

Half Marathon and 10K

## Scheitile of Events ADril 6 , 2024

- Morning Packet Pickup and Registration - 7:15 AM - 8:15 AM
- Pre-Race Meeting - 8:20 AM
- Morning Half Marathon Start - 8:30 AM
- Morning 10 Kilometer Start - 8:30 AM
- Morning Cutoff - 12:00 PM
- Morning Awards -TBD
- Evening Packet Pickup and Registration - 5:45 PM - 6:45 PM
- Evening Pre-Race Meeting - 6:50 PM
- Evening Half Marathon Start - 7:00 PM
- Evening 10 Kilometer Start - 7:00 PM
- Evening Cutoff - 10:30 PM
- Evening Awards - TBD


## Race Location

Please do not just type in "Proud Lake State Recreation Area". This will take you to the main office, not the campground. The race is at the Modern Campground within Proud Lake Park.
Use the address:

- 2928 Glengary Rd, Commerce Charter Township, MI



## Registration and Start Area

Start/ finish and


- When you enter the park, you WILL be charged for park entrance unless you have a Michigan Recreation Passport on your license plate. This has been on the website since the beginning. Please plan in advance.
- You can park in any of the camping areas to the left of the entrance. (please pull in to save space, do not parallel park)
- The showers and bathrooms are closed for the season. There will be port o johns near the finish line!
- You may also use the pit toilets


## Course Notes

- Bridges: are in good shape. If we need to reroute due to flooding a few of the bridges may be a bit rougher. All bridges will be slippery if wet.
- Road Section: The dirt road section on the far side of the course is fast and easy to follow. Please keep in mind that you will make a left out of the woods to get on the dirt road, and another left back onto the trail.


## Tape and Surveyor Flags

Since this is an all day event, and the trails are open to the public, we have decided not to put tape across the trail to block off trails. We will have hanging tape on the LEFT side of the trail and surveyor flags at least every .05 miles. This should be mostly line of sight. In areas near corners, tape and flags will be more frequent.

## Turn Signs

We have also put out 50+ turn signs. This course is very easy to follow with the amount of markings we have used.
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 Information [Hali Marathon]

- Waterstop 1 (mile 2.3) Water and Gatorade
- Waterstop 2 (mile 3.5) Water and Humma Gels
- Waterstop 3 (mile 5.1) Water and Gatorade
- Waterstop 4 (mile 7.9) Water and Gatorade
- Waterstop 5 (mile 9.3) Water and Humma Gels
- Waterstop 5 (mile 11.1) Water and Gatorade


## Course Information [10K]

- Waterstop 1 (mile 2.3) Water and Gatorade
- Waterstop 2 (mile 4.1) Water and Gatorade


## Course Information [First Split]

At 3 miles, athletes will come to two turn signs (one pointing left and one pointing straight These signs will also state " 10 K LEFT" and "Half Marathon Straight". Half marathoners should go straight to complete the big loop, 10 K'ers should turn left to avoid the larger loop.

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

## Second Split

Later in the course, at mile 6.5 for the Half Marathon and mile 5.4 of the 10K there will be a volunteer and two directional signs. One sign says, Half Marathon Second Lap Left and the other sign says Finish Straight. 10K should go straight when they see this sign and half marathoners should begin their second lap the first time they see this sign. The second time, they should proceed to the finish line.

## Bridge Grossing



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 right" and you will stay on course. There is plenty of room for two directional traffic.

## Half Marathon Course

Here is a link to a course map on Strava. If you have a Strava account, you can also download a GPX file of the course to load on a running watch.


## 10K

Here is a link to a course map on Strava. If you have a Strava account, you can also download a GPX file of the course to load on a running watch.


## Proud Lake Rec Area Trail Markers

This park uses numbered trail signs, so check out the trail number order for the courses for another way to make sure you are on the correct course!

- 10K - 6 -5-3-4-8-9-10-11-12-13-(turn left to leave Half course) -17-19-18-9-21-20-2-1-6 continue straight to finish line!
- Half Marathon - 6
-5-3-4-8-9-10-11-12-13-14-16-17-19-18-9-21-20-2-1-6 (start second loop)
6-5-3-4-8-9-10-11-12-13-14-16-17-19-18-9-21-20-2-1-6- continue straight to finish line!


## SWAG



