



2018 SHERMANATOR FINAL ATHLETE UPDATE!

We are just two days away from the 16th annual Shermanator! Here are our last minute notes and tips for you as you prepare...

Chips

The timing chip and strap you receive goes on one of your ankles. It cannot be worn anywhere else on the body.

After you finish

There will be time after you finish to jump back into the lake to cool down!

The Recreation Center will be open until noon for you to shower and change before leaving. Please remember to bring your own towel and lock.

Weather

The forecast looks great right now with no rain predicted and air temperatures in the mid 60's at the start. [Here's an article with a few tips on how to "beat the heat"!](#)

Transition Area

Only athletes and coaches are allowed in the transition area. We understand that there will be occasions where an athlete may need help prior to the race but all spectators must leave the transition area by a little after 7:00 am, with the exception of big issues that require special or additional support crew attention.

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.

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.

Duathlon, Aquabike & Relay Special Notes

The **Duathlon** start line is near the finish line arch. We will make an announcement a few minutes prior to the race to review your opening run and return to transition.

Aquabike athletes will finish when crossing the mat returning into transition after completing the bike course. Please place your timing chip and strap into the small bin inside transition that will be labeled for you. Please do not proceed to the finish line chute until after you have removed your chip.

The chip hand-off for **Relays** is at your rack inside transition.

Miscellaneous

- Please remember that the Sherman Lake YMCA is not open for site visits or training as camp is in session right now and we will have campers on site up until Friday evening.
- Online registration is open until midnight tonight. If you know of anyone who is still thinking about registering for this year's event, encourage him or her to do so today! Prices will go up for race day registrations.
- Helmets are required on the bike course. Make sure to double check you have yours!
- No MP3's or sound devices are allowed while you are on the bike and run courses. This is for your safety and for the other athletes around you.
- 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.

Thanks again for choosing the Shermanator! The Shermanator has raised funds annually for the Sherman Lake YMCA to benefit families in need in Kalamazoo and Calhoun Counties for the past 16 years. It is only with the great support of people such as yourself, that each year, hundreds of individuals receive financial assistance to become members at the Sherman Lake YMCA.

Please feel free to contact me if you have any questions or concerns and we will see you on Saturday!

Carrie

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