



PRESENTED BY **HENRY FORD HEALTH.**

Race Day Information for 5K Participants

Good Morning Racers! Sprint and Splash is only a few days away. Here is all the information you need for a fun and successful race day!

Location

The event will be held at Lake St. Clair Metropark:
31300 Metropolitan Parkway, Harrison Township, MI.

The entire event (start and finish) will be staged at the main beach area, south of the park office building.

[Click here to see a detailed map and event schedule.](#)

Packet Pick-up

Participants may pick up your packet on Friday, August 12th between 4:00 p.m. and 6:00 p.m. and also on Saturday, August 13th between 7:30 a.m. and 9:00 a.m. Packet pick-up will be located in a large, white tent near the main beach. **As a reminder, the parks charges a \$10 entry fee per car.**

Schedule of Events

5K Run: 9:15 AM

Award Ceremony: 11:00 AM

Breakfast & Beer Tent: 9:00 AM - 12:00 PM

[Click here to see the race route!](#)

Food & Beer Tent

All pre-registered participants will receive a breakfast ticket. Breakfast will be served between 9:00 a.m. and 12:00 p.m.

Beer will be available to purchase. Be sure to bring your ID.

Awards

The Award Ceremony will be held at approximately 11:00 a.m.

Medals will be awarded to:

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

1st place in each age group (Male and Female)

All participants will receive a finisher's medal.

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 or Lauri.Eisen@macombgov.org