



Carpe Diem and Carpe Noctem

Half Marathon and 10K

Athlete Guide

Schedule of Events April 11, 2026

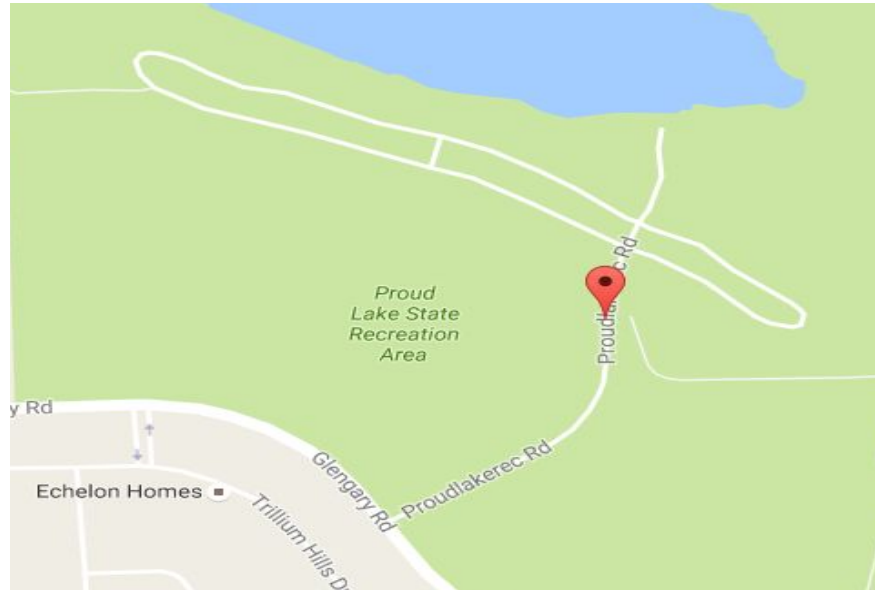
- Morning Packet Pickup and Registration – 7:15 AM – 8:15 AM
- Pre-Race Meeting – 8:20 AM
- Morning Half Marathon Start – 8:30 AM
- Morning 10 Kilometer Start – 8:30 AM
- Morning Cutoff – 12:00 PM
- Morning Awards -TBD
- Evening Packet Pickup and Registration – 5:45 PM – 6:45 PM
- Evening Pre-Race Meeting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

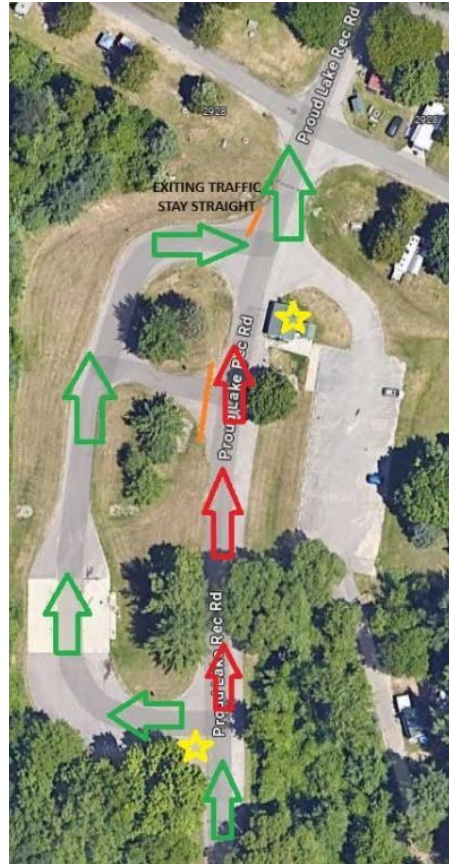
Use the address:

- [2928 Glengary Rd,
Commerce Charter
Township, MI](#)



Entering the Park

- This is a state park so to enter the state park you will need a State Park Passport (good at all parks all year) upon arrival. This money will be collected at the gate if you do not already have one, but it's cheaper and easier to enter to get it ahead of time!
- A staff member will be located at the yellow star on the image below to filter through the vehicles to see which need a State Park Passport. Those that have the passport will follow the green arrows around the line. Cars who will need a pass will proceed straight ahead & purchase them from the office.
- DNR staff may waive vehicles through the entrance gate to avoid traffic backups & facilitate parking. If vehicles are waived in, DNR staff will check parked vehicles & issue notices for those that need to purchase the Recreation Passport upon their departure. 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.



Parking Fees:

- Non-Resident Daily Pass: \$11
- Non-Resident Annual Pass: \$40
- Michigan Recreation Passport (ALL Michigan license plates): \$19
 - All vehicles registered in Michigan will need the Recreation Passport for \$19. There is not a day pass for in-state vehicles.
 - The pass can be purchased from the [Secretary of State](#) when renewing tabs for a discounted rate of \$14.

Registration and Start Area

Start/ finish and registration area



Entrance

- 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 pit toilets!
 - You may also use the pit toilets

Athlete Rules

Are dogs or headphones allowed?

- Dogs are not allowed on the course as of 2026 due to the narrow nature of some sections of the trails, safety, and ensuring the comfort of all athletes.
- Headphones are allowed, but please keep the volume low and stay alert to volunteers and other runners.

What happens if it rains?

The race is rain or shine. Please dress appropriately for the weather.

Are headlamps required?

Yes, all Diem (evening) runners/walkers must carry a headlamp or flashlight.

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.
- **Headlamp:** For anyone running in the Carpe Noctem events, headlamps are required.
- **Bug Spray:** For anyone running in the Carpe Noctem events, it is recommended to bring bug spray.

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 (Half Marathon)

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

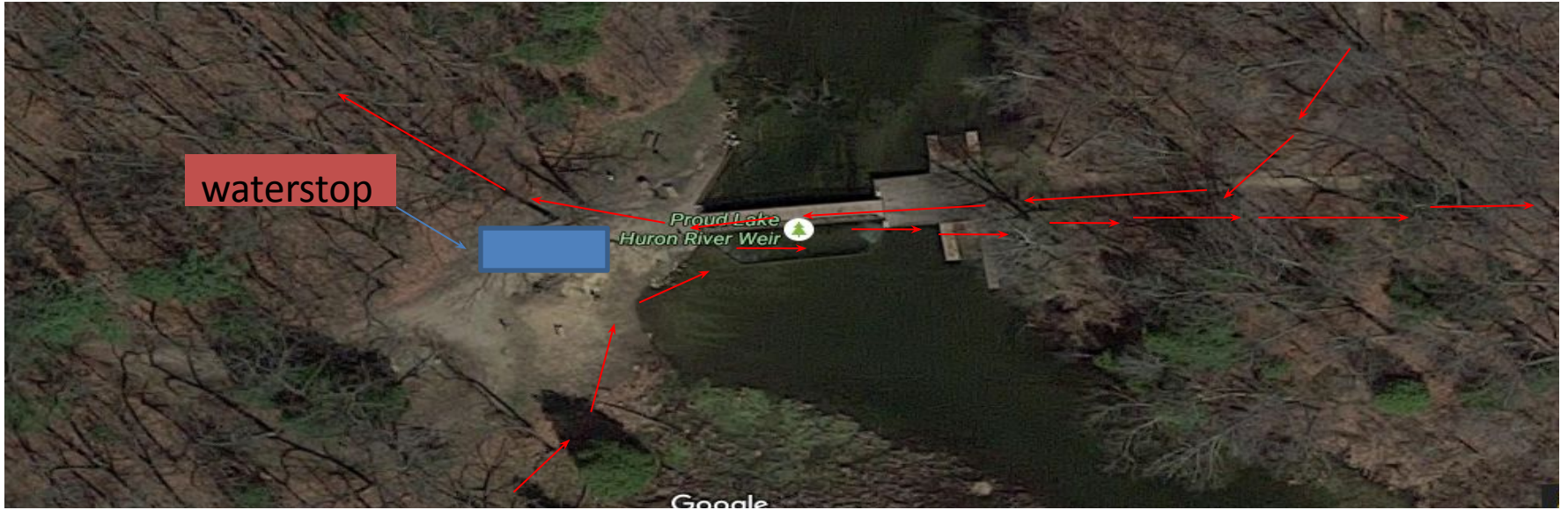
At 3 miles, athletes will come to two turn signs (one pointing left and one pointing straight). These signs will also state “**10 K LEFT**” and “**Half Marathon Straight**”. Half marathoners should go straight to complete the big loop, 10 K’ers should turn left to avoid the larger loop.

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.

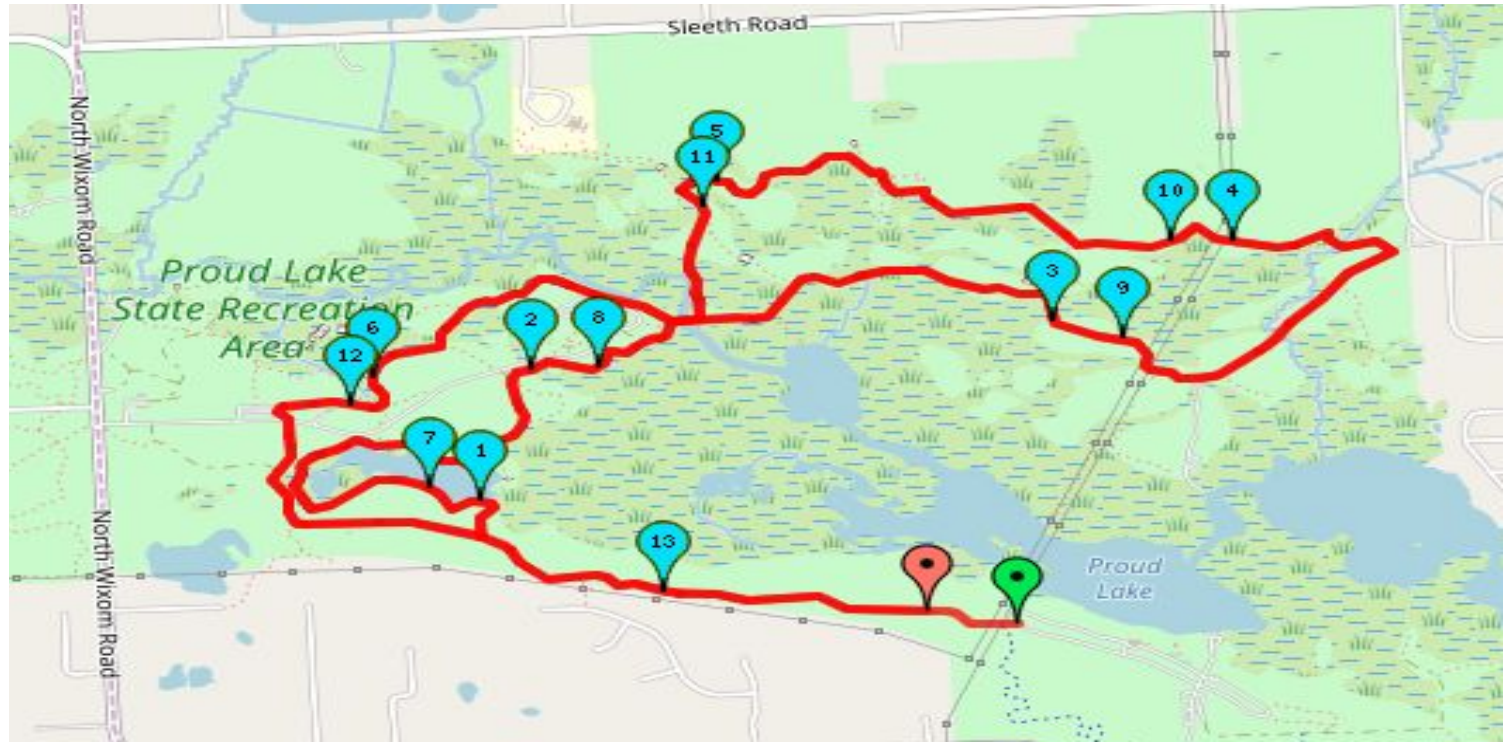
Bridge Crossing



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

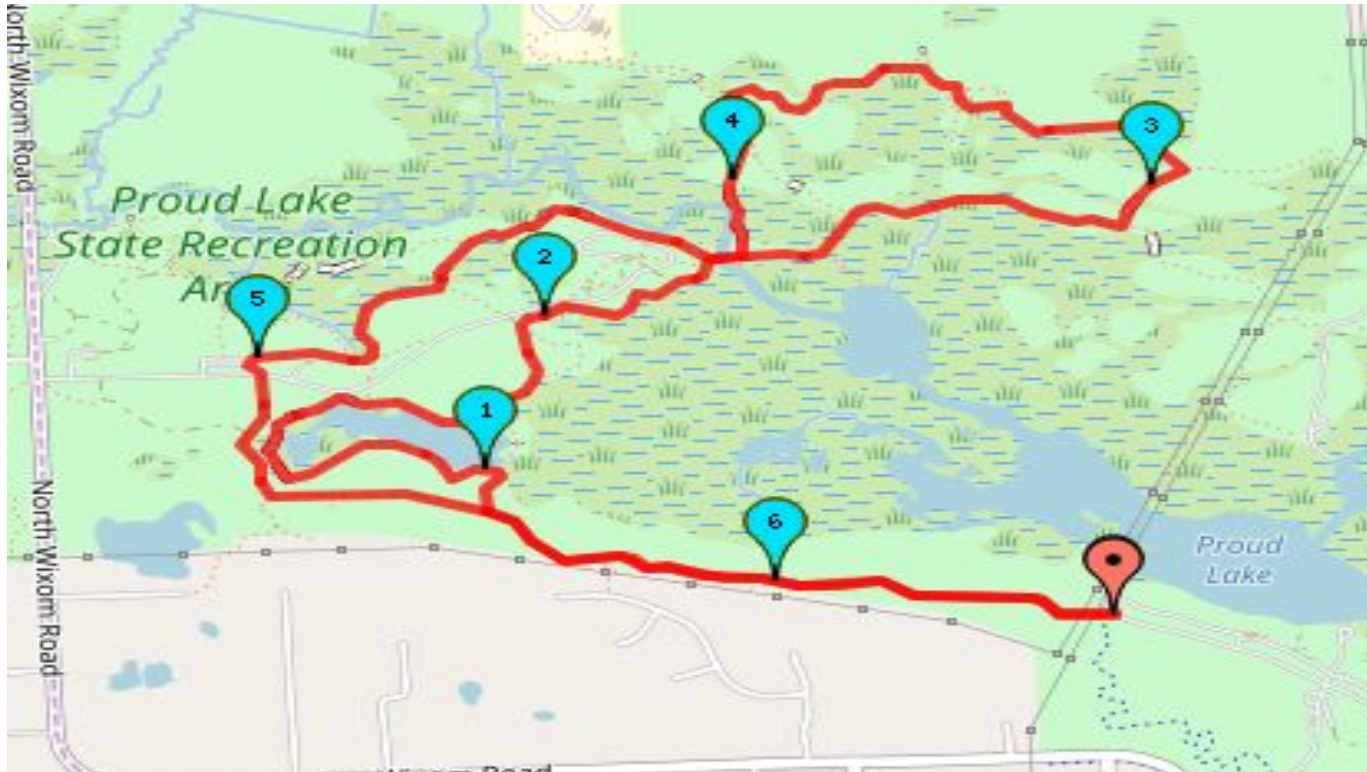
Half Marathon Course

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!

Between Race Community Hang

Carpe Diem – Carpe Noctem is designed as a full-day trail experience—not just a start line and a finish. Between the morning (Diem) and evening (Noctem) races, athletes are encouraged to stick around at Proud Lake State Recreation Area to recover, refuel, and spend the day with their trail community.

To support recovery, [Advanced Physical Therapy](#) will be on site offering post-race stretching and mobility work, and [Runnin' Gear Waterford](#) will host a Recovery Zone with tools like percussion guns, pneumatic leg compression, foam rollers, and more.

We're also bringing back the community potluck. Trivium will provide the main course, and participants are invited to bring sides, desserts, beverages, or favorite snacks to share. If you plan to join the potluck, [please sign up](#) using the link below so we can plan accordingly. Deadline to sign up is the Tuesday before the race at 11:59 pm EST.

Please note: Overnight camping is not permitted. The campground is not yet open for the season. However, many participants bring a tent or small camper and hang out for the day between races.

This is your chance to slow down, recover well, and enjoy the park with your trail community—before heading back out to seize the night.



2026 SWAG



2026 RACE HOODIE

