



## Race Day Information for Duathlon Participants

Greetings 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, July 12 between 4 p.m. and 6 p.m. and also on Saturday, July 13 between 7 a.m. and 8:30 a.m. Packet pick-up will be located in a large, white tent near the main beach. **As a reminder, the park charges a \$10 entry fee per car.**

### Kayak & SUP Board Drop-off

On Saturday during packet pick-up, there will be a kayak and SUP board drop-off zone near the park office. If you need assistance, park personnel will pick up your vessel and transport it to the transition zone. **Unfortunately this year we are not able to offer drop-off on Friday evening..**

**As a reminder, you are responsible for providing your own kayak or SUP board. If you have rented from [Simple Adventures](#) they will be on site on Saturday to answer any questions.**

### Schedule of Events

The duathlon begins with the 5k run portion, which starts at 8:30 a.m. Immediately following the completion of the 5k run, you will enter the transition zone, where your kayak or SUP board will be stored. You DO NOT cross the finish line until you have completed the 2-mile paddle. You will receive three times: 5k run, 2 mile paddle and total.

Participants are required to complete the Duathlon in two hours or less. All runners must be in the transition zone within 45 minutes of the 5K start and on the water within an hour. After the two hour mark, the Sheriff's will tow you to shore.

[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 a.m. and 11:30 a.m.

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

## **Awards**

The award ceremony will be held at approximately 10:30 a.m.

### **Individual duathlon medals will be awarded to:**

1<sup>st</sup>, 2nd and 3rd overall (male and female)  
1st place in each age group (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) or [Lauri.Morley@macombgov.org](mailto:Lauri.Morley@macombgov.org)