



EVENT TIMELINE

RUN • KAYAK • SUP



SPONSORED BY

HENRY FORD HEALTH

PACKET PICK-UP AND REGISTRATION FRIDAY, AUGUST 12 AT LAKE ST. CLAIR METROPARK

Packet Pick-Up: 4:00 p.m. - 6:00 p.m.

Registration (if not sold out): 4:00 p.m. - 6:00 p.m.

RACE DAY

SATURDAY, AUGUST 13 AT LAKE ST. CLAIR METROPARK

Packet Pick-Up: 7:30 a.m. - 9:00 a.m.

5K Run & Duathlon (run portion): 9:15 a.m.

2-Mile Paddle Race: 9:20 a.m.

Award Ceremony: 11:00 a.m.

Breakfast Tent: 9:00 a.m. - 12:00 p.m.