



At Lake St. Clair Metropark

Saturday, June 9th, 2012

Participant Information

Registration

- Participants can register for this event online or print off an entry form and mail it to: Lake St. Clair Tourism Initiative, 1 South Main Street 7th Floor, Mount Clemens, MI 48043
- If you are participating in the Duathlon you have the option to bring your own kayak or rent one from a participating livery for \$35.00. All participants in this event are required to wear a personal flotation device during the race. If you rent a kayak, the livery will provide one for you. There is a limited number of kayaks, so contact the livery to reserve yours ASAP.
- The list of participating liveries and their contact information is available on www.SprintandSplash.com
- Stand Up Paddle Boards are also available to rent, visit www.Suprental.zapd.net for more information

Race Day Info

- Participants can pick up their T-Shirt and Bib number at Lake St. Clair Metropark on Friday, June 8th from 5:00 p.m. to 8:00 p.m. The pick-up location will be at the Par 3 Shelter, located near the tennis courts.
- Participants can also drop off their kayaks at this time. Kayaks will be roped together and there will be a roving security guard at the park.
- **There is a \$5.00 fee to enter the park, however if you come to packet pick-up Friday night and state you are here for the Sprint and Splash, the entry fee will be waved (this is for Friday night ONLY)!**
- If you are unable to pick up your race packet and/or drop off your kayak you will be able to do both Saturday morning between 6:00 a.m. and 7:30 a.m. Race-day registration and packet pick-up will also be located at the Par 3 Shelter, near the starting line.
- ALL kayaks must be in place on the beach by 7:30 a.m.
- The Duathlon and the 5K Run / Walk will begin at the same time. If you plan to walk the event, please position yourself near the back of the participant line.
- Your race time and rank will be available immediately following the race at www.SprintandSplash.com or www.RaceServices.com