



PRESENTED BY [HENRY FORD HEALTH](#).

Race Day Information for Duathlon 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.**

Duathlon 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.

Kayak & SUP Board Drop-off

On both Friday and 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. We allow participants to drop off their kayak or SUP board during packet pick-up on Friday to leave over night at their own risk. The area will be fenced in and park police will routinely patrol the area, however we are not liable for any items stolen or damaged.

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

Schedule of Events

The Duathlon begins with the 5K Run portion, which starts at 9:15 AM. 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.

[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