



Prove It 5k & 10k

September 12, 2020



Race Address

- Please make sure to use the address: 5100 Indian Trail, White Lake, MI 48386 (This address takes you to the golf course, keep driving past for the event parking)
- Remember that this is a Metropark, and a Metropark Season Pass or a day pass are required.

Park/ Event Map



What to Bring

- Good running shoes
- A mask
- Water, pre and post race snacks

The Swag

While the event isn't happening at The GM Proving Ground this year, we are still excited to have the event swag showing off the event roots.



Rules and Changes

1. No person-to-person packet pickup or medal distribution. Packets will be pre-bagged and numbered with athlete's race bib, shirt, medal, safety pins, and goodies. Athletes will pick up their packets at the pavilion shown on the map. Look for the giant yellow "Registration" flag. Packets will be laid out alphabetically. They will only be put out for each individual wave. There will be no race day registration. Online registration will close at midnight the night before the race.
2. Results will be available online, there will not be any results Kiosks onsite
3. Since we have multiple waves of this race, athletes will have awards mailed to them following the event.
4. **No spectators will be allowed.** Please make sure to follow this rule. The park will shut the entire event down if we go over our limit!
5. We will not have food or drinks following the event.
6. Athletes can start over the course of 10 minutes. You will receive a chip start time, so don't worry about crowding or rushing to get across! The start line will have social distance X's marked or cones on the ground to give athletes starting locations.

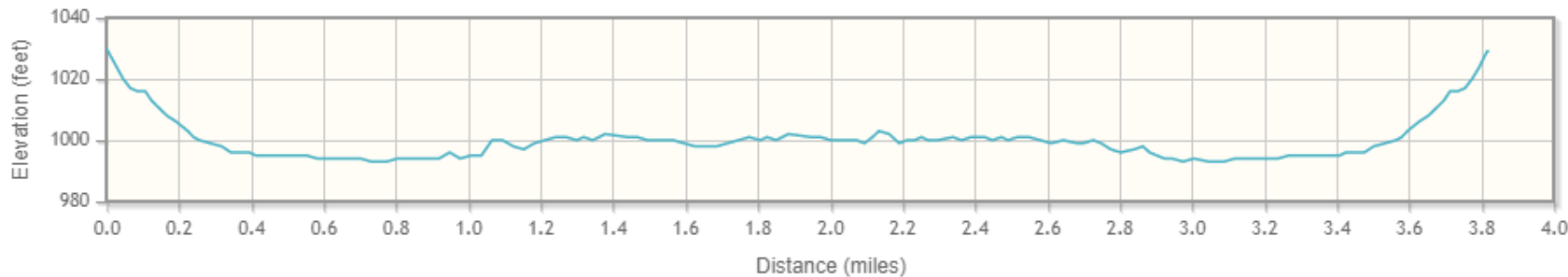
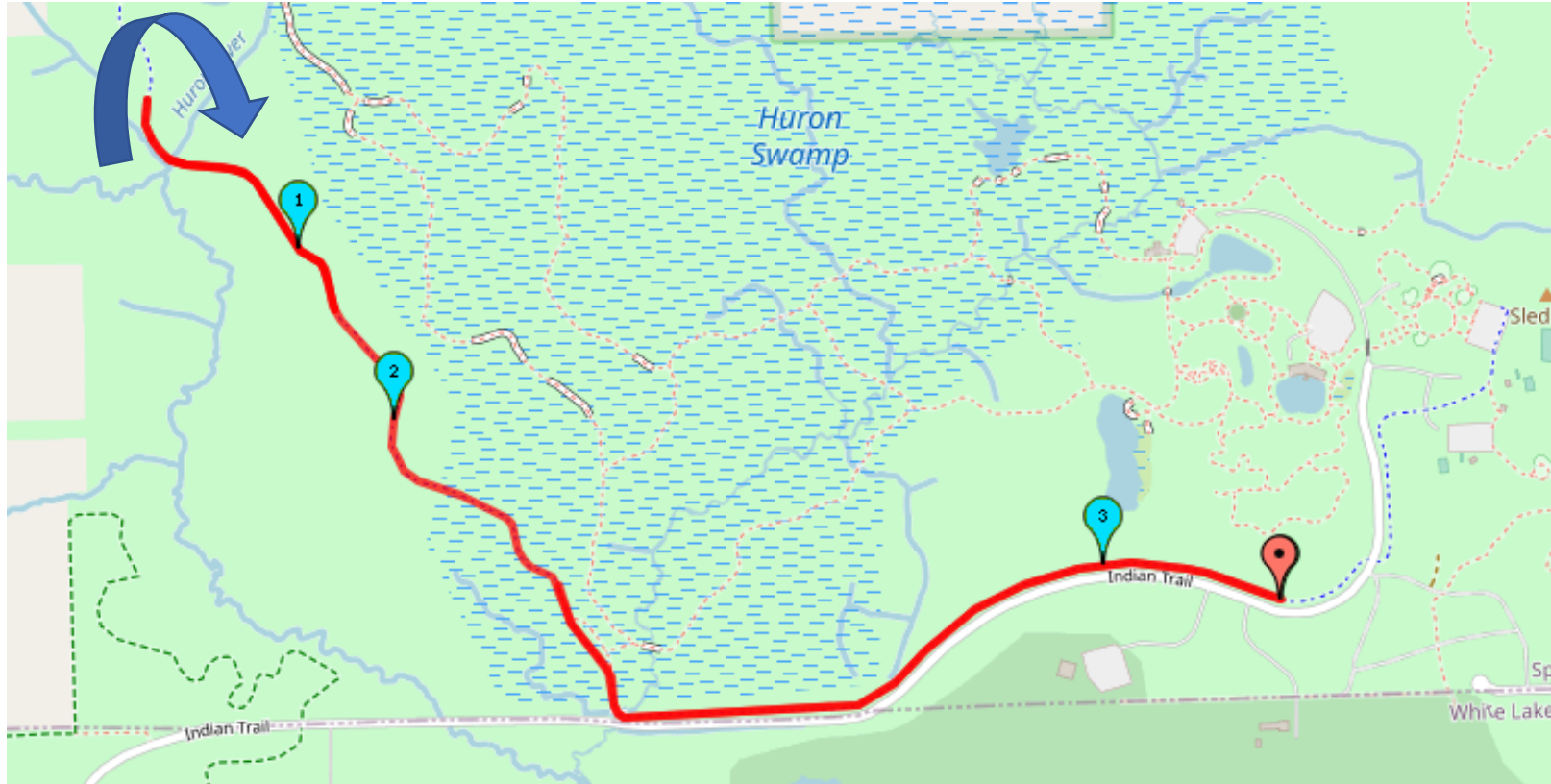
Rules and Changes Continued

7. Social distancing of at least 6ft will be required at all times except with members of the same household.
8. No headphones. As you will need to maintain 6ft distance between yourself and other runners on the course, so you need to be able to hear anyone coming along to pass.
9. There will be no water stops on the 5K, athletes will be required to provide their own aid. (If the temperatures determines a water stop is NECESSARY due to heat, water will be provided in the form of individual small bottles that have been sanitized.)
10. There will be one waterstop with water bottles on the 10K course at the turn around.
11. Athletes will be required to wear a **face mask covering their nose and mouth prior to and following the run.** Athletes not following this rule are subject to being disqualified from the event.
12. All Trivium staff will wear masks.
13. There will be no volunteers on course, only turn signs directing athletes where necessary.
14. Participants for the 5k race must start in their assigned wave! Those participating in the double race will start with the second 5k wave. If you are starting in the second 5k wave, do not approach the start line until your wave is ready to start. For the purpose of following state regulations for mass outdoor events, these waves represent 3 completely separate events and no crossover may occur.

Race Day Schedule:

- **Race Day:
Saturday, September
12th, 2020**
- 5K Race #1 Packet Pickup – 7:45
am – 8:25 am
- 5K Race #1 – 8:30 am
- 5K Race #2 Packet Pickup – 9:20
– 9:45 am
- 5K Race #2 – 9:55 am
- 10k Packet Pick Up – 10:20am –
11:00am
- 10K Race – 11:10 am

5K Course



This course in no way resembles The Prove It of old. This is a PR style course. No chance of going wrong on this course as it is a simple out and back.

10K Course

The 10K Course is again an extremely fast, and scenic route. Only two turns on the entire course. We will have water bottles on a table at the turn around.

