

Black Toenail Friday

Half Marathon and 7.5 Miler
Proud Lake Rec Area — Commerce Township, MI

November 27th, 2026

Address for Race

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

Schedule of Events

- 9:30 AM - 10:45 AM - Packet pickup and registration
- 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 (If a half marathon runner has fallen far off-pace by the second lap, they may be pulled off the course by event staff). See page 12 for more cut off details.

State Rec Area Entry & Parking

This is a state park. 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. To speed up the process as you are entering the park we ask that you please bring cash (exact change preferred) if you plan to purchase a state recreation pass at the park.

To minimize traffic, you may be waved through the booth at the start of the event. DNR staff will be issuing violation notices to vehicles not displaying a proper pass. This is not a ticket. The violation notice can then be paid & voided at the Campground Office upon your departure, or mailed back to Proud Lake.

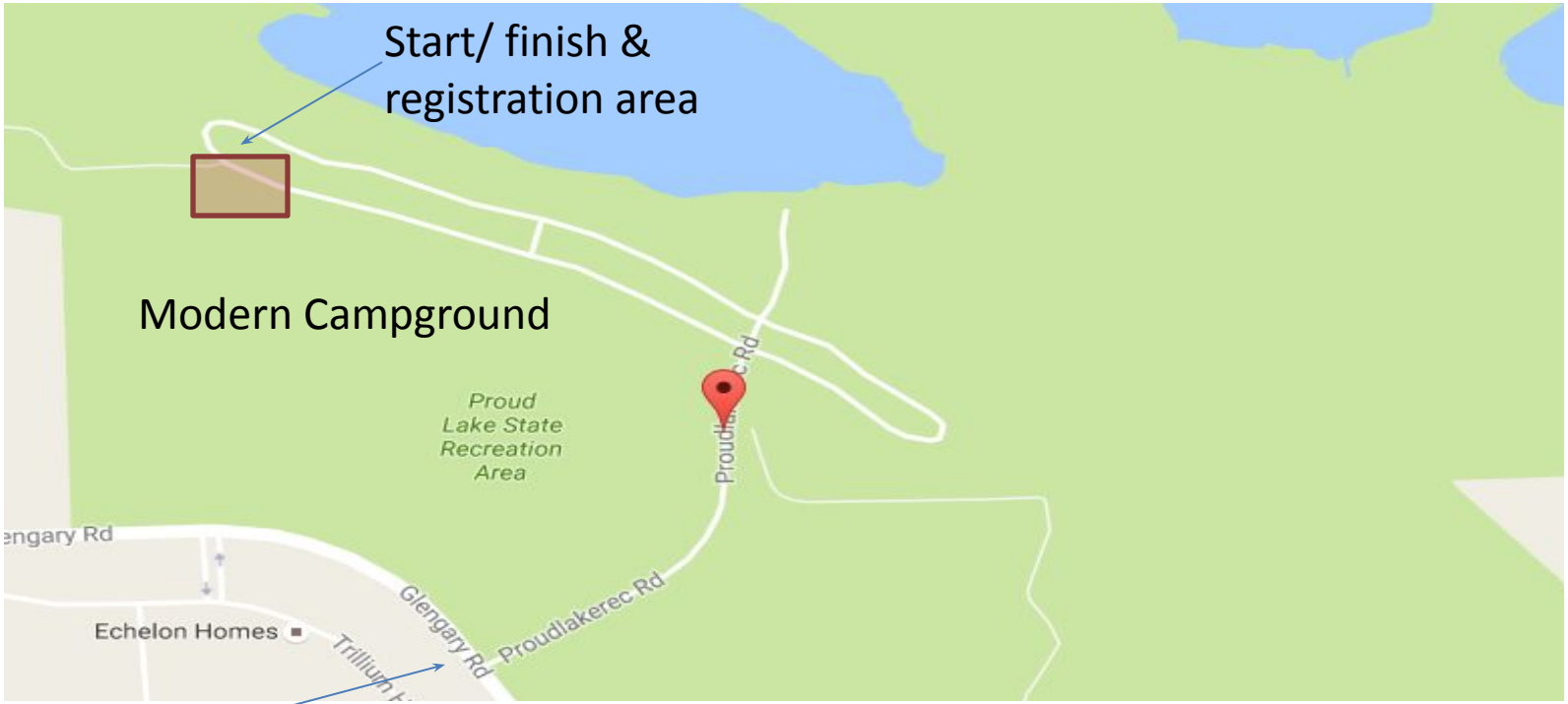
There will be tons of parking available right at the starting area, which is in the RV campground. Please make sure you use the correct address; the starting line is not near the main entrance.

IMPORTANT PARKING PERMIT INFORMATION

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. If anyone arrives & does not have valid registration tabs on the vehicle, you will be turned away & not permitted to enter.

From the DNR: "Please be sure to adhere your Recreation Passport to the lower passenger side of your windshield upon purchase. If traffic begins to back up, park staff may waive vehicles through the entrance booth to ensure an on-time race start. This does not waive the requirement of the Recreation Passport. Park staff will issue violation notices requiring vehicles to stop by the office upon departure to obtain the proper vehicle pass. Failure to purchase a vehicle pass may result in a civil infraction."

Registration and Start Area



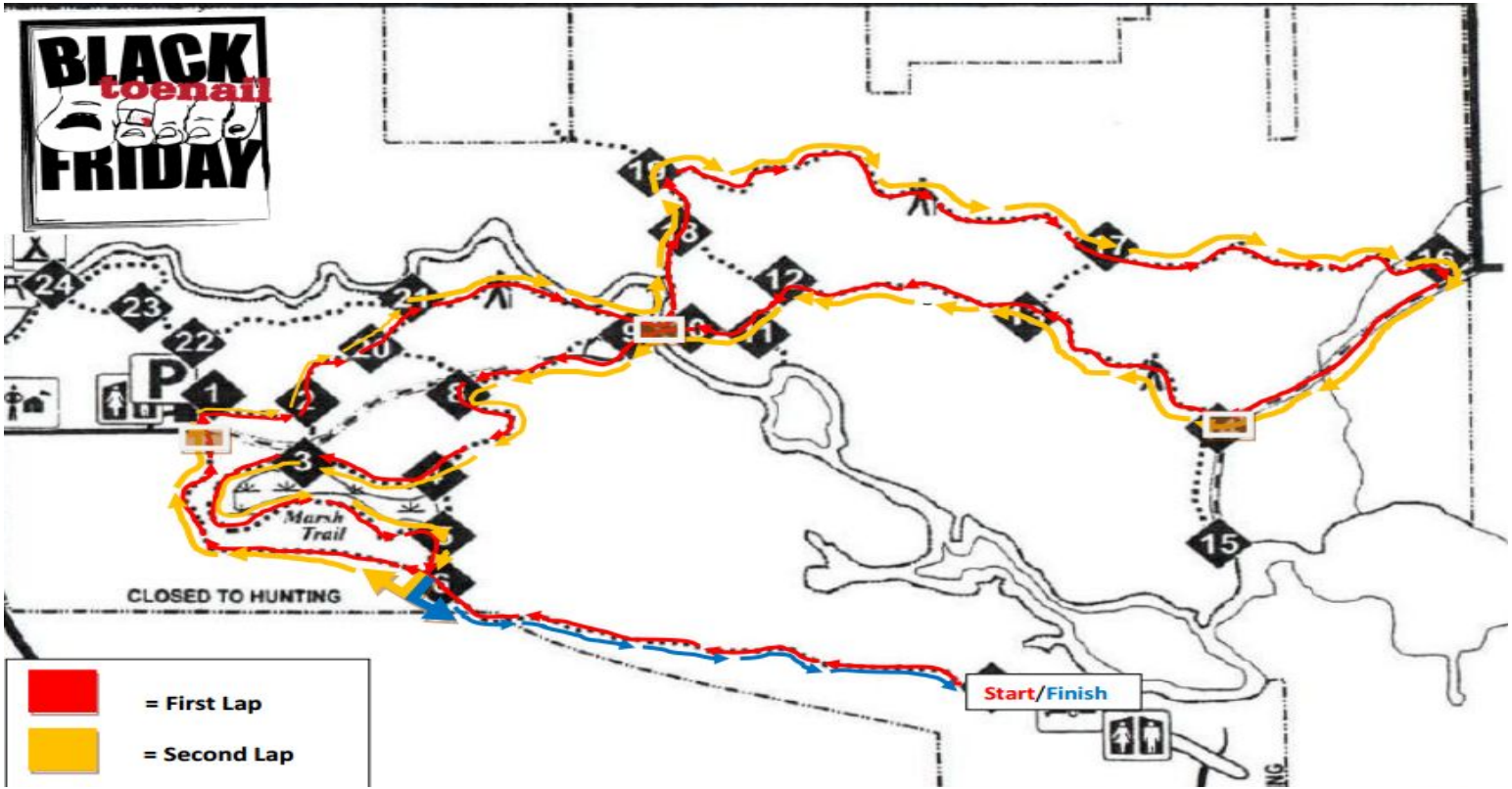
Campground entrance for the park



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**

Important Course Information

At 6.75 miles, athletes will come to two turn signs (one pointing left and one pointing right). These signs will 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 a waterstop. In this area, think “stay left” and you’ll 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 enter the park, park, pick up your bib and shirt, wait in line to use the bathroom, and make your way to the start line.
- 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*** and will be turned towards the finish line or given a ride home.
- 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.

2026 Swag


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BLACK
TOENAIL
FRIDAY


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2026 Mega Medal

