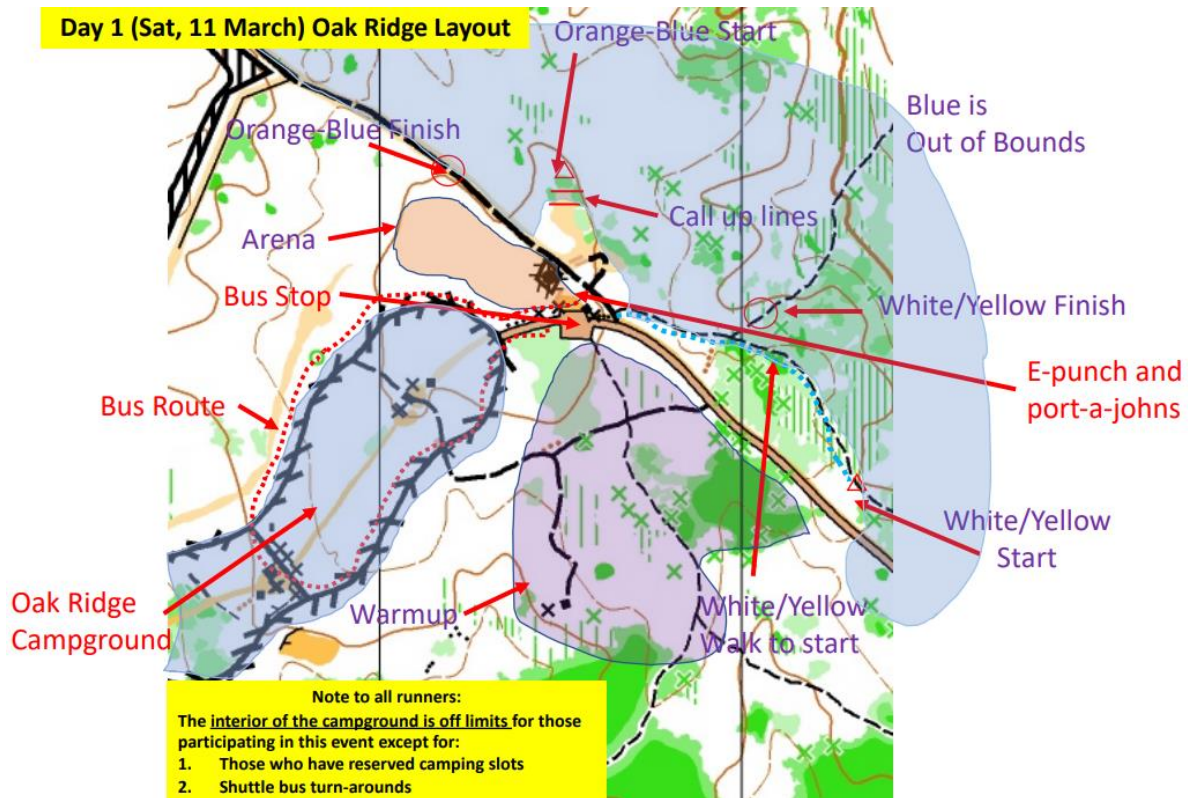
## Arena Maps

Maps of the venue showing parking, registration, and start areas for Oak Ridge and Pine Grove are below.



Note: There will be no parking available at the Oak Ridge competition area. Spectators will need to take one of the competitor shuttles to Oak Ridge. Priority on all shuttles will be for competitors.







## **Model Event: Friday, March 10**

There will be a model event between 12:00–5:00 PM in the Turkey Run Ridge Area of Prince William Forest Park starting near Turkey Run Ridge Group Campground. The model event will also be open Saturday and Sunday. There is a restroom building at Turkey Run Ridge (behind the large building at the end of the parking lot). No QOC personnel will be present at Turkey Run Ridge.

Directions to Model Event [Google [map link](#)]

**From the North**, head South on Interstate 95. Take exit 150B merging onto 619W towards Prince William Forest Park. In 0.2 miles turn right onto Park Entrance Road. In 0.5 miles turn left onto Scenic Drive. In 2 miles turn left towards Turkey Run Group Camping Area. In 0.3 miles turn right to stay on Turkey Run Road. Follow signs to parking.

**From the South**, head North on Interstate 95. Take exit 150 to 619W towards Prince William Forest Park. In 0.2 miles turn right onto Park Entrance Road. In 0.5 miles turn left onto Scenic Drive. In 2 miles turn left onto Turkey Run Road. In 0.3 miles turn right on Turkey Run Road. Follow signs to parking.

There are about 40 parking slots at Turkey Run Ridge. To avoid the risk of receiving a parking ticket, do not park along the park road. Please consider carpooling.

### Model Event Maps

You must print your own model map (as a PDF document) from the pages at the end of this document. Model maps are provided at scales of 1:7500 and 1:10000.

The start and finish locations indicated on the map will have a streamer hung as close by as possible to mark them on the terrain. Control locations will have a stand and flag, but no e-punch box.

## Day 1: Saturday, March 11

Directions to Day 1&2 Parking [Google [map link](#)]

Prince William Forest Park is located at I-95 Exit 150B (Joplin Rd - Rt 619 West). Stay right as you exit I-95, and as you travel westbound on Joplin Road, the park entrance is your second right. Parking will be on Williams Ballfield (follow signs towards the Visitor Center); stay to the right on the park road until you see parking volunteers who will guide you to the field.

Day 1 of the competition will be held on the Oak Ridge map. There will be no parking available at Oak Ridge for either competitors or spectators. All parking will be at Williams Ball Field near the park main entrance. Once inside the park, follow signs and parking volunteer instructions.

Buses leaving approximately every 20 minutes from near the Williams Ball Field parking area will take competitors and spectators to the administrative location adjacent to Oak Ridge Campground. The duration of the shuttle will be approximately 20 minutes one way.

Please do not enter the campground itself unless you have rented a camping slot.

If you are not staying at the Oak Ridge Campground, the only restroom facilities authorized for use by Royal Romp participants at Oak Ridge will be the port-a-johns located near the shuttle bus drop-off/pick-up site.

If you have an assigned start time and are using the SI-card you specified in your registration, you can go directly to the start from the shuttle, if you want. Make sure you go to the correct start for your course color – follow the posted signs. If you need to change your SI-card or you are renting one, check in at the e-punch table in the administration area. Recreational course runners MUST check in at the e-punch table before starting. If you have any questions after you arrive, QOC personnel will be available in the administrative area to answer them.

**On Saturday, there will be two separate starts** – one for White and Yellow, and another for Orange and advanced courses. Walk to the start for white and yellow courses is ~300m from the shuttle drop-off location/arena area; walk to orange and advanced courses' start is ~100m. A warm-up area is available when you arrive at the arena; please see Day One layout map. Competitors will have a traditional 3-line call up. You will be called to the first line 3 minutes before your assigned start time to check in and enter the start chute. Control descriptions will be on the map and also available at the second line. White and Yellow course competitors will NOT be assigned a start time. Instead, please check in with the start crew to receive a time when you are ready to begin your course. The wait will be minimal. You will receive your map and control description sheet once you are called to the first line, giving you 3 minutes to review the map before punching the start. There will be a clothing drop at each start with clothing being returned to the arena. **Please be sure to collect clothing BEFORE getting on the shuttle.**

Directions to Happy Hour at Bar Louie - Stonebridge [Google [map link](#)] or use the QR Code on the next page for directions. Come join us for our social Happy Hour from 4:30-6:30pm at Bar Louie, Stonebridge at Potomac Town Center, 15001 Potomac Town Pl, Woodbridge, VA. Make sure to mention 'QOC' to mix and mingle with our group of orienteers. Food and drinks will be available for purchase.

# Happy HOUR

BAR LOUIE - STONEBRIDGE  
SAT, MARCH 11 AT 4:30 PM

FOOD AND DRINKS  
AVAILABLE FOR PURCHASE



**ROYAL ROMP**  
Prince William Forest

Scan for **Directions**



We'll be at **Bar Louie for Happy Hour** Saturday,  
March 11, 2023, 4:30- 6:30pm - come join the fun!

15001 Potomac Town Pl, Woodbridge, VA

## **Day 2: Sunday, March 12**

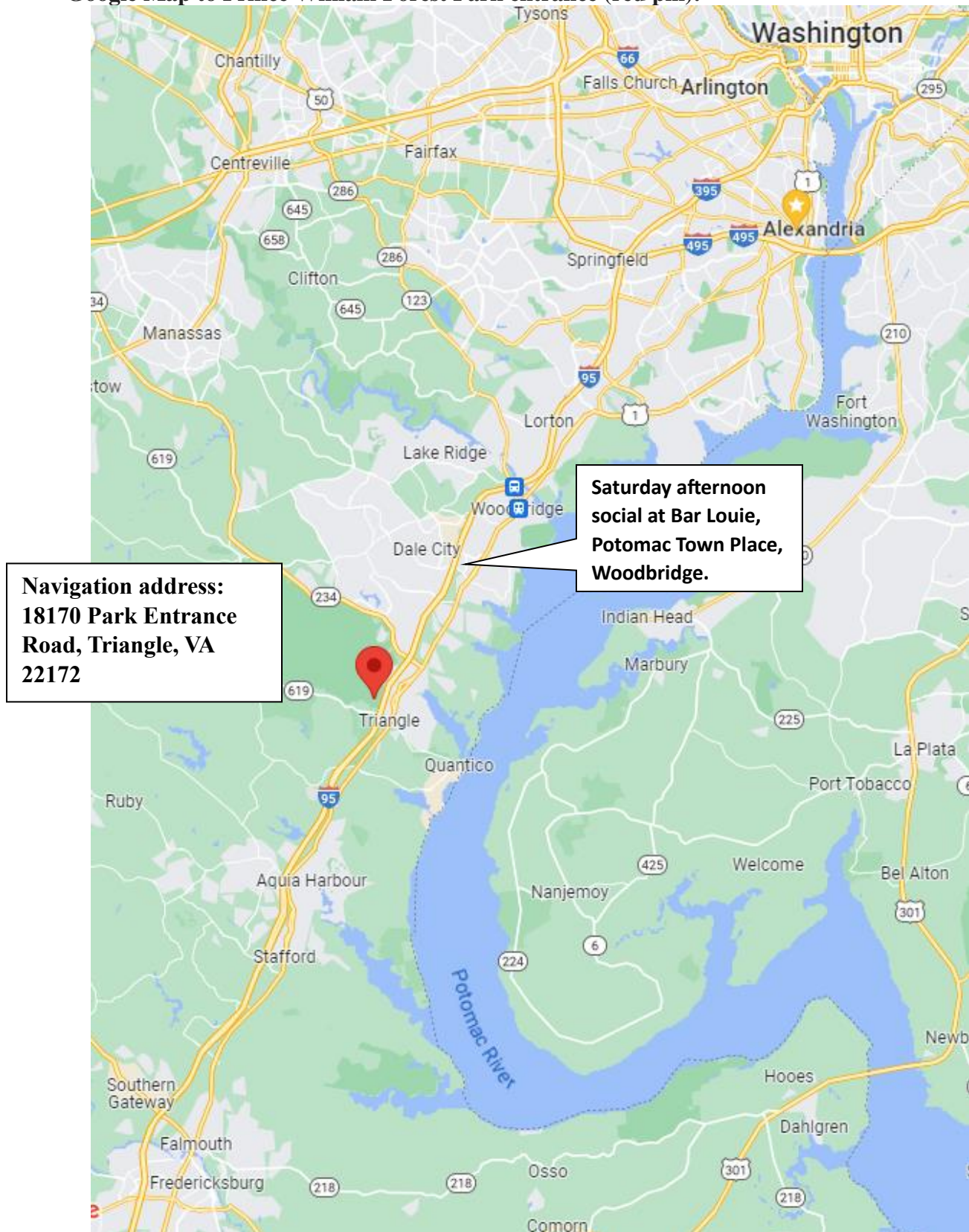
Day 2 of the competition will be held on the Pine Grove map. Just as for Day 1, once inside the park, follow signs and then parking volunteer instructions to the parking area which will be at Williams Ball Field directly adjacent to the Pine Grove picnic area and the administrative location for the Day 2 event.

If you have an assigned start time and are using the SI-card that you specified in your registration, you can go directly to the start from the shuttle, if you want. Follow the posted signs to the start. If you need to change your SI-card or you are renting one, check in at the e-punch table in the administration area. Recreational course runners **MUST** check in at the e-punch table before starting. If you have any questions after you arrive, QOC personnel will be available in the administrative area to answer them.

On Sunday, there will be a ~400m walk from the Pine Grove Shelter to the start (same for all courses). Please see Day Two layout map for the warm up area that is on the way to the start. Competitors will have a traditional 3-line call up. You will be called to the first line 3 minutes before your assigned start time to check in and enter the start chute. Control descriptions will be on the map and also available at the second line. White and Yellow course competitors will **NOT** be assigned a start time. Instead, please check in with the start crew to receive a time when you are ready to begin your course. The wait will be minimal. You will receive your map and control description sheet once you are called to the first line, giving you 3 minutes to review the map before punching the start. There will be a clothing drop at the start with clothing being returned to the finish area/arena.



**Google Map to Prince William Forest Park entrance (red pin):**



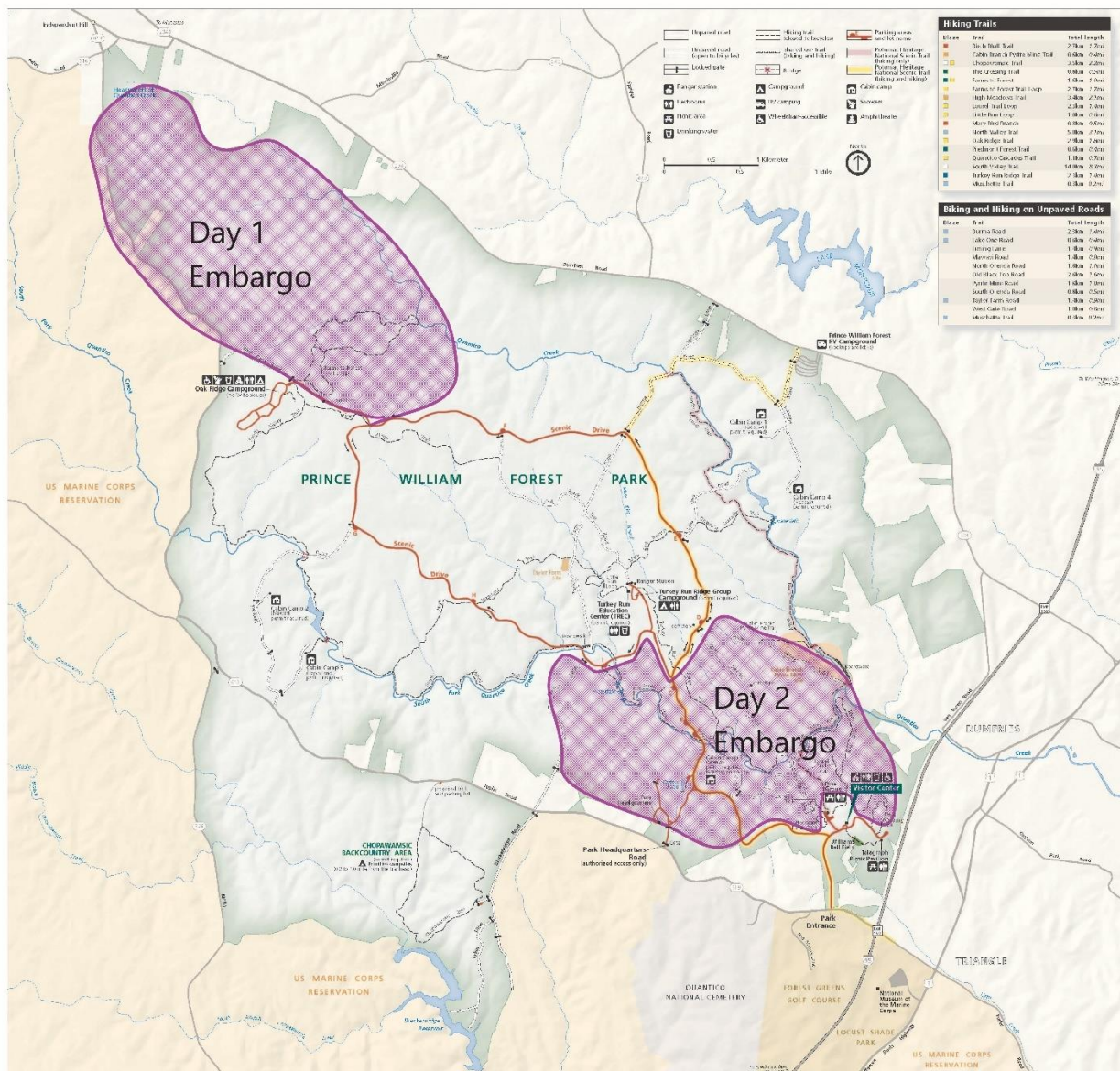


# Rules

The Quantico Classic will be governed by the [OUSA Rules of Competition, A.20](#). Note that whistles are required to be carried by all competitors.

## Embargo Details

For the sake of competitive fairness and in accordance with OUSA rules, the race venue is embargoed until the competition, i.e. people wishing to retain eligibility for competitive awards may not visit the areas depicted shown below before the event. Details are on the Venues & Driving Directions pages.



# Medical & Local Info

## Hospitals with Emergency Rooms and Urgent Care Center

**Hospital:** Sentara Northern Virginia Medical Center, 2300 Opitz Blvd, Woodbridge, VA 22191  
Directions from Park: Take Interstate 95 North to Exit 156 toward Rippon Landing, merge onto Dale Blvd. Take an immediate left onto Potomac Center Blvd. Cross Optiz Blvd and follow signs to emergency room. Distance: 8.4 mi from PWFP Visitor Center.

**Hospital:** Stafford Hospital, 101 Hospital Center Blvd, Stafford, VA 22554  
Directions from Park: Take Interstate 95 South to Exit 140 for County Road toward Stafford 630 East. Merge onto Courthouse Road and follow it (becomes Hospital Center Blvd). Cross Hwy and follow signs to emergency room. Distance: 12.4 mi from PWFP Visitor Center.

**Urgent Care Center:** NextCare Urgent Care, 3990 Fettler Park Dr, Dumfries, VA 22025  
Directions from Park: Take Interstate 95 North to Exit 152B toward Manassas and merge onto VA-234 N/Dumfries Road. Turn left at second light onto Van Buren Road. Take first left onto Fettler Dr and first left into parking lot. NextCare is located at the north end of the parking lot. Distance: 4.7 mi from PWFP Visitor Center.

## Prince William County Convention and Visitors Bureau

Visit [Discover Prince William, VA](#) to find nearby stores and restaurants.

## Local Attractions

The tourist attractions of Washington DC, including the Smithsonian museums, are well known and further away. Here's a list of local attractions worth your attention:

- [National Museum of the Marine Corps](#)
- [National Air and Space Museum's Udvar-Hazy Center at Dulles](#)
- [Manassas National Battlefield](#)
- [Frank Lloyd Wright's Pope-Leighey House](#)
- [Historic Occoquan](#)
- [Historic Manassas](#)



Scale 1:7,500  
5m

300m

Royal Romp Model					
Model		2.4 km		85 m	
▷					
1	153				
2	151				
3	162	●			
4	160	↑			
5	150				
6	152		2.25		
7	154				
8	185				
9	159	↑			
10	161				
		275 m			



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