

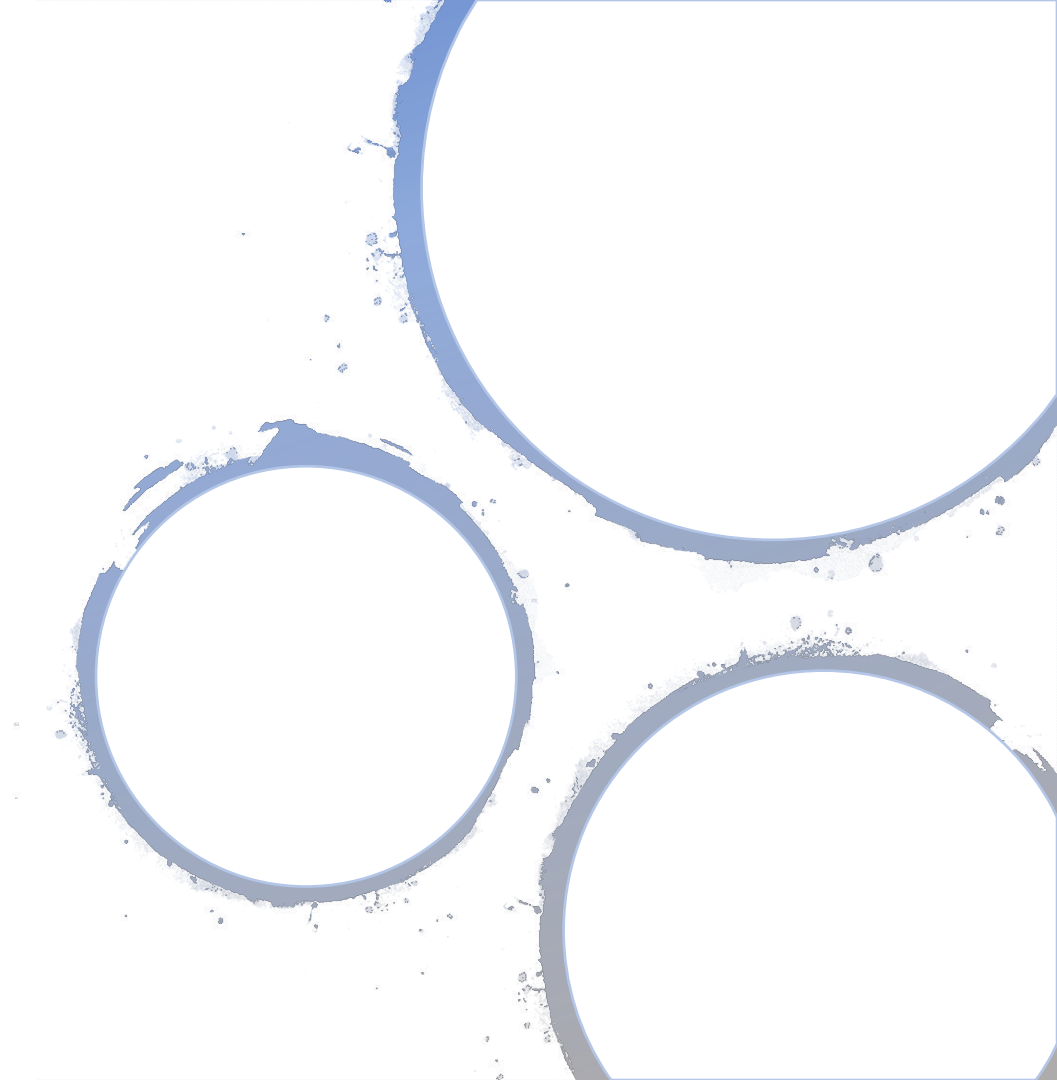


Prove It 5K and 10K Athlete Guide

4/18/2026

Club VIP Tents

- If you are a member of a club with 10 or more members signed up by 05/03 we have created a VIP tent for your club! That means race morning your packet and some other goodies will be under a tent with your banner on it! You can still pick up your packet early if you do not want to wait until race morning!
- For club questions, please reach out to megan@triviumracing.com



Race Day Itinerary

Race Day: Saturday, April 18th, 2026

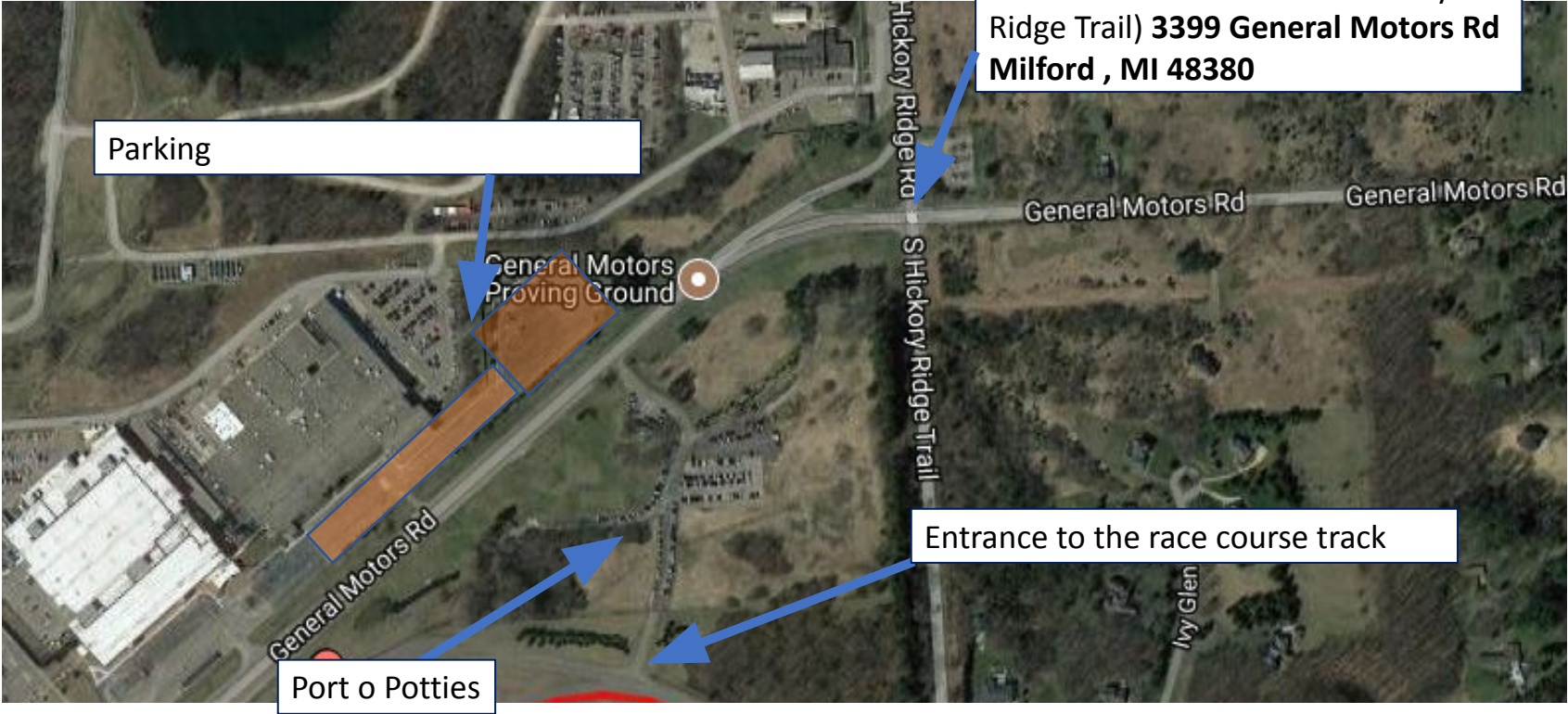
- 7:00am – 8:20am (5k and 10k) and *8:40am -9:35am (5k only)*: Packet pickup at event location
- 8:20am: 10K Pre-race meeting
- 8:30am: 10K Race Start
- 10:00am: 10K Course cut-off
- 10:00 am: 5K Pre-Race meeting
- 10:10 am: 5K Race Start
- 11:00am: Awards (10K athletes will be able to pick up their awards immediately after the start of the 5K if they cannot stay for the award ceremony)

Double Race Participants

If you are one of the brave runners doing both the 10k and 5k race, you will only have one bib number that you wear for both races! The 10k course will close promptly at 10:00am and the 5k will start promptly at 10:10am, so plan your time between races accordingly. You will receive your finisher's medal after the 5k race so that you don't have to run with it during the 5k!

When you pick up your packet, you will also receive your Double Race extra swag.

When You Arrive



Notes on parking

Due to the popularity of this event, parking on race morning could be limited. We recommend carpooling if possible.

There will be signs pointing athletes to parking and to registration. Please keep in mind that it is a bit of a walk from parking to the port o johns and to the race course. The event will start on time, so leave enough time to get from your car to the start area.



Course Records- 10K

| Prove It Record Holders for 10K | | |
|---------------------------------|-------------------------------------|-------------------------------------|
| Age Group | Female Record Holder | Male Record Holder |
| OVERALL | 45:43.6 Alesia Sibrel (2019) | 34:27.2 Lucas Peterson (2019) |
| 19 and Under | 51:17.1 Anyla Robinson (2019) | 35:38.0 Garrett Winfrey (2019) |
| 20-24 | 48:54.44 Madeline Durmowicz (2023) | 34:27.2 Lucas Peterson (2019) |
| 25-29 | 49:30.6 Heidi Schmidt (2019) | 40:02.9 Jonathan Sterns (2019) |
| 30-34 | 52:16.27 Jacqueline Zimny (2023) | 37:15.5 Michael Berry (2019) |
| 35-39 | 45:43.6 Alesia Sibrel (2019) | 35:50.89 Justin Zanotti (2023) |
| 40-44 | 52:51.54 Lucia Urdapillet (2023) | 35:29.5 Matt Richardson (2019) |
| 45-49 | 53:15.55 Heidi Reijm (2023) | 38:59.52 Rafael Limon-Monroy (2023) |
| 50-54 | 46:24.47 Sherrie Teeple (2023) | 44:37.31 Greg Thomas (2023) |
| 55-59 | 50:14.79 Kim Sanner (2023) | 44:31.0 Patrick Judge (2019) |
| 60-64 | 57:58.13 Vicki Andress (2023) | 45:55.2 John Johnson (2019) |
| 65-69 | 1:02:05 Christine Lysaght (2023) | 54:35.3 Michael McGuire (2019) |
| 70+ | 1:07:27 Bonnie Moroni (2023) | 50:45.49 John Tarkowski (2023) |
| | Note: Records include 2019 and 2023 | |

Course Records- 5k

| Prove It Record Holders for 5K | | |
|--------------------------------|--|------------------------------------|
| Age Group | Female Record Holder | Male Record Holder |
| OVERALL | 20:02.7 Michelle Kerr (2016) | 16:20.2 Lucas Peterson (2016) |
| 19 and Under | 23:00.4 Angela Peterson (2016) | 16:20.2 Lucas Peterson (2016) |
| 20-24 | 20:02.7 Michelle Kerr (2016) | 16:26.3 Greg Lutzke (2016) |
| 25-29 | 20:57 Lizz Germaine (2016) | 17:15.2 Matt Inch (2016) |
| 30-34 | 21:14 Meghan Brandon (2019) | 18:21.01 Joe Robinson (2023) |
| 35-39 | 22:17.8 Rochelle Sharkey (2017) | 17:45.27 Justin Zanotti (2023) |
| 40-44 | 21:55.6 Sara Hipple (2017) | 20:26.17 James Rutherford (2023) |
| 45-49 | 26:06.7 Debra Behring (2018) | 19:48.84 Craig Dolecki (2023) |
| 50-54 | 21:27.8 Jennifer Rea (2016) | 19:41.3 Michael LeDuc (2016) |
| 55-59 | 24:24.44 Kim Sanner (2023) | 22:01.8 Jerry Schimelfening (2018) |
| 60-64 | 27:01.3 Sue Imig (2018) | 22:33.97 Tony Grimes (2023) |
| 65-69 | 25:45.6 Donna Olson (2017) | 24:02.8 Mark Cryderman (2016) |
| 70+ | 32:03.1 Ellen Nitz (2016) | 21:25.6 Doug Goodhue (2016) |
| | Note: Records do not include 2020-2022 | |

The 5K Course



There are a lot of things we love about this course. We love that, other than the pace car, there is no vehicular traffic to speak of! This is your track for the morning!

We also love that there is little to no chance of athletes going the wrong way. As long as athletes do not cut across cones, and follow the signs, they will stay on course the entire race.

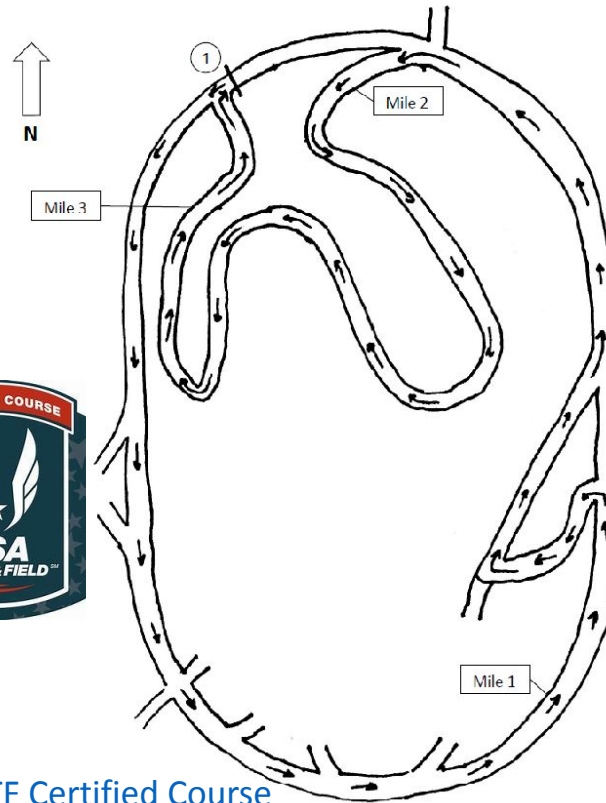
Every turn will be marked with a large turn sign, and coned off. Each mile will be marked with sale flags. We have one waterstop just before the 1.5 mile point.

One thing to keep in mind- there are sections of the course with banked roads, please do not run up the banks.

Strollers are allowed on the course.

The 5K Course

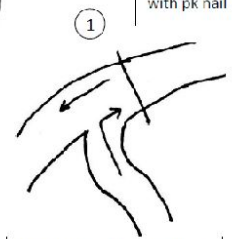
[Click Here to Preview the Course](#)



Prove It 5k
Milford, MI
Measured by
Richard Swor on
5/14/16

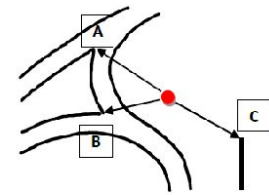
Each mile marked
by pk nail

Start/Finish
marked
with pk nail



USATF Certified Course

Start at start line marked by pk nail
Turn L at 5th left
Turn R at T in the road
Slight L onto main oval
Turn L at next L
Turn R at main oval to finish at pk nail



Start line marker measured
161.4ft from point A (far
corner of white-line inner
triangle), 101.9ft from point
B (near corner of white-line
inner triangle), and 163.3ft
from point C (guardrail to
the east).

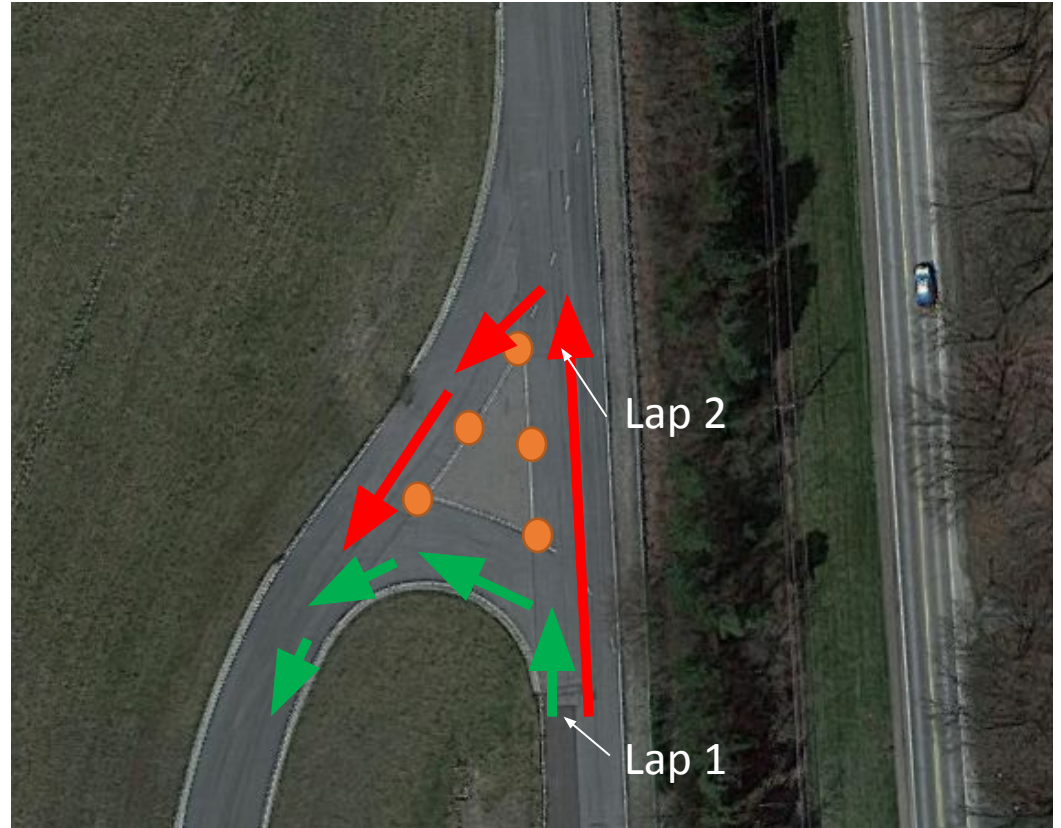
The 10K Course

The 10K course is also USATF certified this year. To do this we have a two loop course.

The only difference between the two loops is one sharp left-hand turn.

On the first lap athletes will turn immediately, and on lap 2 they will run around the cones bringing the corner out slightly.

Strollers are allowed on the course.



The 10K Course

[Click Here to Preview the Course](#)



USATF Certificate
MI19020MN

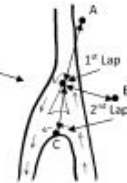
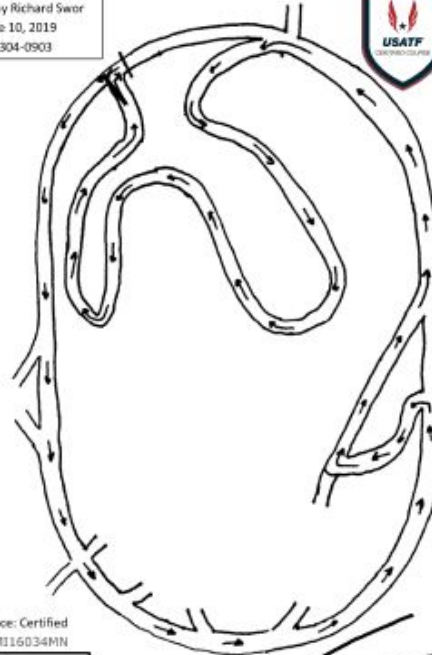
Prove It 10k
Milford, MI
Measured by Richard Swor
on June 10, 2019
(313) 304-0903



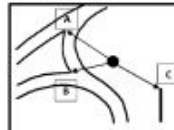
Effective Dates
22-AUG-2019 to 31-DEC-2029



Directions
Start at start line marked by pk nail
Turn wide L at 5th left, keeping cones to left side
Turn R at T in the road
Slight L onto main oval
Turn L at next L
Turn L to start second lap
Turn short L at 5th left, keeping cones to right side
Turn R at T in the road
Slight L onto main oval
Turn L at next L
Turn R to finish at marked line



For Reference: Certified
5k Course MI15034MN



Start line marker measured 351.4ft from point A (far corner of white-line intersection), 101.9ft from point B (near corner of white-line intersection), and 161.3ft from point C (parallel to the east).



Start/finish line is marked with a pk nail measured at 32ft 9in SW of pk nail for certified 5k course (A) and 78ft 6in NE of closest corner of painted triangular lane line (B)

On the first lap of the course, runners will run around the corner keeping close to the left curb, on the second lap, they will run out around the cone on the far corner of the painted median. This point is measured at 149ft 6in from the nearest signpost to the N (A), 155ft from the nearest signpost to the E (B), and 116ft 5in from the apex of the turn.

Course Profile

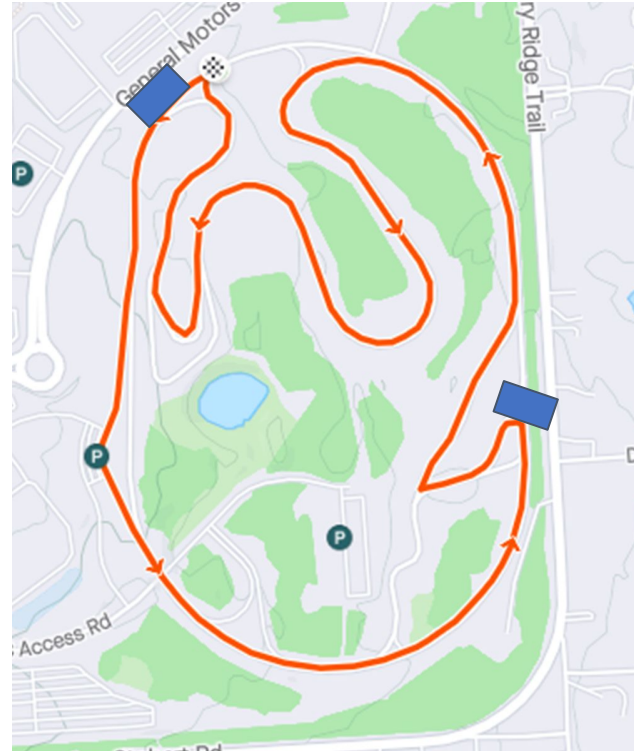


One of the other things we love about this course, is that it is a challenge. While not an extremely hilly course, it will keep the athletes honest. You can find a flat course but sometimes you need to challenge yourself with a bit of a tougher course!

Aid Stations

The 5K will have 1 aid station at Mile 1.2

The 10K will have 3 aid stations at Mile 1.2, Mile 3.1, and 4.3.



Awards

Look closely at awards because this is different than in most races –

- Awards will be given to the top 20 overall based on age graded results.
- We will also give an award to the top male and female in each of the following age groups based on normal time (not age graded with the top 20 age graded removed from the standings): 6-9, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.
- Information on age graded results:
<https://www.runraceresults.com/AgeGrade.htm>
- There will be awards for the top overall Male and Female in each age group for the double 5K and 10K!

2026 Swag

