



RACE GUIDE

MAY 3RD, 2026



CUPLESS EVENT

UNNECESSARY WASTE AND TRASH IS SOMETHING WE ARE WORKING TO ELIMINATE AT EVENTS. AS AN ORGANIZATION DEDICATED TO MAINTAINING A CLEAN RACE AND DOING OUR PART TO KEEP OUR TRAILS BEAUTIFUL AND PRISTINE, THIS EVENT HAS BEEN CUPLESS SINCE 2024.

RUNNERS WILL RECEIVE A REUSABLE HYDRAPAK SPEEDCUP AT PACKET PICK-UP FOR USE ON AND OFF THE COURSE. THE SPEEDCUP IS REUSABLE AND SHOULD BE BROUGHT TO OTHER EVENTS. RUNNERS CAN ALSO USE THEIR OWN PERSONAL HYDRATION SYSTEM FOR VOLUNTEERS TO FILL UP AT THE AID STATIONS. ADDITIONAL CUPS WILL BE FOR SALE FOR \$5.00.



THE SPEEDCUP™



A collapsible, reusable cup designed to replace single-use cups at race events and minimize waste on trails and roads.

LIGHTWEIGHT

Constructed with ultra-light, abrasion resistant TPU & RF welded seams for superior durability

FINGER LOOP

Provides support when drinking or pouring, use with a clip to attach to packs & belts

FREE STANDING

Stands like a cup both when empty or full

COMPRESSIBLE

Soft material is flexible and ultralight so you can stuff it anywhere

SAFE & EASY TO CLEAN

100% BPA & PVC free; top rack dishwasher safe



LOCATION/ADDRESS

**ADDISON OAKS COUNTY PARK
1480 W. ROMEO (32 MILE) RD.
LEONARD, MI. 48367
248.693.2432**

FREE PARKING:

THIS IS FREE NOW THANKS TO THE GENEROSITY OF OAKLAND COUNTY VOTERS PLACING VALUE IN OUR GREEN SPACES AND MAKING THEM ACCESSIBLE TO ALL RESIDENTS AND NON-RESIDENTS ALIKE.

***NEW 2026 START/FINISH LINE LOCATION:**

NEXT TO THE LAKE LODGE ONCE INSIDE THE PARK FOLLOW MOVE IT FITNESS EVENT SIGNS TO THE RIGHT. PARK IN LARGE DIRT PARKING AREA IN THE NORTHWEST CORNER NEAR THE BUILDING AND PLAYSCAPE. REGISTRATION WILL BE INSIDE LAKE LODGE BUILDING.



RACE DAY SCHEDULE

SUNDAY, MAY 3RD, 2026

PLEASE ASSEMBLE AT THE START LINE 5 MINUTES BEFORE YOUR EVENT FOR PRE-RACE ANNOUNCEMENTS INCLUDING ANY MODIFICATIONS TO THE COURSE. IF FOLLOWING THE GPX COURSE DIRECTIONS PLEASE KNOW THAT THERE ARE TIMES THAT WE NEED TO MODIFY THE COURSE AND THAT COURSE MARKINGS ON RACE DAY SHOULD TAKE PRECEDENCE.

7:00–8:40 AM: CHECK-IN/PACKET PICKUP

8:00 AM: 30K START

8:30 AM: 15K START

8:45 AM: 4 MILE START

START/FINISH LINE IS BEHIND THE LAKE LODGE BUILDING ON BIKE PATH



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4 MILE COURSE GPX FILE

[HTTPS://WWW.PLOTAROUTE.COM/ROUTE/3296187?UNITS=MILES](https://www.plotaroute.com/route/3296187?units=miles)

***COPY AND PASTE THE LINK INTO YOUR BROWSER TO VIEW AND/OR
DOWNLOAD TO YOUR DEVICE OR CHECK OUT A MAP**



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30K/15K COURSE GPX FILE

[HTTPS://WWW.PLOTAROUTE.COM/ROUTE/3295932?UNITS=MILES](https://www.plotaroute.com/route/3295932?units=miles)

*COPY AND PASTE THE LINK INTO YOUR BROWSER TO VIEW AND/OR DOWNLOAD TO YOUR DEVICE

30K – 2 LOOPS (APPROX. 18.6 MILES)
15K – 1 LOOP (APPROX. 9.3 MILES)

**CUT OFF FOR 30K MUST START SECOND LOOP BY... 11:00AM
5.5 HOUR TIME LIMIT BOTH DISTANCES. SORRY, DOGS ARE NOT ALLOWED ON THE COURSE

COURSE DESCRIPTION IS EXPLAINED OVER THE NEW FEW SLIDES...



30K/15K COURSE UPDATE

GREAT NEWS, THE TRAIL CONNECTOR IS COMPLETE! ADDISON OAKS HAS BEEN WORKING ON A CONNECTOR TRAIL AND NEW GATE THAT WOULD ALLOW RUNNERS TO CROSS LAKE GEORGE ROAD ALMOST DIRECTLY ACROSS FROM THE BALD MOUNTAIN TRAIL ENTRANCE.

THIS CONNECTOR WILL BE USED BY 30K & 15K; LOCATED AT AID STATION "B"

READ THE NEXT SLIDE FOR MORE...



THE COURSE: 30K/15K

START AT ADDISON OAKS PARK, BEHIND LAKE LODGE BUILDING RUNNING ON PAVED, GRASS, DIRT WIDE TO SINGLE TRACK TRAIL.

AID STATION "A" IS AT **3 MILES (APPROX.)**. THERE WILL BE HYDRATION (**NO BATHROOM**). NOTE: 4 MILE, 30K, AND 15K WILL HAVE ACCESS TO AID STATION A

AID STATION "B" IS NEXT (**THIS IS WHERE YOU EXIT ADDISON OAKS**), THIS WILL HAVE A **PORTA POTTIE!** NOTE: 30K RUNNERS WILL ACCESS AID STATION "B" 4 TIMES

GREAT NEWS: THE TRAIL CONNECTOR IS OPEN (LOCATED AT AID STATION B)! WE WILL HAVE A CROSSING GUARD WHERE YOU RUN FROM ADDISON OAKS INTO BALD MOUNTAIN. RUNNERS WILL NEED TO WAIT UNTIL TRAFFIC IS CLEAR AND THE CROSSING GUARD GUIDES YOU SAFELY ACROSS.

YOU WILL THEN LOOP AROUND BALD MOUNTAIN, CROSS HERE WITH THE CROSSING GUARD AGAIN, AND THEN HEAD BACK INTO ADDISON OAKS.



THE COURSE: 30K/15K PT. 2

ONCE BACK IN ADDISON OAKS, YOU WILL MAKE YOUR WAY BACK TOWARDS **AID STATION A**, **VEER TO THE RIGHT** ON THE TRAIL. FROM HERE YOU HAVE LESS THAN 2 MILES TO THE **FINISH LINE...**

15K WILL HIT THE FINISH LINE AT LAKE LODGE AND START THE PARTY.

30K RUNNERS WILL CROSS THE TIMING MATS (FINISH LINE) GETTING THEIR LAP 1 TIME, GRAB AID AT THE DEDICATED **AID STATION C** (ONLY FOR 30K RUNNERS) AND HEAD BACK OUT FOR THEIR SECOND LOOP.



AID STATIONS

POST RACE RUNNER FOOD WILL BE A BURRITO, FRUIT AND CHIPS FOR 15K, 30K AND 4 MILE. ON COURSE YOU'LL FIND AID STATION A (FOR ALL DISTANCES), B (FOR 30K/15K; 30K ACCESSES 4 TIMES), & C (FINISH LINE AID FOR 30K GOING INTO 2ND LOOP)

HYDRATION MIX – LMNT IS A NO SUGAR AND LOW CARB HYDRATION MIX. OUR LMNT WILL BE AT HALF STRENGTH

WATER – WILL BE IN LARGE DRINK COOLERS.

SNACKS AT FINISH LINE AID STATION (AID STATION C) – THE FINISH LINE AID STATION IS FOR 30K RUNNERS WILL HAVE WATER, LMNT AND A SUPPLY OF SNACKS FOR RUNNERS BEFORE STARTING THEIR SECOND LOOP OF THE COURSE.

WHEN APPROACHING THE AID STATIONS YOU WILL SEE SIGNS TO GET READY. THE VOLUNTEERS ARE EQUIPPED WITH HYDRAPAK SPORT PITCHERS LOADED WITH THE LMNT HYDRATION MIX AND WILL POUR INTO YOUR SPEEDCUP AND/OR YOUR PERSONAL HYDRATION VESSEL. YOU ARE WELCOME TO AS MUCH AS YOU NEED, KNOWING YOU MAY HAVE TO PAUSE YOUR RUN TO FUEL UP.



TRAIL RUNNING ETIQUETTE

LEAVE ONLY FOOTPRINTS, TAKE ONLY MEMORIES. PLEASE PACK OUT ANY TRASH YOU BRING WITH YOU—LET'S HELP KEEP THE TRAIL BEAUTIFUL FOR EVERYONE.

BE THOUGHTFUL AND KIND TO OTHERS ON THE TRAIL. IF YOU'RE PASSING ANOTHER RUNNER, GIVE A FRIENDLY HEADS-UP AND MAKE SURE THERE'S ENOUGH SPACE TO PASS SAFELY. IF YOU'RE MOVING AT A SLOWER PACE, STEPPING ASIDE WHEN POSSIBLE CAN BE A GREAT HELP TO THOSE COMING UP BEHIND YOU. :)

AND DON'T FORGET TO SHARE A SMILE OR A FEW WORDS OF ENCOURAGEMENT—WE'RE ALL ON OUR OWN UNIQUE JOURNEY, EVEN IF WE'RE HEADING TO THE SAME FINISH LINE.

THANK THE VOLUNTEERS — THESE EVENTS WOULDN'T BE POSSIBLE WITHOUT THEIR TIME, CARE, AND ENERGY. IF YOU'VE NEVER VOLUNTEERED BEFORE, WE'D LOVE TO HAVE YOU JOIN THE TEAM—FRIENDLY FACES ALWAYS WELCOME!



TIMING/RESULTS

YOUR BIB HAS YOUR TIMING CHIP. PLEASE WEAR YOUR BIB ON THE FRONT OF YOUR BODY AND VISIBLE AT THE FINISH LINE. YOUR FINISH LINE RESULTS WILL BE AVAILABLE ON RUNSIGNUP AND YOU CAN ACCESS THEM BY SCANNING THE QR CODE ONSITE OR BY GOING TO THE RSU EVENT PAGE. AFTER THE EVENT RESULTS WILL BE POSTED TO ERGRACE.COM IN THE RESULTS SECTION.

**** ANY ATHLETE COMPLETING A DISTANCE OTHER THAN THE ONE THEY SIGNED UP FOR PLEASE LET US KNOW ASAP SO THIS DOES NOT INTERFERE WITH RESULTS!**



AWARDS

ALL FINISHERS RECEIVE AN AWARD AT THE FINISH LINE

15K AGE GROUPS

TOP OVERALL M/F, 0-20 M/F, 30S M/F, 40S M/F, 50S M/F, 60+ M/F

30K AGE GROUPS

TOP OVERALL M/F, 0-29 M/F, 30-49 M/F, 50+ M/F

4 MILE TOP AWARDS

OVERALL M/F AND MASTERS (40+)M/F

*AWARD WINNERS WILL BE ABLE TO PICK UP THEIR AWARDS FROM THE REGISTRATION AREA WHEN RESULTS BECOME AVAILABLE (STARTING AT APPROXIMATELY 10 AM) AND HAVE THEIR PHOTO TAKEN





**HAPPY TRAILS!
HAVE FUN OUT THERE!**

**THANK YOU FOR RUNNING
WITH US!**

**EASTSIDE RACING
MOVE-IT FITNESS**



**EASTSIDE
RACING COMPANY**

**BE SURE TO CHECK OUT
MORE EVENTS AT**

MOVE-ITFITNESS.COM

AND ERCRACE.COM

FEEDBACK

YOUR FEEDBACK AS A PARTICIPANT IS IMPORTANT TO US. WE ARE CONSTANTLY TRYING TO IMPROVE OUR EVENTS.

IF YOU HAVE IDEAS ON AREAS OF IMPROVEMENT PLEASE DROP US A LINE AT THE "CONTACT US" SECTION OF THE RACE WEBSITE.

WE WANT TO KNOW HOW YOU LIKE OUR SWAG OPTIONS, FINISHER AWARDS, AGE GROUP AWARDS, POST RACE REFRESHMENTS. OR ANYTHING ELSE THAT YOU FEEL PASSIONATE ABOUT.

FEEL FREE TO INCLUDE POSITIVE AND OR NEGATIVE.

**THANK YOU
EASTSIDE RACING COMPANY**

