



## 2018 SHERMANATOR ATHLETE UPDATE #2

Good Afternoon Shermanators!

We're just 5 short days away from the 16th annual Shermanator! Here are a few more notes and tips for you as we approach the big day...

### **Shermanator Schedule**

- 6:15 AM - Packet Pick-Up and Race Day Registration Open
- 6:15 AM - Transition opens
- 7:30 AM - Packet Pick-Up and Race Day Registration Close
- 7:45 AM - First wave of race begins
- 8:45 AM - Post-race snack area opens
- 10:30 AM - Awards Ceremony (approximate time)

### **Parking**

Double check your driving directions and leave home with plenty of time to spare. Athletes should use the 38th St parking area on race morning. **Arrive early!** There is a long walk from the parking area to the Recreation Center for check in, and then another walk from the Recreation Center down to the waterfront for the start. There will be a large sign at the entrance to guide you in. Signs will also be posted at the Rec Center directing you towards the waterfront.

Spectators arriving up until 7:45 am may also use the 38th Street parking area. Spectators arriving after 7:45 am must use the parking area accessed just north of the YMCA main entrance on 39th St. Please come in at that point from the north and M-89, not from "G" Avenue.

Handicapped accessible parking is available at the Recreation Center. Please arrive prior to 7:45 am.

### **Weather**

Right now, the forecast is for clear skies Friday night and a sunny day Saturday with a high of around 88 degrees. This is Michigan, however, and things might change! If we have lightning, thunder, or rain heavy enough to reduce visibility or traction on the bike course as we near 7:45 am on race day, we'll delay. We can delay for a maximum of 30 minutes. If threatening weather continues past that point, we will cancel the event.

### **Waves**

The Duathlon and Relays will start with Wave 1. Aquabike athletes will start with their age group. The wave breakdown will be posted at check-in and at the waterfront on Saturday morning.

### **Transition Area**

We will have designated racks for Relay, Super Sprint, and the Shermanator Tri Training Group. All other rack spots are available on a first come first serve basis.

## Wetsuits and Water Temperature

Wetsuits are allowed in the Shermanator. If you have one and would like to wear it, please do. Water temperatures have been near 80 degrees during the last week.

## Registration

Online registration will be open until midnight Thursday, August 2nd. At this time, we have not determined if there will be race day registration so if you know of anyone still trying to decide whether or not to register, encourage them to do so now before online registration closes!

## New for 2018! Post Race Massages from Water's Edge Day Spa!

Water's Edge Day Spa will be at the finish line of the Shermanator this year - make sure to stop by their tent after the race for a free post race massage!

## Miscellaneous

- The Recreation Center will be open until noon if you would like to use the locker rooms and showers to clean up post-race. Please make sure to bring your own towel and lock.
- Everyone should review the course maps in advance of race morning. Know where you are going. Our courses are well marked and well supported. Please [click here](#) to review the course maps.
- Live Results pages are ready to go on both the desktop and mobile versions of the event web site. We will begin pushing results to those pages once athletes begin crossing the finish line. Please let your friends and relatives who want to keep track of your great finish know how to access those pages! [Click here](#) to go directly to the results page.
- What are all those bubbles in the water? The stationary areas of bubbles are from the lake association weed abatement program (kind of like a system of big aquarium bubblers). The bubble action and the extra air in the water helps inhibit the growth of invasive weeds.
- Make sure to review your gear and packing/transport process no later than Friday night. Don't forget the basics - goggles, towel, bike, helmet, race apparel, and shoes.
- Mosquitoes are here! Consider adding some repellent to your race bag.
- Pedal Bicycle will be on site race morning to assist with last minute bike issues.

## Course Notes

- The **swim course** continues with our modified diamond out and back, going counter clockwise. The start line is at the end of the dock in water about 7 feet deep. You may hang back in shallower water until right up to your wave start. Waves will be posted Saturday morning with the first wave starting at 7:45 am.
- While on the **bike and run courses**, be ready for the potential of wildlife encounters. This is especially true when it comes to deer on the bike course.
- Finally, during the 37th Street section of the bike course (north of "G" Avenue, as you head to or come back inbound from the 5-mile turn around at Crane's Pond), there is a total or partial tree canopy. It is pretty, but with the sun up, the broken canopy can seem like a strobe light at times as you go in and out of the open sections. Ride according to conditions and stay safe!

## Calling All Volunteers!

If you or anyone you know has a little extra time on Friday, we can always use a few more people to help with our waterfront and transition area set-up beginning around 4:00pm. Nothing terribly hard, just setting up bike racks, fencing supports and fencing. We also have a few opportunities post-race on Saturday for our clean-up crew. It normally takes us less than 90 minutes to tear down and clean up the site.

Volunteers can register at: <https://kellywhitedesign.wufoo.com/forms/zz8puy200ehdv5/>

Looking forward to seeing you all on Saturday morning - please feel free to contact me with any questions or concerns.

Carrie

*Carrie Hybels, Director of Community Development*

Sherman Lake YMCA Outdoor Center

[carrieh@ymcasl.org](mailto:carrieh@ymcasl.org)

269.731.3039