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News

Macomb County Executive
Mark A. Hackel



Planning & Economic Development

For Immediate Release

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Sprint and Splash to bring wave of fun to Macomb County *Online registration closes June 3*

On June 7, the 3rd Annual Sprint and Splash Festival will give participants the opportunity to experience and enjoy Lake St. Clair. Online registration for this exciting event will close by 5 p.m. on June 3.

Events include:

1. Family Friendly 5K Fun Run/Walk
2. Duathlon: 5K Run and 2-Mile Kayak
3. Stand-Up Paddle Boarding Competition: 2-Mile Recreational Race or 6-Mile WPA Sanctioned Race

“Sprint and Splash is quickly becoming one of Macomb County’s premier events,” said Macomb County Executive Mark A. Hackel, who will be participating. “This fun event offers a little bit of everything – running, water sports and access to local business vendors.”

Sprint and Splash begins at 8:30 a.m. and will be held at Lake St. Clair Metropark in Harrison Township. People of all ages and athletic abilities are encouraged to participate – even dogs are welcome. With registration, every participant receives a race shirt and a tote bag full of promotional items. For a full timeline of events and more information on registration, please visit www.SprintandSplash.com.

After the race, attendees can stick around for a buffet lunch catered by Kosch Catering and world class craft beer from Kuhnhehn Brewing Co. Lunch tickets can be purchased during online registration and beer tickets will be available for purchase on event day. Also, be sure to visit the Sprint and Splash Beach Village where exhibitors will be selling paraphernalia and passing out promotional items. Vendors in the Beach Village include: Henry Ford Macomb Hospital, West Marine, Snap Fitness, Detroit Surf Company, Great Lakes Surf Shop, Great Lakes Foot & Ankle and many more.

All About Animals will be on-site offering discounted pet exams and vaccines. Henry Ford Macomb Hospital, the event’s presenting sponsor, will be offering free warm-up, conditioning and strength training tips from hospital experts. There will also be a bounce house for kids and pet-friendly activities.

The purpose of this unique event is to promote and celebrate Lake St. Clair, which is truly the “heart” of the Great Lakes. Those who participate in this event are supporting organizations that are working to improve the regional economy by increasing tourism to Lake St. Clair and its coastal communities while also striving to protect and restore Lake St. Clair, the Clinton River and the surrounding natural areas.

The primary benefactor will be the Lake St. Clair Tourism Initiative, a nonprofit association that has a goal of educating and connecting new and existing visitors with the many experiences offered by Lake St. Clair and the surrounding businesses and communities. Two other nonprofit organizations will also benefit from this event – [The Clinton River Watershed Council](#) and [Six Rivers Regional Land Conservancy](#). Both organizations focus on conserving, sustaining and protecting the region’s natural resources.

If you are interested in volunteering, please call (586) 469-5285 or e-mail amanda.priemer@macombgov.org. For more information on participation fees or to register online, please visit www.sprintandsplash.com. For the latest updates, follow Sprint and Splash on Facebook.

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