

SHERMAN LAKE YMCA



SHERMANATORSM
SEVENTH ANNUAL
5K RUN/WALK & TRIATHLON



SATURDAY :: AUGUST 1 :: 2009

AUGUSTA :: MI

Join this area event and help change the lives of more than 700 Kalamazoo and Calhoun County residents.

Annually, more than 400 people participate in the Shermanator Triathlon & 5K Run/Walk, a USAT sanctioned event. This event is excellent for all athletic abilities, beginner to competitive. Enjoy the adrenaline rush of crossing the finish line and reaching your goal!



www.shermanlakeymca.org

Net proceeds from the Shermanator benefit the Sherman Lake YMCA Annual Campaign for Scholarships. The Sherman Lake YMCA Outdoor Center is a 501(C)3 organization.

RACE TIMES

Sprint Triathlon 8:00am
5K Run/Walk 8:30am (approx)

QUESTIONS?



Jackie Mitchell, Race Director
(269) 731-3004
jackiem@ymcasl.org
www.shermanlakeymca.org
www.shermanatortri.org

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REGISTRATION

ALL PARTICIPANTS MUST COMPLETE ENTIRE FORM

LAST NAME _____
 FIRST NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ EMAIL _____
 ARE YOU A YMCA MEMBER? YES, SHERMAN LAKE YES, OTHER YMCA NO
 2009 USAT # _____ (or pay one day USAT fee)
 BIRTH DATE (mm / dd / yy) _____ M F
 EMERGENCY CONTACT _____
 CHAMPIONCHIP # (Leave blank if you need a chip) _____
 SHIRT SIZE Youth M Youth L S M L XL XXL (add \$3)

RELAY TEAM ENTRY : 2 OR 3 INDIVIDUALS

(SPRINT TRIATHLON ONLY) Each team member must complete entire form and sign. Return all applications stapled together with payment. Team must use paper or online registration. NO MIXED APPLICATIONS PLEASE!

MALE TEAM
 FEMALE TEAM TEAM NAME _____
 COED TEAM

REGISTRANTS MAY CHOOSE ONLY ONE EVENT PER FORM AND PARTICIPATE IN ONLY ONE EVENT ON RACE DAY.

5K RUN ADULT (no USAT fee required)	\$25	
5K RUN YOUTH (no USAT fee required)	\$12	
SPRINT TRIATHLON	\$55	
SPRINT RELAY (per participant)	\$32	
YOUTH ANNUAL USAT (forms at packet pick-up)	\$5	
MANDATORY FEE FOR ADULT NON-USAT MEMBER	\$10	
USAT #		
LATE FEE AFTER 7/25/09 (Triathlon only)	\$15	
ADD FOR XXL SHIRT	\$3	
		TOTAL

PAYMENT

(Please check one) Check Cash Visa MC
 CARD # _____ EXP DATE _____
 SIGNATURE _____

TAX DEDUCTIBLE CONTRIBUTION

I would like to donate to the Sherman Lake YMCA Membership Scholarship Fund. SLYMCA is a 501(c)3 organization AMOUNT _____

WAIVER

I acknowledge participating in the Shermanator Event at my own risk and I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims against the Sherman Lake YMCA, and its affiliates, their agents, employees, officers, directors, successors and assigns, its sponsors, volunteers, and partners for personal injury, death, or property damages resulting from my participation (including any pre- and post-Shermanator Event activities) in the race August 1, 2009. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. I consent to any medical treatment deemed necessary by the medical team during the Shermanator Event. I give the Sherman Lake YMCA permission to publish my name, finishing information, and/or photo in the media, and/or on the internet for promotional purposes including commercial advertising.

ATHLETE SIGNATURE _____ DATE _____
 PARENT/GUARDIAN SIGNATURE _____
if athlete is under 18 years of age at race date

3 Ways to Register:

ONLINE

<https://www.signmeup.com/64162>

Online registration is available through July 30, 2009.

BY MAIL

Complete attached registration form with payment (check or credit card) and mail to:

Shermanator

Sherman Lake YMCA
 6225 North 39th Street
 Augusta, MI 49012

Triathlon registrations postmarked after July 25th MUST include a \$15 late fee.

IN PERSON

Complete attached registration form with payment (check or credit card) and return to Sherman Lake YMCA Recreation Center front desk.

Recreation Center Hours:

M-F 6:00am-9:00pm
 Sat 7:00am-4:00pm
 Sun 11:00am-3:00pm

SPRINT TRIATHLON

\$15 late fee is assessed on all triathlon entries received after July 25, 2009. No day of race registrations will be accepted for the Triathlon event.

5K RUN/WALK

Registrations are accepted for the 5K Run/Walk the day of the event. No late fee will be applied to 5K Run/Walk registrations.

T-Shirt sizes will be guaranteed only for registrations submitted by July 12, 2009.

NO REFUNDS or TRANSFERS available for any reason.



SPONSORS



BELL TOWER OUTDOOR LIVING CO. * BILLY'S BIKE SHOP * BREAKAWAY BICYCLES * CSM GROUP * EDWARDS INDUSTRIAL * GALESBURG FORD * GAZELLE SPORTS * GULL LAKE VIEW GOLF CLUB * IN THE ZONE * MCCAMLEY PLAZA HOTEL * RE/MAX - HANK AVINK * RIVER RUN PRESS * TEAM ACTIVE CYCLING & FITNESS

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