

Sprint and Splash FAQ's and Athlete Guide

HOW DO I REGISTER?

There are 2 ways to register!

1. Online registration. [CLICK HERE](#) to go to Online Registration
2. Register the evening before or the morning of the event. (But, only pre-registered participants are guaranteed an event shirt).

Friday, June 16th from 4:00 p.m. – 6:00 p.m. at main beach

Saturday, June 17th from 7:30 a.m. – 8:45 a.m. at the main beach

ARE THERE AGE LIMITS?

There are no age limits. We encourage everyone to lace up their shoes and participate!

IF I REGISTER AND CAN'T COME, CAN I GET A REFUND?

We're sorry, but there are no refunds. We're making preparations for YOU to be there.

WHEN IS THE LAST DAY TO REGISTER?

You can register the morning of the event. (But, only pre-registered participants are guaranteed an event shirt). Saturday, June 17th from 7:30 a.m. – 8:45 a.m. at the main beach. 2-mile SUP racers can register until 10:45 a.m.

ARE BABY STROLLERS PERMITTED ON THE COURSE?

Yes. Please position yourself at the back of the runners to help with safety.

ARE HEADPHONES PERMITTED DURING THE RACE?

Yes, it's okay to wear headphones. We encourage you to be aware and cautious of your surroundings for your safety and the safety of others.

WHEN IS PACKET PICK-UP?

1) Friday, June 16th from 4:00 p.m. – 6:00 p.m. Lake St. Clair Metropark – Main Beach

2) Saturday, June 17th from 7:30 a.m. to 8:45 a.m. Lake St. Clair Metropark – Main Beach

WHERE IS PACKET PICK-UP?

Registration and Packet Pickup will be located on a grassy area just south of the Main Park Offices, near the main beach and sand volleyball courts. When participants receive their race packet – they will get a tote bag, T-shirt and Race Bib. Duathlon and SUP participants will also get an ankle strap. This strap will only be available to pick up on Saturday morning.

IS THERE A GEAR CHECK?

No. If you have something that you don't want to carry with you while running/walking, you will need to leave it with a friend or family member. Or . . . take it back to your vehicle before the start of your event.

WHERE IS THE START AND FINISH?

At the Main Beach

OTHER INFORMATION

There will be park personnel on site to assist participants in bringing their boards and kayaks to the transition area.

We strongly encourage kayakers to wear PFD's during the kayak portion of the race.

There will be maps of the race routes in all participant bags. These maps are also located on www.SprintandSplash.com. Please review these maps prior to the race.

The 2-Mile Kayak and 2-Mile SUP Route are the same. Large orange triangle buoys mark a turning point on the route and red circle buoys are inline markers.

MY QUESTION ISN'T LISTED.

If you have a question, more than likely someone else has the same one. Please contact - Amanda.Minaudo@macombgov.org