

JUNE 15, 2019 • LAKE ST. CLAIR METROPARK



## 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 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.

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.

The 5K Run will begin promptly at 9:15 AM and 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.



**SPRINT & SPLASH RACE ROUTES**

PROVIDED BY: HENRY FORD MACOMB HOSPITALS

**LEGEND**

- 5K RACE ROUTE
- 2-MILE KAYAK & 2-MILE SUP ROUTE
- 6-MILE SUP ROUTE
- Orange Triangle Buoy - Turn Point
- Red Circle Buoy - In-line Marker
- Mile Marker
- Absopure Water Station

SPRINT AND SPLASH  
LAKE ST. CLAIR METROPARK  
PRESENTED BY: HENRY FORD MACOMB HOSPITALS

**EVENT TIMELINE**

**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.

**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)

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](mailto:Amanda.Minaudo@macombgov.org)

