



2018 SHERMANATOR ATHLETE UPDATE

We're just two weeks out from the 16th annual Shermanator! We've created this athlete update to answer your most commonly asked questions and to keep you up to date on important dates and times. We'll be sending out another edition approximately one week before the race.

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)

Athlete Check-In

Race Morning Check In: 6:15am-7:30am at the Sherman Lake YMCA Recreation Center. Please watch for the signs directing you to the Recreation Center after you park. Participants for ALL events must check-in before competing.

Pre-Race Packet Pick Up: There is no pre-race packet pickup. Everything you need will be ready when you check in at the Recreation Center on Saturday morning (race day).

A timing chip will be provided for race timing. A \$30 fee will be charged for lost chips. All timing chip assignments and race markings will be done at check-in on race morning.

Race Bibs

You will be provided with a race bib at check-in. Place wear it on the front as we need to see your bib as you cross the finish line for the run. Athletes are not required to have the bib number on during the bike or the the swim but must have it on for the run portion of the event.

Wetsuits

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

Water Temperature

The water temperature in Sherman Lake has been approximately 80 degrees this week.

Age Groups

While the Shermanator is not a sanctioned event, we do follow the USAT "age up" rule to be consistent with those events that do. You will be placed in an age group based on your age on December 31, 2018. (Example - if you are 44 on race day but your birthday is post race and you are 45 by December 31, you will "age up" to the 45-49 age group.)

Results

Results will be posted at the event. A complete listing will also be posted online after the Shermanator; check it out at: <https://runsignup.com/Race/Results/43182/#resultSetId-88367>

Parking

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.

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.

Miscellaneous Items

- No MP3's or similar devices are allowed on the course. You need to be aware of what is happening around you for your own protection, and the safety of other athletes on the course.
- No dogs (or pets) are allowed on site (with the exception of assistance dogs)
- The Sherman Lake YMCA Outdoor Center is not open prior to the race for venue visits or training as we have children in camp up until race day. If you're looking for an alternate location for your final weeks of training, consider the nearby Ft. Custer State Recreation Area or Ross Township Park on Gull Lake.
- Our guarantee date (July 19) for participant shirts has passed. However, we have ordered extras and they will be distributed on a first come first serve basis to athletes who registered after the guarantee deadline.
- No alcoholic beverages are allowed on site.
- The Sherman Lake YMCA is a non-smoking site.

Finally, a special thanks to all our great sponsors this year. We couldn't do this without you!

2018 Sponsors:

Presenting Sponsor - Zeigler Auto Group
Gold Sponsor - Worgess Insurance

Bronze Sponsors - Agility Physical Therapy, CSM Group and Cherry Tree Financial
Friend of Shermanator - Richland Village Drug
In Kind Sponsors - Pedal, Kashi, WLLA TV 64, Gallagher Uniform

Please don't hesitate to let me know if you have any questions or concerns and we'll see you on August 4!

Carrie

Carrie Hybels, Director of Community Development
Sherman Lake YMCA Outdoor Center
carrieh@ymcasl.org
269.731.3039