



**Saturday, June 9, 2012**

**Duathlon-5K Run & 5K Kayak**

**5K Run & Walk**

**Stand-Up Paddleboarding Race**

[www.SprintandSplash.com](http://www.SprintandSplash.com)



## At Lake St. Clair Metropark

### Early Registration (before April 1<sup>st</sup>):

Duathlon Individual - \$34.00, Relay - \$49.00

5K Run / Walk - \$25.00

### April 1<sup>st</sup> – June 7<sup>th</sup>:

Duathlon Individual - \$39.00, Relay - \$59.00

5K Run / Walk - \$30.00 (Race Day \$35.00)

We will be offering a \$5.00 discount for all police, fire, and active or reserved military personnel. During Packet Pick-Up please bring identification and proof of military service.

*If you have questions or are interested in sponsoring this event, please call 586-469-5285 or email [SprintandSplash@yahoo.com](mailto:SprintandSplash@yahoo.com)*

### Parking/Registration/Packet Pick Up

Packet pick up is at Lake St. Clair Metropark in Harrison Township, MI from 5:00 pm – 8:00 pm on Friday, June 8<sup>th</sup> and from 6:00 a.m. to 7:00 a.m. the morning of the event. There is a \$5.00 fee per car to enter the park and upon packet pick up Friday, participants will receive a voucher for free entry into the park on race day.

### Kayak Rental & Drop Off

All kayaks must be on the beach by 7:00 am. Kayaks will be available to rent from participating liveries for \$35.00- there is a limited number of kayaks so be sure to rent yours early - visit [www.SprintandSplash.com](http://www.SprintandSplash.com) for the listing of participating liveries.

## 2012 Sprint and Splash at Lake St. Clair Entry Form

Duathlon Individual

Duathlon Relay

5K Run / Walk

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Make checks payable to the Lake St. Clair Tourism Initiative.

T-Shirt Size  Small  Medium  Large  XL  XXL

Signature \_\_\_\_\_

Parent Signature (if under 18) \_\_\_\_\_

Mail to: Lake St. Clair Tourism Initiative  
1 South Main Street, 7<sup>th</sup> Floor  
Mount Clemens, MI  
48043

Waiver: In signing this entry form, I assume all responsibility and agree to waive any responsibility of the Lake St. Clair Tourism Initiative, the Huron-Clinton Metropolitan Authority, the Clinton River Watershed Council, Six Rivers Regional Land Conservancy, and all sponsors of Sprint and Splash at Lake St. Clair for any injury occurred during said race. I verify that I am physically fit and have trained sufficiently for this event.