



Summer Trail Fest Ultra
50 Mile, 50K, Half Marathon & 5 Mile
June 13th, 2026

Location Details

- Race Venue:

Sleepy Hollow State Park, [7835 E Price Rd, Laingsburg, MI 48848](#)

- Race Day Parking will be in the beach parking lot. Please following parking signs.
- You are required to have a [MI State Park Recreation Passport](#) to enter this park. If you do not, you will be charged an entrance fee. Please plan accordingly.

- Packet Pickup and Start/Finish Line:

South Pavilion at the Beach Area



Schedule of Events

Early Packet Pick Up:

- June 12th: Sleepy Hollow Park from 4:30 pm - 6:00 pm

RACE DAY: June 13, 2026

- Packet Pickup & Ruck Weigh In Start - 5:30 am - 7:45 am
- We strongly encourage 50 Mile runners to utilize Friday early packet pickup.
- 5:30-6:00 am packet pickup is for 50 Milers & 50K Ruckers
- Pre-Race Announcements - 10 minutes before your race start
- 50 Mile Start Time - 6:00 am
- 50K Ruck and 50K Early Start Time- 6:30 am (Note, aid stations may not be set up until the official race start) (50K early start are not eligible for awards)
- 50K, Half Marathon, and Half Marathon Ruck Start Time - 7:30 am
- 5 Mile and 5 Mile Ruck Start Time - 8:00 am
- 5 Mile Award Time (estimated) - 9:30 am
- Half Marathon Award Time (estimated) - 10:30 am
- 50K & 50K Ruck Cut-Off (15.5 Mile) - 12:40 pm
- Course Cutoff - Please see Course Cutoff slide (6) - 50K has three cutoffs and 50 Mile has four cutoffs.

Course Markings

- Since this is an all-day event and the park is open to the public, we will not be physically blocking off any trails.
- The course will be marked with hanging tape or surveyor flags on the **Right** side of the trail at least every .08 miles (within line-of-sight), but more frequently close to turns.
 - Orange - All distances will see orange. This is the color when all four distances are together. It's also the color of the 50 Mile and 50K.
 - Blue - Only 5 Milers should see blue
 - Yellow - Only Half Marathoners should see yellow
 - Purple - This is the 50 Mile short loop at the beginning. Only 50 Milers should see purple.
- Turns on the course will be marked with small Turn Signs like the ones pictured here. This course is very easy to follow with the amount of markings we have used!
- We do not use many Wrong Way signs, but in areas where your first instinct would take you the wrong direction, we have placed one or two of those signs.

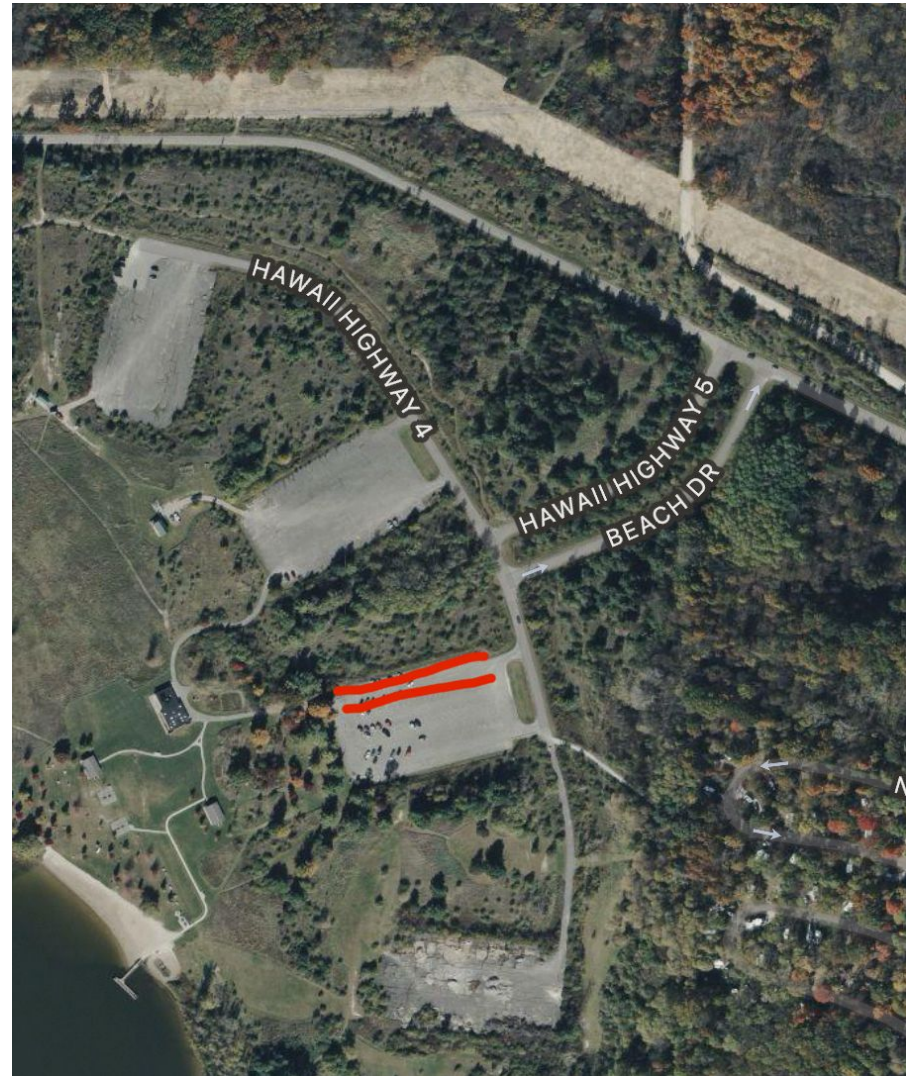


Aid Stations, Restrooms & Cutoffs

Aid Station	5 Mile	Half Marathon Mileage	50K Mileage	50 Mile	Aid Available	Drop Bag	Restroom	Hard Cutoff Time
-		N/A	1.8		-		Park Bathroom	
1		1.75	2.4 & 17.6	5.4 & 20.9 & 36.5	PB&J, Trail mix, fruit cups, Chips, huma gels Water & Tailwind			
2		3.1	4.9 & 20.0	7.9 & 23.4 & 39	Quesadilla, Bean and cheese burritos, pretzels, pickles, Jelly Beans, Huma Gels Water & Tailwind			
3		7.1	9.1 & 24.6	12.1 & 27.6 & 43.3	Pierogies with salt, PB and Cheese Crackers, fruit cups, huma gels Water & Tailwind			50 Mile - Mile 43.3 (5:04pm) 50K - Mile 24.6 (3:55pm)
-		7.4	9.3		-		Portable Toilet	
4		10.7	12.75 & 28.2	15.7 & 31.2 & 46.9	Hummus wraps, Candy, fig bars, salt tablets, Coke Water & Tailwind			50 Mile - Mile 46.9 (5:59pm) 50K - Mile 28.2 (5:45pm)
5	3.8	12	14.4 & 30	17.4 & 32.9 & 48.7	Water & Tailwind, huma (self-serve after 5 mile finishes)		Park Bathroom	
6		N/A	15.5	3 & 18.6 & 34.1	Bananas, watermelon, potato chips, oreos, pickles, huma (also finish line food - Burgers and Hot Dogs), veggie burgers, baked beans Water & Tailwind	Yes	Portable Toilet	50 Mile - Mile 18.6 (10:45am) Mile 34.1 (2:41pm) 50K - Mile 15.5 (1:08pm)

2026: Aid Stations 3 and 4 are soft cut offs. These soft cut offs are in place to keep you aware of the required overall average pace. If you are falling far behind pace, and finishing the race would require you to run a large positive split, we may cut you off at this location.

50 Mile and 50K runners and ruckers can stop at their car after Aid Station 6 before heading out on your second or third loop. We specifically park you in the parking lot closest to this location; we'll have signs and staff directing you here on race day.



Course Cut-Offs

The entire race cut-off time for the 50 miler is 12 hour 45 min and the 50 Kilometer is 11 hours and 15 min. There are also multiple course cut-off locations that you need to be aware of. The cut-off times at Aid 6 are hard cut-off times. 50 mile is based on a **15:23 per mile pace** and 50K is based on a **21:41 per mile pace**.

Cut off location	50 Mile Distance and Time	50K Distance and Time
Aid 6	18.6 miles (10:45am)	15.5 Miles (1:08pm)
Aid 6	34.1 Miles (2:41 PM)	
Aid 3	43.3 Miles (5:04 PM)	24.6 Miles (3:55 PM)
Aid 4	46.9 Miles (5:59 PM)	28.2 Miles (5:45 PM)

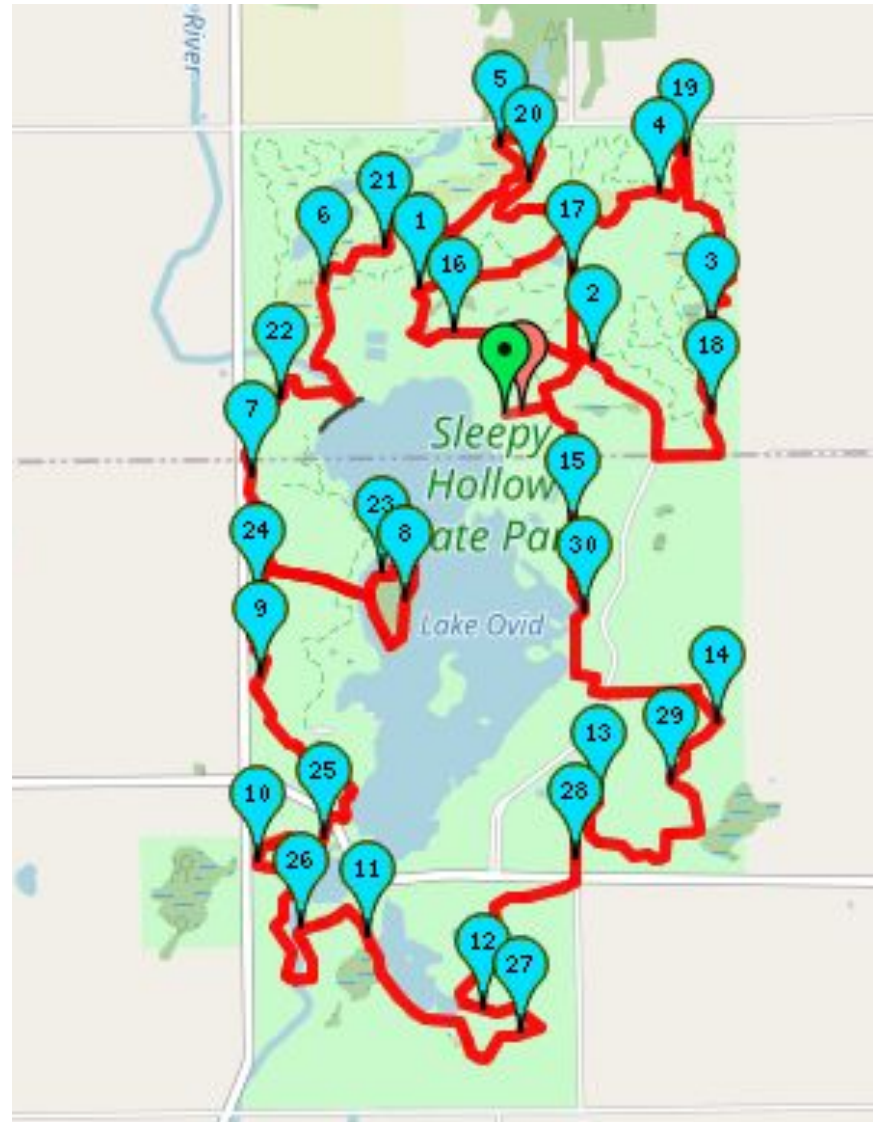
2026: Aid Stations 3 and 4 are soft cut offs. These soft cut offs are in place to keep you aware of the required overall average pace. If you are falling far behind pace, and finishing the race would require you to run a large positive split, we may cut you off at this location.

Drop Bags

- Drop Bag Size: 20"x24"x4" clear bag w/drawstring
- You can pack any special food you will need, a change of clothes/shoes and/or a headlamp.
- 50 Mile and 50K runners will have one drop bag which is located at Aid Station 6 (also located at the finish line).
 - See the Aid Station Chart on page 5 for more drop bag details

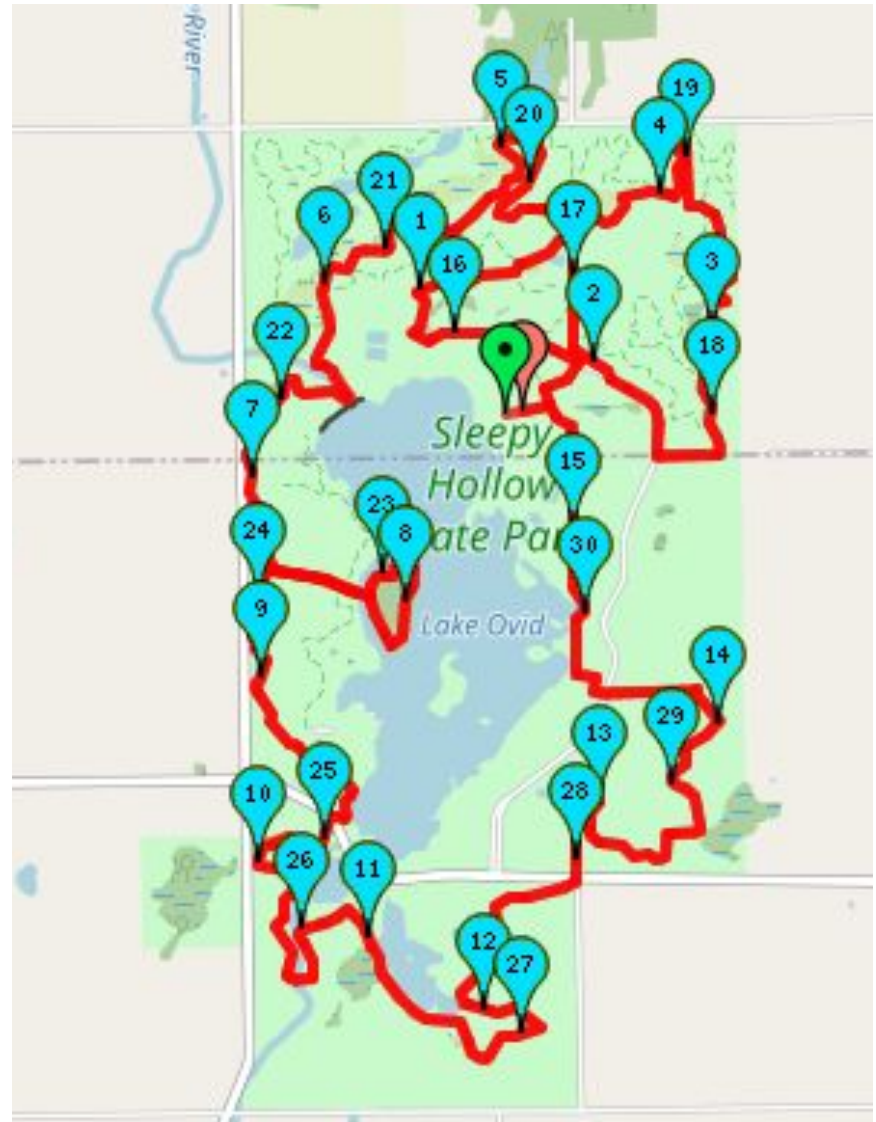
Course Map (50 Mile)

- Strava course map:
<https://www.strava.com/routes/3492518810741784902>
- The 50 Mile is one small loop and then two 50K loops. After the first small loop (Mile 3) and both large loops (Miles 18.6 & 34.1), athletes will run past aid station #6 where they will have access to their drop bags!



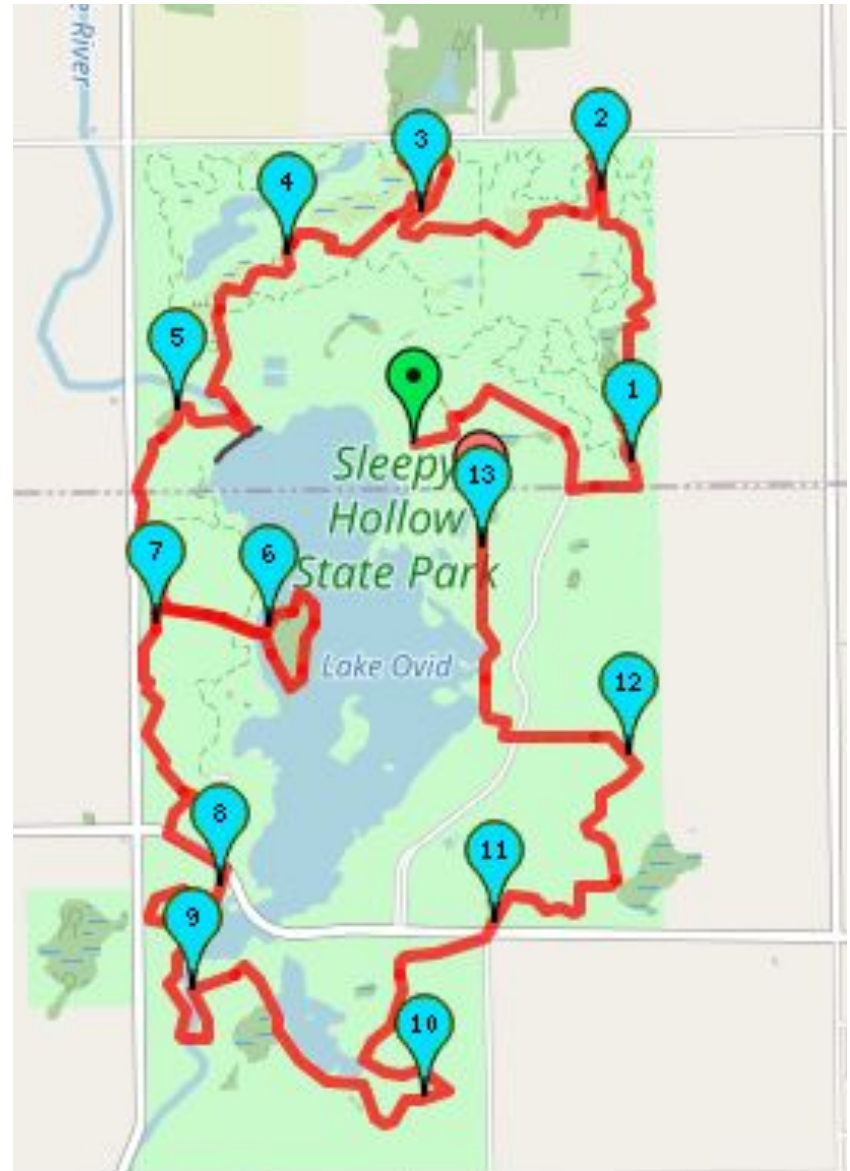
Course Map (50K)

- Strava course map:
<https://www.strava.com/routes/3492607702744471088>
- Remember that the 50K is a two loop course. After the first loop athletes will run past aid station #6 where they will have access to their drop bags!



Course Map (Half Marathon)

- Strava map:
<https://www.strava.com/routes/2770748504427964366>
- This is a one loop course with 5 aid stations. It is not the exact same course as the 50K. The courses will converge at Aid Station #1.



Course Map (5 Mile)

- Strava course map:
<https://www.strava.com/routes/3492522689812349230>
- The 5 mile course has a only 132 ft of elevation change. There will be an aid station at mile 3.8 of the course.



Important Athlete Rules

- Ultra athletes (50 Mile/ 50K) must attend the pre-race meeting at the start line. Athlete's pacers must also have waivers signed by this point.
- Ultra athletes must check in at every manned aid station along the course. It is the athlete's job to make sure they are checked in and out at aid stations.
- Bibs must be worn on the front of the torso at all times and visible.
- This is not a closed course, athletes must obey traffic laws at all times. When running on roads, run facing traffic or on a designated bike/run path for safety.
- Trash may be dropped at manned aid stations only. If an athlete is caught littering on the course they will be immediately disqualified.
- No supplies may be stashed along the course.
- Prior to the race, athletes must provide any pertinent medical information to race staff. If athletes are found to have falsified medical information, they may be banned from all future events.
- Race staff can pull athletes from the race at any time if they feel they are a danger to themselves or others.

Crew and Pacer Rules

- Both 50 miler and 50 Kilometer athletes can have pacers and crew.
- Athletes are responsible for their crew. If the crew or pacer does not follow the rules the athlete will be penalized.
- Pacers must follow athlete rules stated in previous page
- No aid from moving vehicles, including bicycles.
- Pacers are allowed from the beginning of the race on, but only one pacer is allowed at any given time.
- Pacers MUST wear a pacer bib (will be included with participant bib at packet pick-up) while on the course and pre-sign the waiver ([available here](#)).
- Much of the course has rules about parking, please adhere to them.
- Pacers, please be aware that the course fuel and food is for the athletes racing, while you are allowed to have some, please try to supply as much of your own as possible.
- If your athlete drops out of the race please follow proper procedure by checking in at the closest manned aid station and turning in their race bib.
- Pacers do not receive a medal.
- You are required to have a [MI State Park Recreation Passport](#) to enter this park. If you do not, you will be charged an entrance fee. Please plan accordingly.

Spectator & Crew Directions

If your friends, family or crew want to come cheer for you or crew you on the course, here's a link to a helpful Google Map with different places they can reach you! Click on each pin to read a description from the Race Director. Bring a chair and a cooler, signs, cowbells - show these runners and ruckers some love and help them keep going!

2026 Spectator Map - Google MyMap

https://www.google.com/maps/d/u/0/viewer?mid=1GCVEZVGUQ00Im_vuZxyzx8es61NQ-_A&ll=42.93591644828659%2C-84.41371079999999&z=14

Easy way to look at the race courses and spectator locations. You can use it in Google Maps on your phone to navigate from one location to the next, but you might lose the ability to do so if you lose service, even if you download the base map offline.

2026 Spectator Locations

Google Maps saved spectator locations list: https://maps.app.goo.gl/imB2Ph9PyhNabdrCA?g_st=i

List of saved spectator location pins in Google Maps. Best for use on race day to navigate in case of no cell service, but please read below:

Cell service can be limited in parts of Sleepy Hollow State Park.

Before race day:

- Open the STFU Spectator Locations pins list in the Google Maps app on your phone.
- Save the list.
- In Google Maps, tap your profile picture → Offline Maps → Select Your Own Map.
- Download the Sleepy Hollow State Park area.
- Open the spectator locations once while you still have service so they are stored on your device.

On race day:

- **Don't close the Google Maps app.**
- In areas with limited connectivity, Google Maps may not always be able to start a new navigation route, even if you downloaded the offline map.

Spectator & Crew Locations

Start/Finish Line for all four distances

Type in to Google Maps: "Sleepy Hollow State Park - Parking Lot - South East"

Coordinates: 42°56'40.2"N 84°24'33.2"W

<https://maps.app.goo.gl/zPPWy6N76XphG6bf9>

Aid Station 6 & Drop Bags

50M, 50K

At the start/finish line

50M, 50K Before Aid 1

50M, 50K, Half

Across from the parking lots and down State Park Dr to the right. Corner of State Park Dr and Sh2.

Coordinates: 42°56'48.2"N 84°24'10.4"W

<https://maps.app.goo.gl/1pVEfB8csqFNANyNA>

This is a great place to see the 50M & 50K without needing to get in your car. The Half goes by here, but you won't beat them here if you're cheering at the start line.

50M - Mile 5.1, 20.51, 35.85

50K - Mile 2.1, 17.6

Half - Mile .43

Spectator & Crew Locations

Island Access Point

50M, 50K, Half

Shephardsville Rd between Taft and E Price

Coordinates: 42°56'17.3"N 84°25'28.2"W

<https://maps.app.goo.gl/xP6px8BnXhenkoT97>

Great place to watch athletes as they make their way around the loop of the island. There is a short trail from Shephardsville Road that will take you to the course. We will have pink hanging tape at the parking area. There is limited parking here.

Aid Station 3 Viewing

50M, 50K, Half

Type in to Google Maps: "Lake Ovid Boat Ramp"

We are asking athlete supporters not to park at the Aid 3 parking spot on Shephardsville Rd. Park at the Lake Ovid Boat Ramp on State Park Drive and walk .2 miles North up the trail to Aid 3. Or, even easier, just cheer athletes as they cross here at State Park Dr!

Viewing Spot Coordinates: 42°55'50.4"N 84°25'17.1"W

<https://maps.app.goo.gl/5a4AJmFtEyUpftqa9>

Aid 3 Coordinates: 42.932779, -84.423520

<https://maps.app.goo.gl/RomHcJHzn4UkxWfs9>

Spectator & Crew Locations

Aid Station 4

50M, 50K, Half

Intersection of E Price Rd & Upton Rd

Coordinates: 42°55'30.4"N 84°24'17.4"W

<https://maps.app.goo.gl/RWLk4wWpz6kac8qVA>

This is a great place to come watch athletes as they make their way back into the park proper. Plenty of shade and parking on Upton Rd.

Aid Station 5

50M, 50K, Half, 5 Mile

Intersection of State Park Dr & Campground Rd

Coordinates: 42°55'59.6"N 84°24'14.1"W

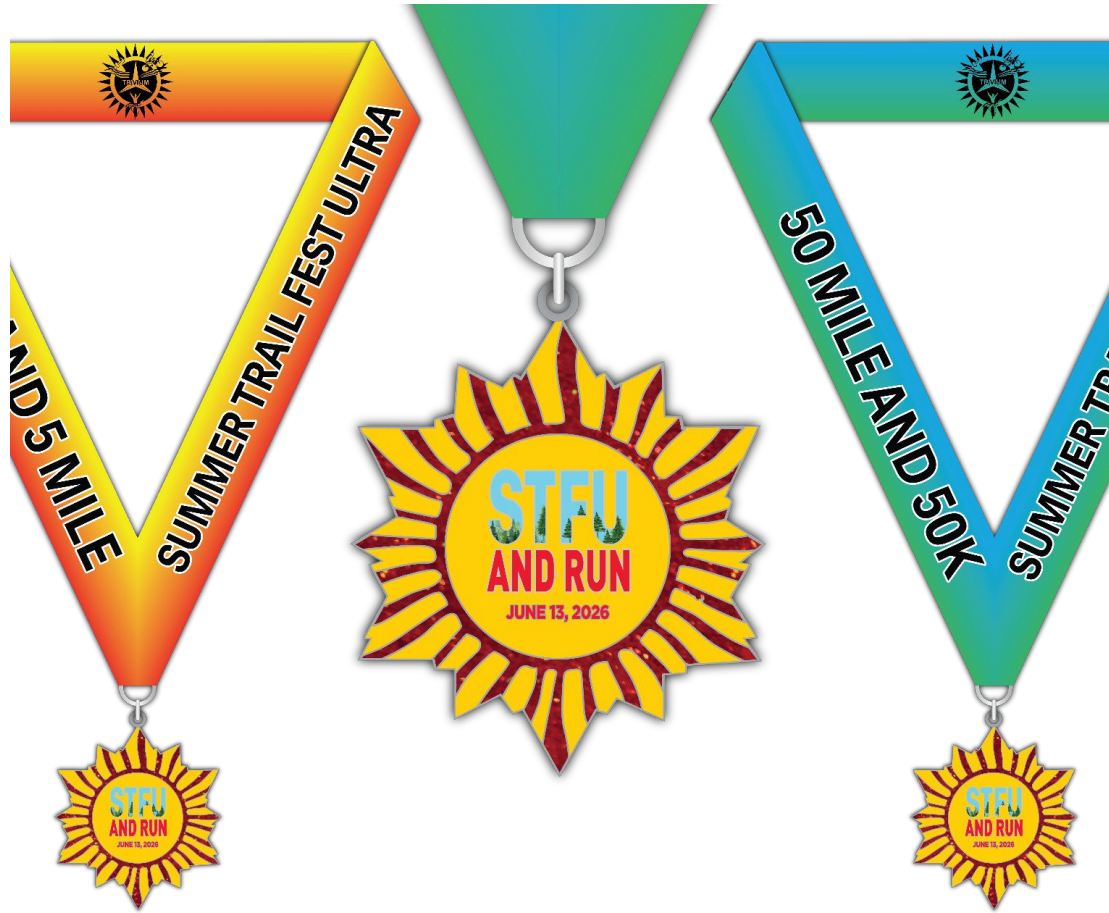
<https://maps.app.goo.gl/DwgTjQ6RXbp5XDfdA>

Athletes will cross State Park Dr coming from Campground Rd as they make their way towards the finish line. Park in the parking lot and cheer them on! This is the only station 5 mile athletes pass. We do not recommend going to this aid station on your athlete's last lap if you want to have time to see them finish.

RaceJoy

Make sure to download the [RaceJoy app](#) by RunSignUp (available on Apple and Android) so that you can get progress alerts during your race and see a map of aid stations and bathrooms! If your friends, families, and teammates want to track you during the race, they can download this app as well. All they have to do is enter your bib number to watch your progress and send you cheers throughout the race!





STFU 2026 Singlet



2026 Race Swag

All participants will receive a race singlet, finisher medal, and “STFU and Run” bumper sticker!

Course Records: 50K

Summer Trail Fest Ultra Record Holders for 50K			
Age Group	Female Record Holder	Male Record Holder	Non-Binary Record Holder
OVERALL	4:14:21 Erica Aikman (2024)	3:35:34 Sam Skeels (2022)	5:24:18 B Charles (2025)
14 and Under			
15-19		5:12:14 Joseph Morse (2025)	
20-24	4:48:46 Irie Jaynes (2023)	4:36:33 Seth Miller (2025)	
25-29	5:09:31 Maggie Wood (2025)	3:43:59 Zach Eagle (2023)	8:29:49 Eleanor Kallo (2025)
30-34	5:29:20 Rebekah Cullen (2024)	3:57:51 Justin Mauro (2023)	
35-39	4:14:21 Erica Aikman (2024)	3:49:32 Johnathon Priebe (2021)	5:24:18 B Charles (2025)
40-44	5:02:16 Nana Ono (2024)	3:35:34 Sam Skeels (2022)	
45-49	5:37:47 Mararet Resema (2021)	4:13:08 Mike McKeen (2023)	
50-54	4:45:51 Ileana Paul (2022)	5:46:28 Jake Shulaw (2025)	
55-59	5:30:49 Barb Mackey (2023)	5:00:27 George Werner Jr. (2022)	
60-64	7:25:03 Janet O'connor (2022)	5:33:43 Jeffrey TenBrink (2024)	
65-69	9:24:45 Christelle Ross (2024)	6:04:45 Michael Smith (2024)	
70-74		7:52:51 Michael Curtis (2022)	
75-79			
80+			

Course Records: Half Marathon

Summer Trail Fest Ultra Record Holders for Half Marathon			
Age Group	Female Record Holder	Male Record Holder	Non-Binary Record Holder
OVERALL	1:43:15 Meridith Anness (2023)	1:27:24 Jordan Desilets (2021)	2:27:09 Jamie Fielder (2023)
14 and Under		1:28:43 Noah Devereaux (2023)	
15-19	1:43:22 Ella Showerman (2025)	1:28:18 Noah Devereaux (2024)	
20-24	1:59:06 Kylie Callison (2021)	1:44:06 Owen Bronni (2022)	
25-29	1:43:15 Meridith Anness (2023)	1:34:27 Matthew Cosby (2024)	
30-34	1:44:20 Lauren Couls (2021)	1:37:25 Benjamin Jones (2024)	
35-39	1:47:31 Tamaryn Kinney (2023)	1:33:59 Dave Hofmann Jr (2025)	
40-44	1:59:56 Anna Baldori-McLaren (2025)	1:27:24 Jordan Desilets (2021)	
45-49	1:58:38 Kimberly Rapp (2022)	1:42:38 Eric Fowler (2024)	2:27:09 Jamie Fielder (2023)
50-54	1:50:44 Linda Humpert (2023)	1:46:16 Doug Miles (2025)	
55-59	2:05:54 Cynthia Miiller (2024)	1:48:19 Tim Price (2022)	
60-64	1:57:37 Jean Seward (2025)	2:23:13 Mike Hennessey (2025)	
65-69	2:35:30 Francine Robinson (2025)	2:07:00 Gerard Wilbrink (2023)	
70-74	2:49:23 Terri Veldman (2022)	2:08:32 Gerald Wilbrink (2025)	
75-79	2:54:43 Linda Scorof (2022)	4:34:21 Dave Eldridge (2023)	
80+	3:55:56 Joyce Dryer (2025)		

Course Records: 5 Mile

Summer Trail Fest Ultra Record Holders for 5 Mile		
Age Group	Female Record Holder	Male Record Holder
OVERALL	38:22.75 Sierra Voight (2025)	29:55.91 Jack Natali, Jr. (2023)
14 and Under	1:10:12 Claire Michalak (2024)	33:05.70 River Fox (2023)
15-19	38:52.23 Morgan Ashcroft (2024)	29:55.91 Jack Natali, Jr. (2023)
20-24	41:00.73 Alaina Yuke (2025)	37:06.36 Wayde Barry (2025)
25-29	42:51.16 Adrianna Singer (2024)	37:31.31 Michael Nuenninghoff (2024)
30-34	38:22.75 Sierra Voight (2025)	37:57.79 Adam Smith (2024)
35-39	42:10.52 Charlie Spencer (2024)	31:47.68 Mike Andersen (2025)
40-44	43:18.15 Tara Arrendondo (2023)	36:14.04 Mo Waite (2024)
45-49	39:18.24 Lisa Pangburn (2025)	35:40.55 Matt Maciag (2024)
50-54	41:59.61 Diana Udrea (2024)	41:44:17 Konrad Anderson (2023)
55-59	44:51.55 Cynthia Miller (2025)	44:20.92 Steve Wolf (2024)
60-64	46:09.62 Felipe Kohn (2024)	42:18.83 Carl Clarke (2024)
65-69	52:36.71 Kim Kucish (2025)	44:38.11 Michael Du Charme (2023)
70-74	1:15:02 MoringSun Kelly (2024)	54:59.01 John Reed (2023)
75-79		1:10:05 Hal Briand (2025)
80+	2:02:04 Nancy Wilson (2024)	1:25:50 Bob Galloway (2024)
2023 was the First Year for the 5 Mile Event		