

Immediately following each event.

5K Run Awards

Male & Female Overall 1, 2, 3

Age Groups, Male & Female: 7-9, 10-12, 13-15, 16-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Sprint Triathlon Awards

Individual Participants:

Male & Female Overall 1, 2, 3

Masters (40+) Male & Female

Youth Male & Female: 8-9, 10-11, 12-13, 14-15, 16-17, 18-19

Adult Male & Female: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

Relay Teams:

Overall 1, 2, 3

Male, Female, & Co-ed Teams: Overall 1, 2, 3

MELANIE CHOJNOWSKI MEMORIAL AWARD

Melanie Chojnowski was a wonderful local resident of the Gull Lake area. Less than one year after her participation in the 2003 Shermanator Triathlon, cancer claimed her life. A Memorial Award is offered in her honor to the fastest female swimmer closest to Melanie's age, 28.

2009 Melanie Chojnowski Memorial Award recipient was: Megan Houtman, age 28, with a swim time of 11 minutes 13 seconds.

2005-2007 the award was based on swim times for an Olympic Distance Triathlon.

Shermanator Expo! April 15th 6:00 - 8:30 pm. Need some tips on how to prepare for a triathlon or 5K? Explore the Shermanator Expo at Sherman Lake YMCA. Meet area businesses that offer training services, equipment, and support. Win door prizes! Participate in FREE clinics!

Pasta Dinner Friday, August 6th 5:00-9:00 pm. Enjoy a full menu at Bella Sorelle Bistro & Grille the night before! 50% of your food bill proceeds the Shermanator Triathlon. Reservations accepted (269) 629-9572. Be sure to bring your race number or mention the Shermanator!

Accommodations McCamly Plaza Hotel (20 minutes away). \$99 per night plus tax. (888) 622-2659. https://reservations.ihotelier.com/istay.cfm?&hotelid=11822&rateplanid=596840.

Smoke-Free & Pet-Free Sherman Lake YMCA is a smoke free campus. In addition, no pets or animals are allowed onsite.

USAT Sanctioned Event All rules and regulations following USAT guidelines apply. Rules may be viewed at www.usatriathlon.org.

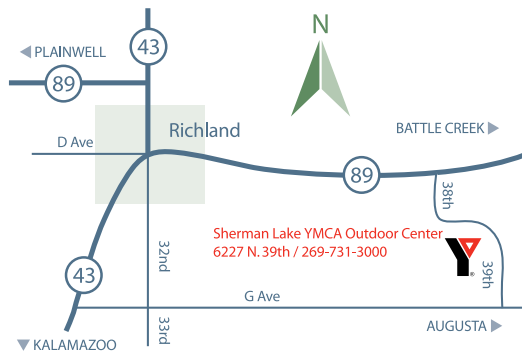
ChampionChip A ChampionChip will be provided. If you have your own chip, please include chip number in your registration or give the number at check-in. A \$30 fee will be charged for lost chips.

Inclement Weather Race day conditions may require delay or cancellation of the event. Race Director will make every effort to hold the event as scheduled, however safety issues will prevail.

Volunteer The success of the Shermanator is with the great help of close to 100 volunteers. If you are interested in helping, contact the Race Director at (269) 731-3004 or jackiem@ymcasl.org.

Race Courses Training on Sherman Lake YMCA property is not available outside of the Recreation Center and member trails. We appreciate your cooperation.

My Team Triumph myTEAM TRIUMPH is an athletic ride-along program created for children, teens, adults and veterans with disabilities who would normally not be able to experience endurance events such as a triathlon. Interested in participating in a Team? Visit www.myteamt Triumph.org.



SPONSORS



AGILITY PHYSICAL THERAPY & SPORTS PERFORMANCE : AVINK FUNERAL HOME CREMATION SOCIETY : BELL TOWER OUTDOOR LIVING : BELLA SORELLE BISTRO & GRILLE : BILLY'S BIKE SHOP : BREAKAWAY BICYCLES : CSM GROUP : EDWARDS INDUSTRIAL : GAZELLE SPORTS : GULL LAKE VIEW GOLF CLUB : IN THE ZONE : LIFE EMS : MCCAMLY PLAZA HOTEL : RATHCO SAFETY & SUPPLY : REMAX ADVANTAGE - HANK AVINK : RICHLAND VILLAGE DRUG : RIVER RUN PRESS : TEAM ACTIVE CYCLING & FITNESS

SHERMANATOR 2010

Sherman Lake YMCA Outdoor Center 6225 N. 39th Street * Augusta, MI 49012



SHERMANATOR SM

2010

EIGHTH ANNUAL TRIATHLON & 5K RUN/WALK

SATURDAY :: AUGUST 7 :: 2010

AUGUSTA :: MI

www.shermanlakeymca.org



SWIM BIKE RUN



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

Annually, more than 500 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!

Sherman Lake YMCA Outdoor Center builds strong kids, strong families, and strong communities in Southwest Michigan through programs such as summer camp, YMCA wellness, retreats, and Character Development school programs. Sherman Lake YMCA reaches more than 15,000 youth and families every year.

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.

SPRINT TRIATHLON

All legs of the Triathlon begin and end at the Sherman Lake YMCA waterfront transition area.

Course

500 yard swim (out and back)

10 mile bike and 5K run on rolling hills and flats along local roads and paved trails.

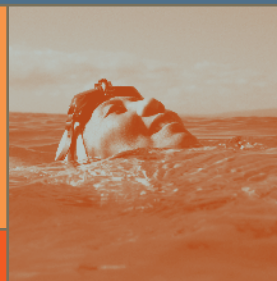


5K RUN/WALK

Start/Finish at the Sherman Lake YMCA waterfront, the 5K run consists of rolling hills and flats on paved trails and local roads. 5K run/walk follows the same course as the Sprint Triathlon.

RACE TIMES

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



PACKET PICK-UP & CHECK-IN

Friday, August 6

6:00am – 6:30pm
Sherman Lake YMCA Recreation Center (2nd level)

Saturday, August 7

6:00am – 7:15am Sprint Triathlon Participants & Relay Teams
7:15am – 8:15am 5K Run Participants
Sherman Lake YMCA Recreation Center Gymnasium (1st level)

Athletes MUST present a picture ID to pick up packets.

Sprint Triathlon Participants – (Individual & Relay Teams)

◆ USAT License

- USAT members MUST present current USAT membership card at packet pick-up
- Non-USAT members are required to purchase the following:
Adults – \$10 one-day USAT license
Youth – \$5 annual USAT license

◆ Athletes that did not register online MUST sign a USAT waiver at packet pick-up/check-in

◆ Athletes that pick up their packet in advance MUST return day of race for:

- ChampionChip and body marking at the Sherman Lake YMCA Recreation Center Gym (1st level)
- Bike check at transition (located at the waterfront)
- Allow 45 minutes for pre-race processes

QUESTIONS?



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

*** **SATURDAY ** AUGUST 7 ** 2010**

SHERMAN LAKE YMCA OUTDOOR CENTER

AUGUSTA ** MI

REGISTRATION

LATE FEES

A \$15 late fee will be assessed to all Triathlon registrations received after July 24, 2010.

No late fees apply to the 5K Run/Walk.

No day of registrations will be accepted for either event.

T-Shirt sizes will be guaranteed only for registrations submitted by July 9, 2010.

NO REFUNDS or TRANSFERS available for any reason.

ONLINE

<https://www.signmeup.com/68716>

Online registration is available through August 4, 2010.

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 24th 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

BE A CHAMPION!

You can help raise scholarship funds through participating in the Shermanator Triathlon & 5K Run/Walk.

Be A Champion and set two goals:

1. Register for the 2010 Shermanator.
2. Set a fundraising goal and help local community members in need become strong in spirit, mind, and body.

It is easy to do! Create your own page in just minutes.

www.firstgiving.com/shermanatortriathlon



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
2010 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!

TEAM NAME _____
 MALE TEAM FEMALE TEAM 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)	\$15	
SPRINT TRIATHLON	\$60	
SPRINT RELAY (per participant)	\$35	
YOUTH ANNUAL USAT (forms at packet pick-up)	\$5	
MANDATORY FEE FOR ADULT NON-USAT MEMBER	\$10	
USAT #		
LATE FEE AFTER 7/24/10 (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 7, 2010. 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