



Black Toenail Friday

Half Marathon and 7.5 Miler

November 28th, 2025

Address for Race

- Please do not Google “Proud Lake State Recreation Area” This will take you to the main office, not the campground.
- Use: 2928 Glengary Rd, Commerce Charter Twp, MI 48382

Schedule of Events

- 9:30 AM - 10:45 AM - Packet Pickup
- 10:45 AM - Pre-race Meeting at the start line
- 11:00 AM - Half Marathon AND 7.5 Mile Start
- 1:00 PM - 7.5 - Mile awards
- 2:00 PM - Half Marathon Awards
- 2:30 PM - Race Cut-off Time (If a half marathon runner has fallen far off-pace by the second lap, they may be pulled off the course by event staff)

Registration and Start Line

This is a state park so to enter the state park you will need either a State Park Passport (good at all parks all year) or pay for a one day entry upon arrival. This money will be collected at the gate.

Please plan ahead as the line for entering the park may be long.

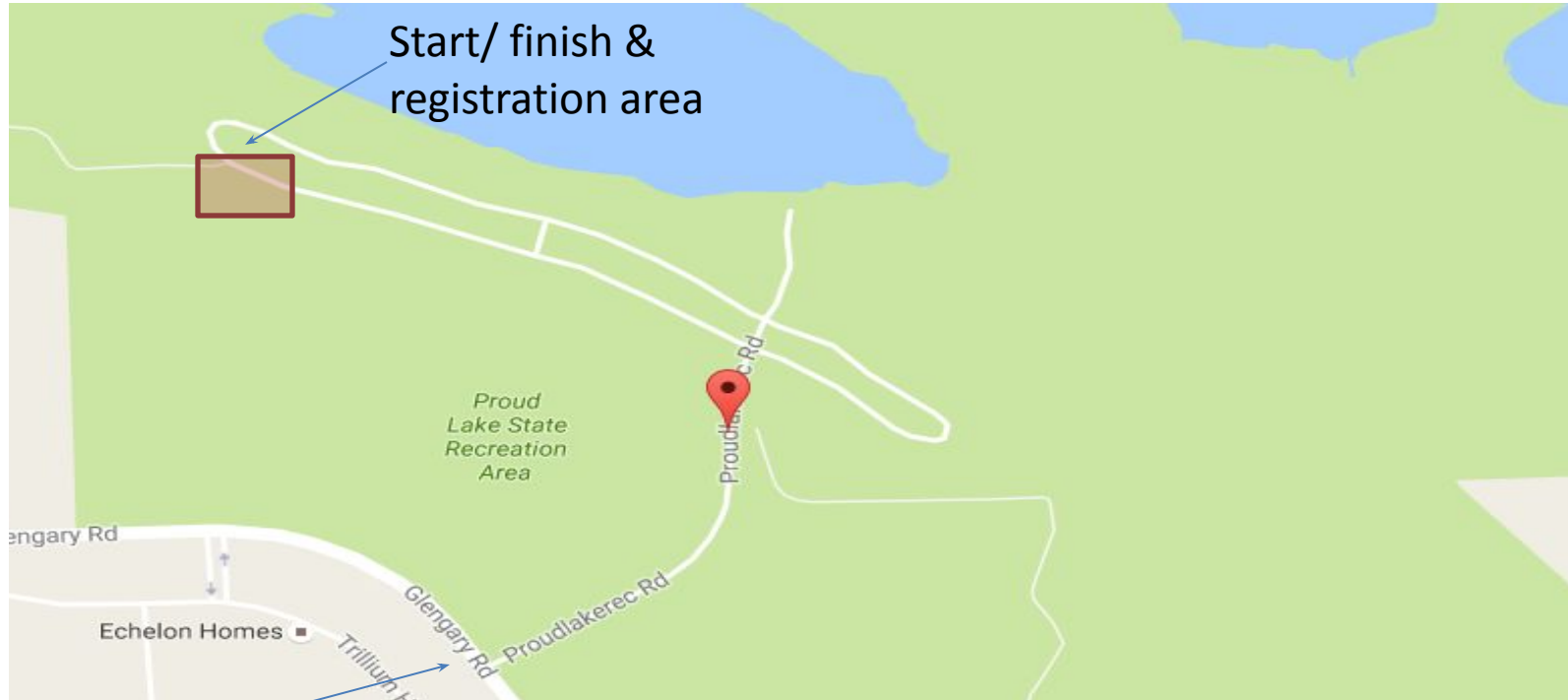
There will be tons of parking available right at the starting area, which is in the RV campground, please make sure you use the correct address as the starting line is not near the main entrance!

IMPORTANT PARKING PERMIT INFORMATION

This is VERY important & new as of 2024 (newly enforced)

The state park has received guidance recently that vehicles with expired license plates are NOT permitted to enter any state park. Since they are unable to sell a valid Recreation Passport with expired plates, participants wouldn't be able to purchase one & therefore would not only be illegally operating a vehicle on a public roadway but would not be able to display a valid permit. So, if anyone arrives & does not have valid registration tabs on the vehicle, you will be turned away & not permitted to enter.

Registration and Start Area



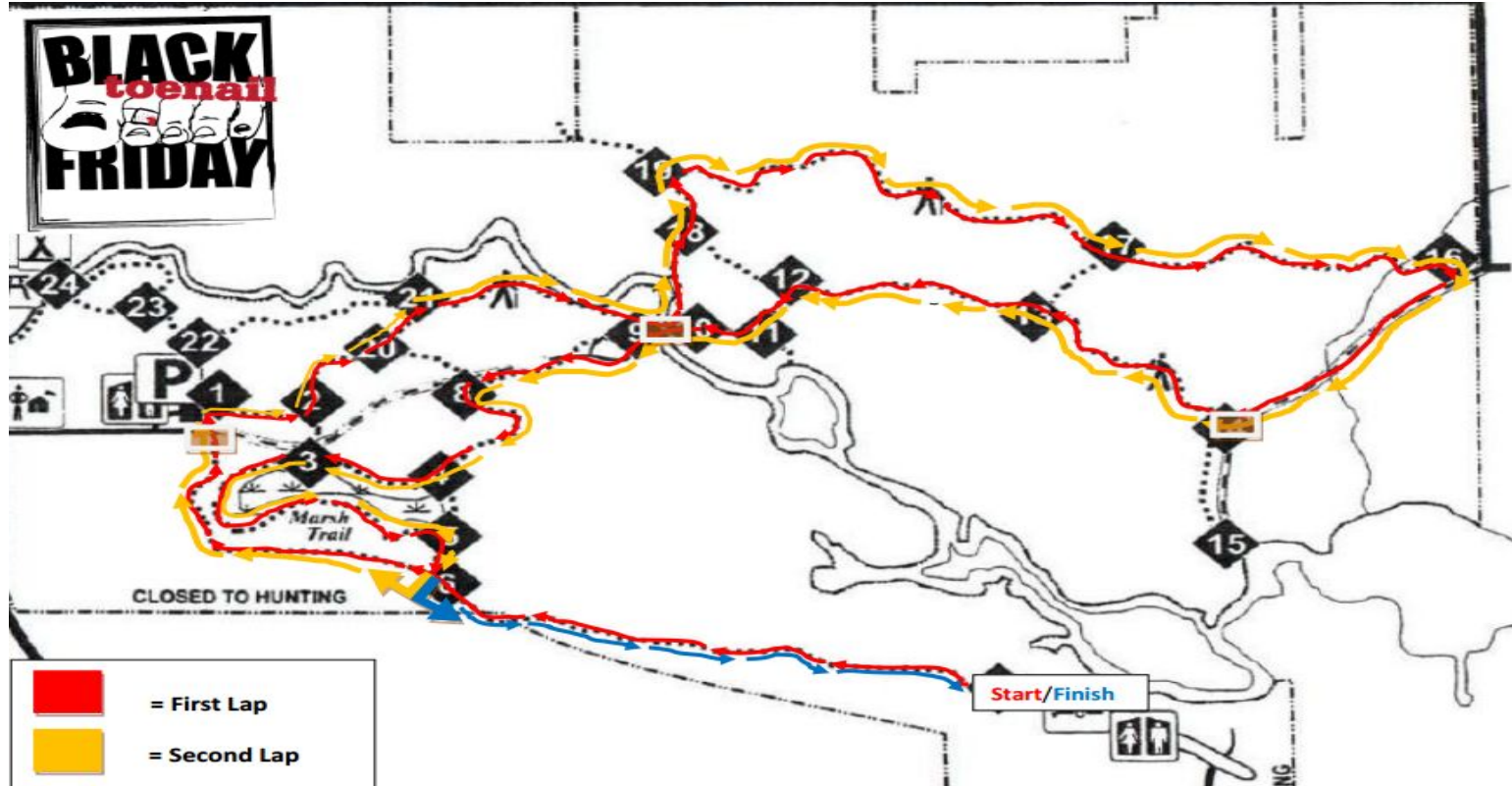
Campground entrance for the Park

Course Markings



- Tape and Surveyor Flags
 - Proud Lake allows us to tape off trails, which means there is less opportunity for you to go the wrong way.
 - We have reduced the number of hanging tape and surveyor flags to only at turns, or areas that have wide open spaces. If you come to a turn sign, follow that sign!
 - Tape and surveyor flags will be on your **LEFT**
- Turn Signs
 - We have also put out 70+ turn signs. This course is very easy to follow with the amount of markings used.
- Wrong Way Signs
 - We do not use many of these, but areas where your first instinct would take you the wrong direction, we have placed Wrong Way Signs

Course Map



Strava Map found [here](#).

Aid Station Information

- Waterstop 1 (mile 2.2) **Water and Tailwind**
- Waterstop 2 (mile 4.3) **Water and Huma Gels**
- Waterstop 3 (mile 5.3) **Water and Tailwind**
- Waterstop 4 (mile 8.1) **Water and Tailwind**
- Waterstop 5 (mile 10.2) **Water and Huma Gels**
- Waterstop 6 (mile 11.2) **Water and Tailwind**

Course Information

At 6.55 miles, athletes will come to two turn signs (one pointing left and one pointing right) These signs will also state “**LEFT**” and “**Half Marathon Right**”. Half marathoners should turn right to start their second lap, 7.5 mile runners should turn left to finish.

We will have a volunteer at this point too. Please be aware and follow the volunteer’s instructions.

ONLY THE HALF MARATHONERS START A SECOND LAP!

Bridge Crossing



This is the only place where athletes should be running two directions. This is also the location of the waterstop. In this area, think “stay left” and you will stay on course. There is plenty of room for two directional traffic. The bridge may be slippery so please use caution.

Updates and Extras to Keep in Mind

- Please leave plenty of time to get in, park and get your bearings.
- The cutoff time **will not** change. We are on a limited timeline with daylight, hunting, and park regulations
 - Cutoff location #1: 6.55 miles into the race (where the 7.5 mile course splits) athletes who have not made it here by **1:00 pm** will be sent in as 7.5 mile finishers.
 - Cutoff location #2: 8.3 miles into the race (athletes who have again fallen off pace will not be allowed to head back across the bridge **1:30 pm** will be pulled from the course and driven back to the finish area.
- Technically this is hunting season. Hunters will be warned in the weeks leading up to the race that runners will be coming through. The park has stated that, while they are not concerned (trails are still open to hikers and runners during hunting season and hunters are always aware of this), runners may want to wear bright colors for additional visibility.

The Goodies



Add on or Upgrade a Hoodie



Last Race of the Michigan Mega Medal Series

