

Black Toenail Friday

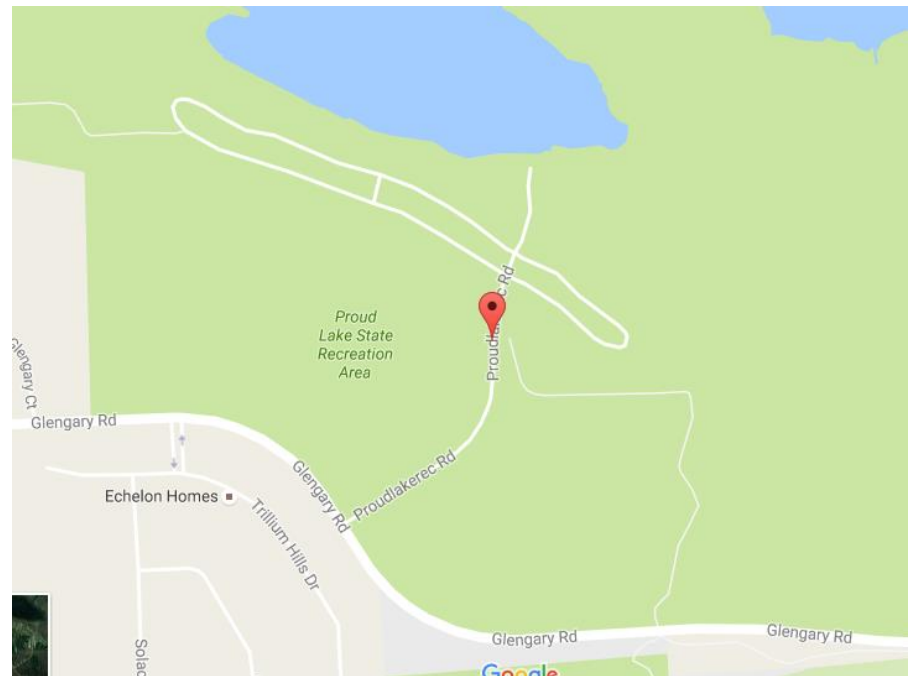
Half Marathon and 7.5

Schedule of Events

- Registration/Package Pickup: 9:30 am – 10:45 am
- Prerace meeting: 10:50 am
- 13.1 Start: 11:00 AM
- 7.5 Start: 11:10 AM
- 7.5 mile first finisher: approx.. 11:50 am
- 13.1 first finisher: approx.. 12:20 pm
- 7.5 Awards: 12:45 pm (will vary depending on finishers)
- 13.1 Awards: 2:00 pm (will vary depending on finishers)

Showing Up

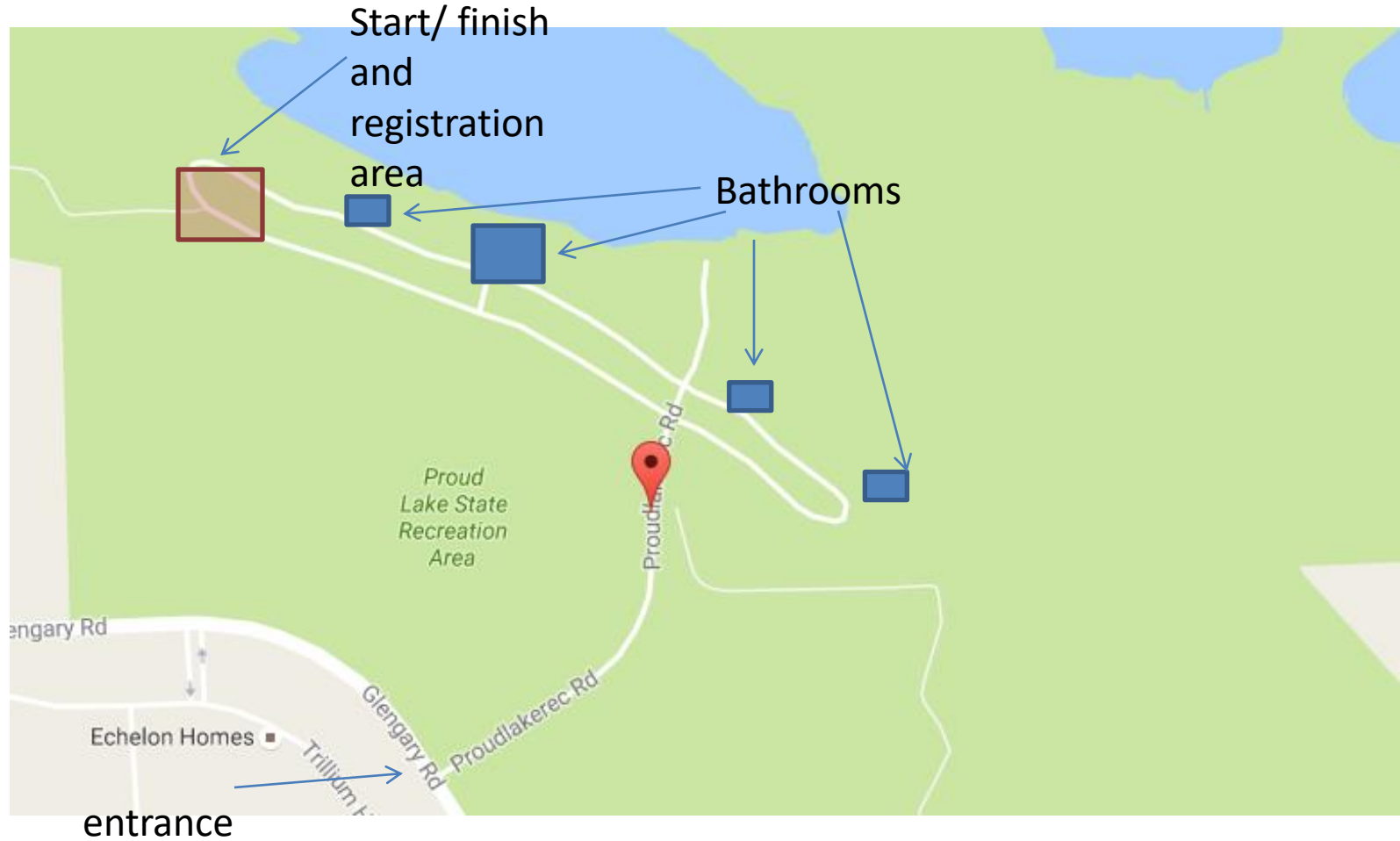
- Use the address: Proudlakerec Rd, Commerce Charter Township, MI
 - The entrance is at the corner of Glengary Rd and Proudlakerec rd.
- This will get you to the Campground Area.



Registration and Start Line

- When you enter the park you **WILL NOT** be charged for park entrance. The State Park has been very gracious and decided to wave state park fees for Black Friday! Head to the left once inside the campground area.
- 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 open for use before and after the race.
 - You may also use the pit toilets

Registration and Start Area



Course Update

- To get the distance accurate we will walk to Half Marathoners up .29 miles from the finish line/registration area for their start. We will walk to 7.5 mile runners .1 miles up from the finish line/registration area for their start
- The trails are in amazing shape! There are two muddy spots early on, but they can be avoided by staying to your right when coming up to them. There are also a few small trees down that can be easily hopped over.
- The two rocky areas on the course have been raked to make the rocks very visible.
- Please wear **bright colors**. Hunters have been warned there is an event in progress, and most hunting will be done by race start time. But it doesn't hurt to be extra safe!

Course Information

- We have placed 600 **RED surveyor flags** and several roles of **RED TAPE** all over the course. All Surveyor flags will be on your **RIGHT side**. If you see them on your left, this is a two directional area of the trail. Always follow the flags on your right
- We have also put out 50+ turn signs and mile markers at 5 mile increments. This course is very easy to follow with the amount of markings we have used.

Course Information

- Waterstop 1 (mile 1.5) **Water and Gatorade**
- Waterstop 2 (mile 2.5) **Water and Gatorade**
- Waterstop 3 (mile 4.3) **Water and Gels**
- Waterstop 4 (mile 5.3) **Water and Gatorade**
- Waterstop 5 (mile 7.3) **Water and Gatorade**
- Waterstop 6 (mile 8.3) **Water and Gatorade**
- Waterstop 7 (mile 10.1) **Water and Gels**
- Waterstop 8 (mile 11.1) **Water and Gatorade**

Course Information

At 6.55 miles, athletes will come to two turn signs (one pointing left and one pointing right) These signs will also state “**FINISH LEFT**” and “**SECOND LAP RIGHT**”. 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 the waterstop. In this area, think “stay left” and you will stay on course. There is plenty of room for two directional traffic.

(see next page)

Bridge Crossing



Course Map

