

JUNE 15, 2019 • LAKE ST. CLAIR METROPARK



## Race Day Information for Kayak & SUP Participants

Good Morning Racers! Sprint and Splash is only a few days away. Here is all the information you need to know about race day and packet pick-up!

### Location

The event will be held at Lake St. Clair Metropark: 31300 Metropolitan Parkway, Harrison Township, MI. This year, the entire event (start and finish) will be staged at the main beach and south of the park office building. Please see the map below for suggested parking. The parks charges a \$10 entry fee per car.

### Packet Pick-up and Walk-up Registration

You can pick up your packet on Friday, June 14<sup>th</sup> between 4:00 p.m. and 6:00 p.m. and also on Saturday, June 15<sup>th</sup> between 7:30 a.m. and 8:45 a.m.

**Kayak & SUP participants will receive an ankle strap which will contain your timing chip. If you pick up your packet on Friday, YOU MUST RETURN TO REGISTRATION ON SATURDAY TO RECEIVE YOUR ANKLE STRAP.**

If you have friends or family that still need to register, they may do so on either day. However, they are not guaranteed a shirt or breakfast ticket.

### Kayak & SUP Board Drop-off

On both Friday and Saturday during packet pick-up, participants are also welcome to drop off their kayak or SUP board. A drop-off zone will be located near the park front office, there will be signage indicating the spot. Park personnel will be on site to help transport your vessel to the beach. **Please note, you are leaving your kayak or board overnight at your own risk. Park security will be on patrol throughout the night, however we cannot guarantee total 24 hour surveillance.**

**As a reminder, you are responsible for providing your own kayak or SUP board. If you have rented from Simple Adventures, Riverside Kayak, or Great Lakes Surf they will be onsite on Saturday to answer any questions. All participants must wear a flotation device.**

The 6-Mile SUP Race will begin at 9:00 AM. There will be a MANDATORY pre-race meeting near the registration tent at 8:45 AM. If you are not present for this meeting, you will not be allowed to compete in the race.

The 2-Mile SUP Race and the 2-Mile Kayak Race will begin at 9:20 AM. All three races will be a shot gun start and will launch from the main beach.

The event will be held, rain or shine. In the occurrence of thunder or lightening, we will attempt to delay the start time until the storm passes.



#### EVENT TIMELINE



PRESENTED BY  
HENRY FORD MACOMB HOSPITALS

#### PACKET PICK-UP AND REGISTRATION

**FRIDAY, JUNE 14 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, JUNE 15 AT LAKE ST. CLAIR METROPARK**

Packet Pick-Up: 7:30 a.m. - 8:45 a.m.  
Registration (if not sold out): 7:30 a.m. - 8:45 a.m.  
6-Mile SUP Race: 9:00 a.m.  
5K Run & Duathlon (run portion): 9:15 a.m.  
2-Mile SUP & 2-Mile Kayak Race: 9:20 a.m.  
Award Ceremony: 11:30 a.m.  
Breakfast & Beer Tent: 9:00 a.m. - 1:00 p.m.

### Food & Beer Tent

All pre-registered participants will receive a breakfast ticket attached to their race bib. Breakfast will be served between 9:00 a.m. and 1:00 p.m. We will also be serving a craft beer from Baffin Brewing Co., Bloody Marys, Hard Cider and Bud Light in the tent. Drinks can be purchased with cash or credit card and please bring your ID.

### Awards

The Award Ceremony will be held at approximately 11:30 a.m.

Medals will be awarded to:

1st, 2nd and 3rd Overall (Male and Female)

All participants will receive a finisher's medal

Duathlon Relay Team Medals will be awarded to: 1st, 2nd and 3rd Place Teams

Thanks again for participating in Sprint and Splash!

If you have any other questions, please visit our [FAQ page](#) on the website or email [Amanda.Minaudo@macombgov.org](mailto:Amanda.Minaudo@macombgov.org)

Sprint and Splash at Lake St. Clair | [www.SprintandSplash.com](http://www.SprintandSplash.com)

