



Carpe Diem and Carpe Noctem

Half Marathon and 10K

Covid Safety

Our Covid plan for this race is based on the precautions put in place by the County Parks system, along with additional protocol we have added. Please see below:

1. No person-to-person packet pickup. Packets will be pre-bagged and numbered with athlete's race bib, shirt, medal, safety pins, and goodies. Athletes will pick up their packets in alphabetical order. Athletes will be temperature checked and asked a series of COVID screening questions upon entrance to race area. Anyone who fails these checks will be turned away from the event.
2. All attendees are required to wear a mask covering their nose and mouth at all times, other than when they are racing or warming up. Masks must be worn at the start line and put back on as soon as you finish.
3. Please maintain 6 feet of distance between yourself and anyone not from your household at all times.
4. There will be no race day registration. Online registration will close at midnight the night before the race.
5. Results and splits will be available online within a few minutes of finishing using your phone or computer. There will not be any results Kiosks onsite.
6. Awards will be distributed on site/
7. **No spectators will be allowed.** Please make sure to follow this rule. If you have a family member who like to attend, we may have some volunteer slots available. Check here for availability. The only exception will be the parent or guardian of a minor who is racing. But we ask that you stay out of the corral and start/finish area.
8. We will have limited food and drinks after the race. Athletes are asked to resist the urge to gather. Once you have gotten your food, please spread out, and give other athletes an opportunity to finish.
9. Athletes are asked not to stick around longer than 20 minutes after finishing unless they are waiting on an award.

Address for Race

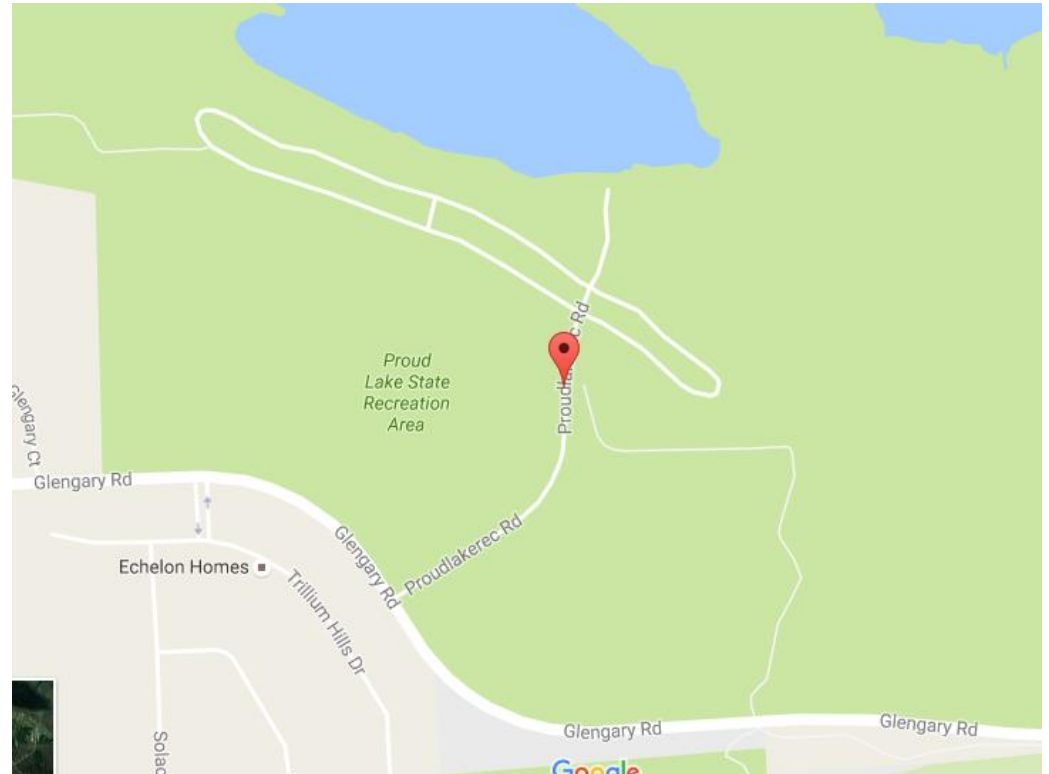
- Please do not just type in “Proud Lake State Recreation Area”. This will take you to the main office, not the campground.
- Use the address:
- [Proudlakerec Road, Commerce Charter Township, MI](#)

Schedule of Events

- Morning Packet Pickup and Registration – 7:35 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
 - 10K: Approx. 10:00
 - Half Marathon: 10:45 am
- Evening Packet Pickup and Registration – 5:15 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
 - 10K: Approx.:8:30 pm
 - Half Marathon: Approx. 9:45 PM

Showing Up

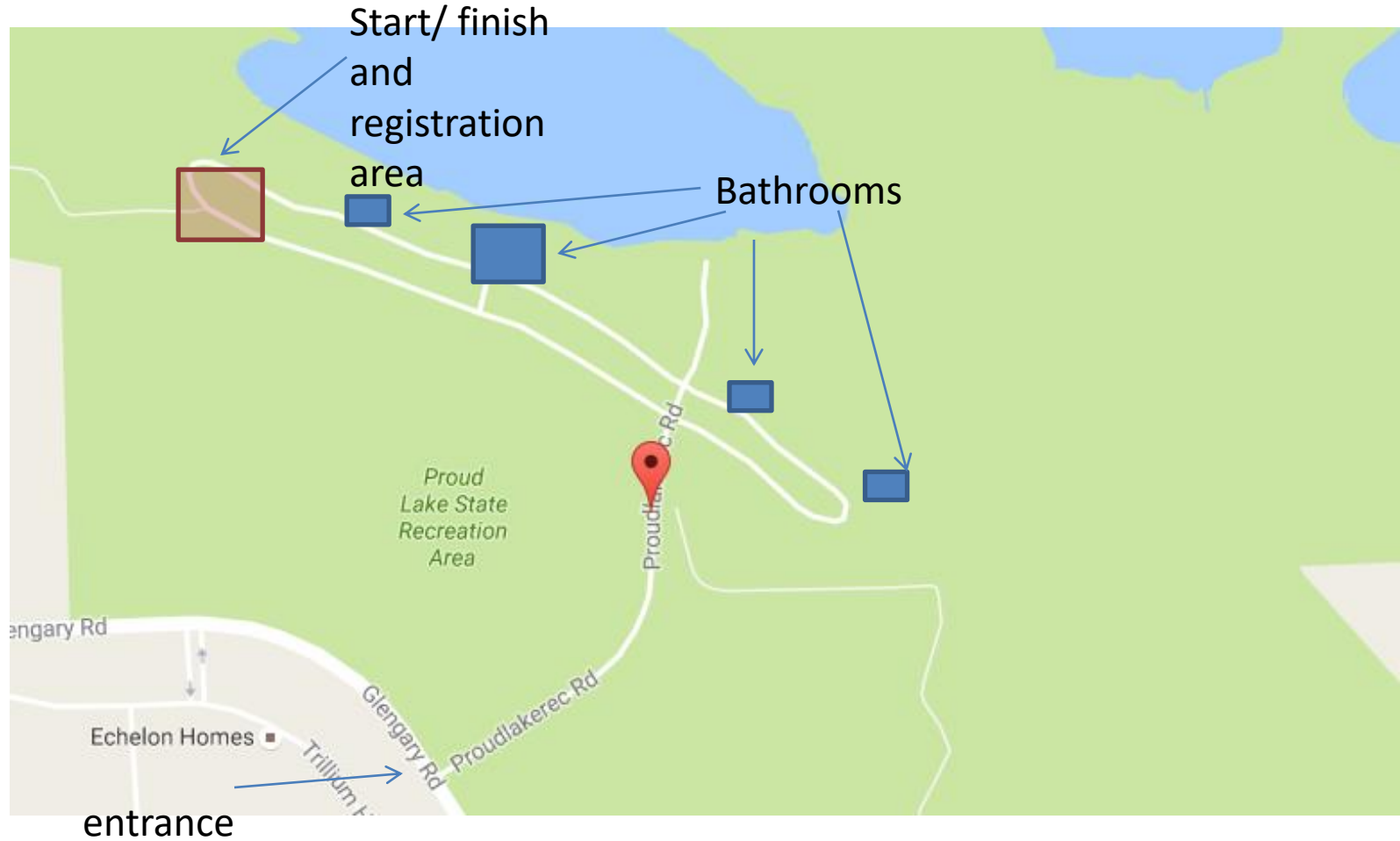
- Use the address:
Proudlakerec Rd,
Commerce Charter
Township, MI
 - The entrance is at
the corner of
Glengary Rd and
Proudlakerec rd.
- This will get you to
the Campground
Area.



Registration and Start Line

- When you enter the park you **WILL** be charged for park entrance. This has been on both the website and registration since the beginning. Please plan in advance. If you already have a State Park pass you will be waived in.
- 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 Notes

- **Bridges:** are in great shape and are not slippery or rough this time of year. Obviously, wet conditions can result in the bridges becoming slippery
- **Trail Conditions:** Mostly in good shape but several wet spots and mucky spots. True trail racing.
- **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 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.



Wrong Way Signs



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 5.5) **Water and Humma Gels**
- Waterstop 4 (mile 8.2) **Water and Gatorade**
- Waterstop 5 (mile 11.2) **Water and Humma Gels**

Course Information (10K)

- Waterstop 1 (mile 2.3) **Water and Gatorade**
- Waterstop 2 (mile 4.3) **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 marathons should go straight to complete the big loop, 10 K’ers should turn left to avoid the larger loop.

We will have not 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 at the Portage

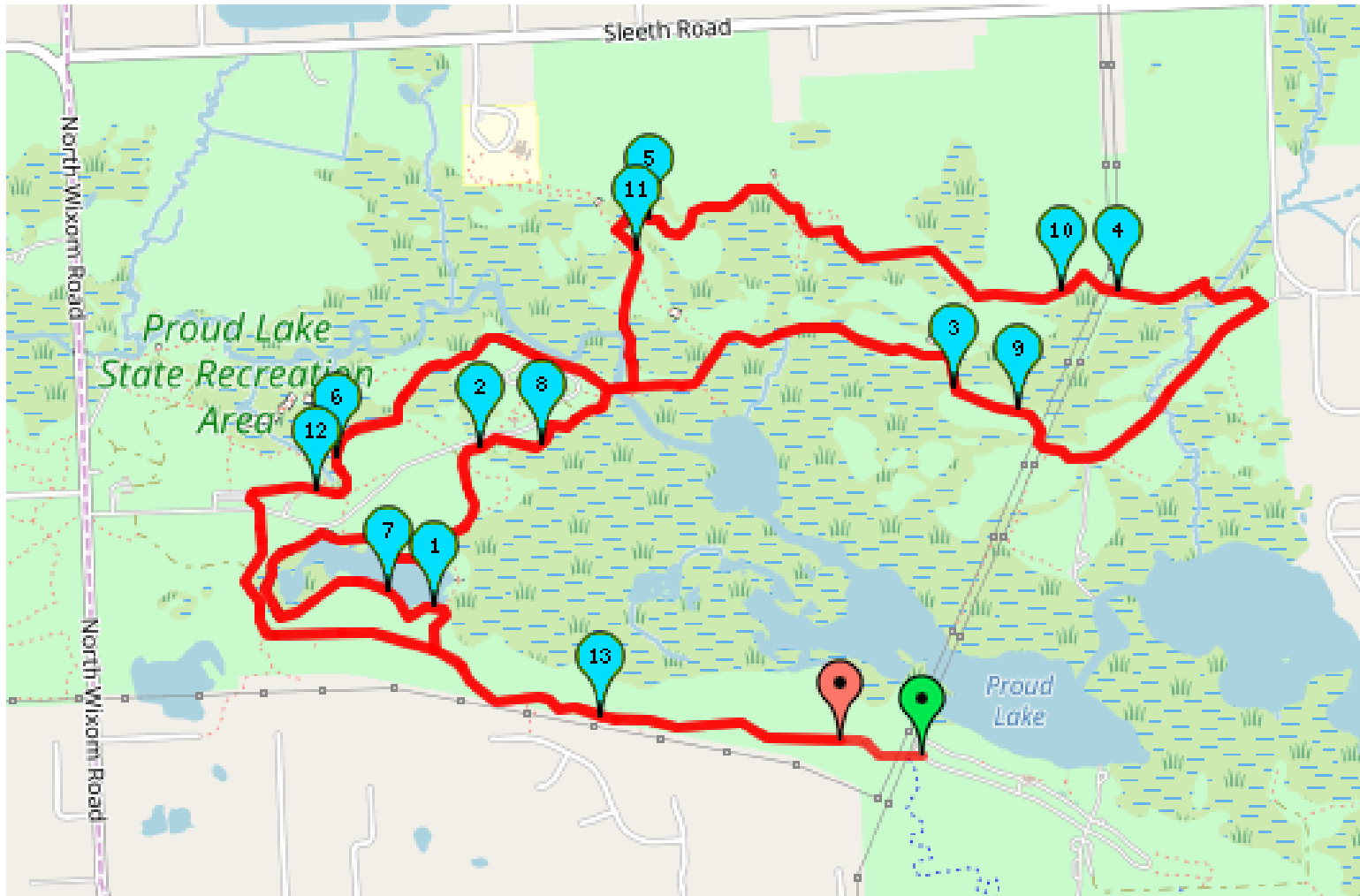
- This is the only place where athletes should be running two directions. This is also the location of the waterstop. In this area, think “stay right” and you will stay on course. There is plenty of room for two directional traffic.

(see next page)

Bridge Crossing



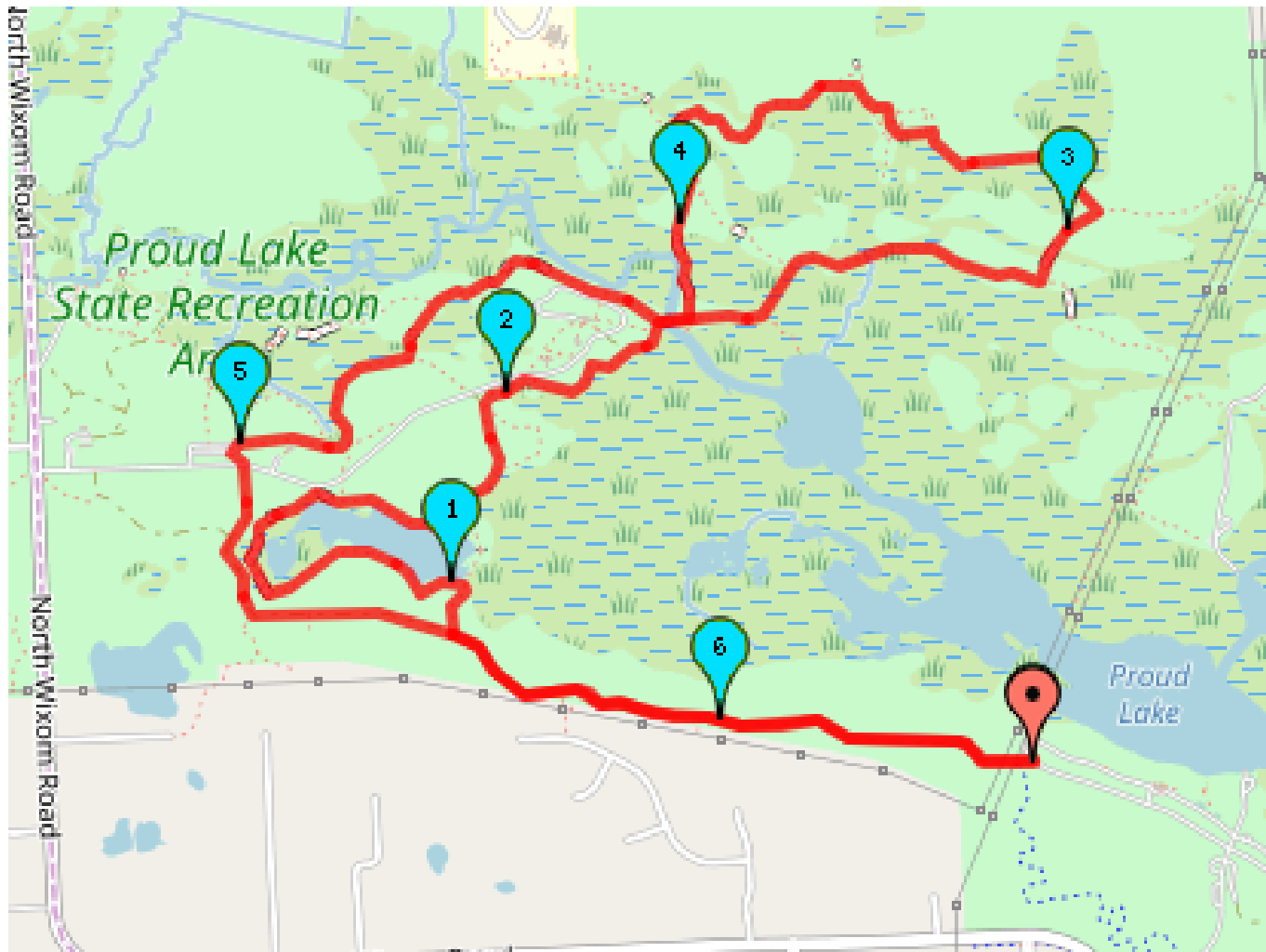
Half Marathon Course



Half Marathon Trail Markers

- 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!

10K



Half Marathon Trail Markers

- 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!

Weather

- The weather is looking great for race day! It looks like a low of 46 degrees at the start and a high of 63 with light winds!