9th Annual Zoom! Yah! Yah! Indoor Marathon

6:30 AM – Sunday, January 12, 2014

Tostrud Field House on the campus of St. Olaf College, Northfield, MN

Course: The marathon course **(USA T&F Certified MN-07026-RR)** will be 150 laps on the upstairs running track (282 meters) in the Tostrud Field House. Each runner will have a member of the St. Olaf College Women's Track & Field Team to count and record each lap. Your finisher's certificate will be the completed Lap/Time Card. We will have a large digital display clock at the Start/Finish line.

Qualifying Standard: Due to facility & time limitations, we will only accept entries from runners who have run a sub-6 hour marathon between 1/1/2012 & 8/25/2013. We reserve the right to make exceptions based on individual circumstances.

Field Size: The expected field size for the 2014 Zoom! Yah! Yah! Indoor Marathon will be 44 runners. However, race management reserves the right to make additions depending on individual circumstances.

Lottery Registration: Due to the large number of runners wishing to run the Zoom! Yah! Yah! Indoor Marathon, we will use a lottery system again for 2014. Marathoners wishing to run need to complete a registration form and mail it with a check (**dated September 1, 2013**) for $75 so that it reaches Northfield, MN by **August 31, 2013**. On September 1, 2013 we will select 44 registrations and these runners will be in the marathon. We will then draw the remaining registration forms and place them on the "wait list". You will be given an opportunity to withdraw from the wait list and have your check destroyed. Any runner who has to drop out of the marathon due to change of schedule, injury, etc. and lets us know that he/she will be unable to run will receive $35 back if we are able to fill your spot before the marathon. The $75 registration fee includes a ticket to the Saturday night pre-marathon dinner, a finisher's certificate, a finisher's shirt, a finisher's medal, free access to hundreds of marathon photos that you may print at no cost, and many great memories!

Make check payable to Zoom! Yah! Yah! & mail registration to: Dick Daymont, 504 Greenvale Ave, Northfield, MN 55057

T-Shirts & Medals: All finishers will receive a 2014 Zoom! Yah! Yah! Indoor Marathon "FINISHER" Shirt and Medal.

Aid Stations: The Zoom! Yah! Yah! Indoor Marathon has 600 Aid Stations! Tables will be set up in each of the "4 corners" of the running track where you may place your fluid replacement bottles/energy packets, etc. You may stop and drink at a table or you may pick up your bottle and carry to any other table. Each runner will be responsible for bringing his/her own replacement fluids/bottles and fuel (i.e. GU, bananas, bagels, M&M's, etc.).

Awards: The first, second and third male and female finishers will be presented with unique awards.

Age Groups: 5 year age groups for record keeping. Age group winners will not be given individual awards. (see FAQ)

Questions: email Dick Daymont: dick@northfieldrunning.com

2014 Zoom! Yah! Yah! Indoor Marathon – Mail to: Dick Daymont, 504 Greenvale Ave, Northfield MN 55057

Last Name_____ First Name_____ Race Day Age_____

Birthdate: ____/____/____ Gender: M____ F____ Phone (_____) _____-_____ Shirt Size: S M L XL

Qualifying Marathon: Date_____ Marathon Name_____ Time_____

Mailing Address_____

Email Address_____

Emergency Contact Name _____ Phone (_____) _____-_____

Waiver: Knowing that participating in a marathon is a potentially dangerous activity, I enter and run this race certifying that I am medically able and trained. I also assume any and all risks associated with participating in this event, including the effects of heat. I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the St. Olaf Women's Cross Country Team and Track & Field Team, St. Olaf College, and any other parties associated with this race, including sponsors and volunteer, from any kind or nature arising out of, or in the course of my participation in this event. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for legal purposes. I also certify that I am at least 18 years old on the day of this marathon. I have read the foregoing and verify my agreement by my signature below.

Signature_____ Date_____/_____/_____/ (Office Use-Race#_____)

Frequently Asked Questions (FAQ)
2014 Zoom! Yah! Yah! Indoor Marathon
Sunday, January 12, 2014 - 6:30 AM

Q – Is there a qualifying time to enter?
A – Yes. In order to run in the 2014 Zoom! Yah! Yah! Indoor Marathon a runner will need to run a sub 6 hour marathon sometime between January 1, 2012 and August 25, 2013. (We reserve the right to make exceptions based on individual circumstances.) We have set a 6 hour qualifying standard because of the time limitation that we have to use the Tostrud Field House running track. However, we will not shut the course down if a runner has not completed the marathon at 6 hours. We will continue to time all registered runners until they finish.

Q – Will there be a lottery for 2014 as there was for 2013?
A – Yes. We will select the 44 person field for the 2014 Zoom! Yah! Yah! on September 1, 2013. Runners wanting to run should send their registration so that it is received no later than August 31, 2013.

Q- Where is the Zoom! Yah! Yah! Marathon contested?
A- The Zoom! Yah! Yah! Indoor Marathon will be contested in the Tostrud Field House on the St. Olaf Campus. You will run 150 laps on the 282 meter track = 42,300 meters. Yes, you will run 62.805 meters further than a certified marathon course (42,195 x 1.001 = 42,237.195 meters)…actually further than that because you will not be able to run in lane one all the way….BUT, you will have a great adventure! If you do not know where the Tostrud Field House is located on campus, please go on line (stolaf.edu) and check the campus map.

Q – Is there adequate parking available for both the packet pick-up/dinner and the marathon?
A – Absolutely! Parking is ample on the St. Olaf campus. The most centrally located parking lot for your packet pick-up/dinner is adjacent to the Buntrock Commons. You may park in any spot marked "Faculty/Staff/Visitor Parking." For the marathon on Sunday morning you may park right next to the Tostrud Center. We suggest that you go to stolaf.edu and access the campus map to orient yourself to both the Buntrock Commons and the Tostrud Center. You do not need a parking pass for your Zoom! Yah! Yah! Indoor Marathon adventure!

Q – Is the Zoom! Yah! Yah! Indoor Marathon course certified?
A – Yes! The Zoom! Yah! Yah! Indoor Marathon Course was USAT&F certified on 7/17/2007 (MN-07026-RR)

Q – Is the Zoom! Yah! Yah! Indoor Marathon a Boston Marathon Qualifier?
A – No! Although we are a USAT&F certified marathon, Boston has a regulation (we named it the Randy Peterson Rule) denying indoor marathon qualifying times. Run with us on 1/12/2014 and meet Randy Peterson, the Zoom! Yah! Yah! Indoor Marathon Men's Champion in 2006, 2007, 2008 and 2012, and as far as we know, the only person ever allowed to run Boston using an indoor marathon qualifying time!

Q - How is the marathon contested?
A - The marathon will consist of 150 laps on the upstairs 282 meter running track. Runners will change directions every 30 minutes. (Each runner will complete the lap he/she is on before changing direction.)

Q - Will runners receive splits?
A - There will be a large display clock at the START-FINISH line displaying times during the entire marathon. You will run by this clock every lap. In addition, members of the St. Olaf Women's Track & Field Team will be recording everyone of your lap splits on your "Finisher's Certificate". Because each mile is 5.7 laps and because we change directions every 30 minutes, we are unable to post actual mile markers.

Q – Will there be a medical coverage on site?
A – Yes, we will have on-site medical coverage at the 2014 Zoom! Yah! Yah! Indoor Marathon and access to a 911 Emergency Response Team from the Northfield Hospital. All runners will be required to complete an emergency medical information form before the start of the marathon that lists any/all conditions and/or possible problems that they have. This could be very valuable to our doctor in the event that you need medical assistance.

Q - What about spectators?
A – Spectators are welcome and you may bring your support team! The St. Olaf Women's Track & Field Team will be recording your time after each lap and offering unbelievable encouragement. Also, since you will be running by the spot where your personal support will be standing every 282 meters, you will receive all the support you need!

Q – Can I have friends run part/all of the marathon with me?
A – No! We expect to have a full field of 44 runners and extra bodies on the track will just make it harder to pass/go around other runners. We do reserve the right however, to allow runners when running their final (150th lap) to have someone run with them.

Q – What can we expect as far as "weather" is concerned?
A – The temperature will be 56-62 degrees and we will guarantee that it will not rain, snow, sleet or hail and that there will be no wind! That being said, the air will be relatively dry and you will be running in low humidity. If you wear contact lenses you may want to have some eye-drops with you although we don't believe that this has been a problem in 2006, 2007, 2008, 2009, 2010, 2011, 2012 or 2013.

Q – Will every FINISHER receive a shirt?
A – Yes, all finishers will receive a "2014 Finisher" shirt at the conclusion of his/her marathon.

Q - Will there be port-a-potties on the course?
A – No! But there are large restrooms 60 meters from the track…no waiting in line at the Zoom! Yah! Yah!

Q – Will there be music?
A – Yes, music will be played through the Tostrud Field House sound system during the entire marathon.

Q – How does changing direction every 30 minutes work?
A – At the 30, 60, 90, 120, etc. minute mark we will place a large orange traffic cone in the middle of the track on the Start-Finish line. You will complete the lap that you are on. As you run past the cone you will turn and change direction and then continue running in lane 3 until you have passed all incoming (remaining) runners.

Q – Is there a time limit?
A – No! The marathon begins at 6:30 AM and the running track will be closed until 12:00 noon (5:30 hours). At 12:00 noon the track will be open to the St. Olaf College Community so there may be runners/walkers on the track at that time. We will continue to count laps and record times until everyone is finished.

Q – What kind of replacement fluids and "food" will be at the aid stations?
A – You are expected to bring your own bottles of replacement fluid. We ask that you use a bottle as we believe that this will result in less spillage onto the running track than if you were to use a cup. You may carry your bottle or leave it on any of four tables located on the running course. There are also 2 water fountains located adjacent to the course. You are also expected to provide your own "fuel"…GU, bagels, bananas, M&M's, etc. as you know what you want to eat.

Q – Will there be showers available after I finish?
A – Yes, you may shower in the Field House when you finish. We will supply those who are flying in/out of Minneapolis/St. Paul with a clean towel if you would like one. Please let us know ahead of time (by e-mail) if you would like us to provide you with a towel. Runners who are coming into Northfield via a car are expected to bring their own towel.

Q – Are there motels in the area?
A – Yes, we have several motels in Northfield to accommodate you: AmericInn (2 miles from the Field House) 507-645-7761; Archer House (a historic river hotel 1.50 miles form the Field House) 507-645-5661; Country Inn & Suites (1 mile from the Field House) 507-645-2286; America's Best Value Inn & Suites (formerly Super 8) (2.5 miles from the Field House) 507-663-0371; Froggy Bottoms River Suites (1.25 miles from the Field House). Also, there are literally hundreds of motels in the Greater Twin Cities metro area.

Q - How far is Northfield from the Minneapolis-St. Paul (MSP) International Airport?
A – The Minneapolis-St. Paul International Airport is 38 miles from Northfield.

Q – Where/when is Packet Pick-up?
A – Packet Pick-up will be between 4:30 PM to 6:30 PM in the Buntrock Commons on Saturday night **and** at the Tostrud Field House beginning at 5:30 AM on race morning.

Q – Will there be a pre-marathon dinner on Saturday night?
A – Yes, the Pre-Marathon Dinner begins at 5:00 PM (following Packet Pick-up that begins at 4:30 PM) in the St. Olaf College Dining (**Buntrock Commons**) Hall. The cost of the marathoner's meal is included in the 2014 registration fee. The cost of additional tickets for friends/family is currently $10.95. This includes all taxes/gratuity. The dinner will be an all-you-can-eat buffet and includes several entree' selections plus a large choice of salads, vegetables, deserts and beverages. St. Olaf does not serve/allow alcoholic beverages on campus. **We honestly believe that this is the best pre-event dinner that you will find on the marathon circuit!**

Q – Is there a Zoom! Yah! Yah! Indoor Marathon Expo?
A – Yes and …….No!...at least not a "BIG" Expo! We will sell Zoom! Yah! Yah! hats and other clothing items and the Northfield Running Club " Band of 10,000 Aches" t-shirts on Saturday from 4:30 PM-7:00 PM and at the marathon on Sunday morning. Hopefully you will be able to join us at this time to pick-up your packet and meet old and/or new friends.

Q – Will we have an opportunity to run on the "marathon course" prior to race morning?
A – Absolutely! The "marathon course" in the Tostrud Field House will be open for you to warm-up on from 2:00 PM to 3:30 PM on Saturday, January 11. This will give you time to be at the packet pick-up at 4:30 PM.

Q – Are head-sets, baby-joggers or pets allowed while running?
A – No. Due to the limitation of the facility we do not allow head-sets, baby-joggers or pets. We do have music played the entire time through the Tostrud Field House sound system.

Q – When I run an outdoor marathon there are plenty of places to spit if I need to. Will I be able to spit in the Zoom! Yah! Yah! Indoor Marathon?
A – This is a great question, and YES, you will be able to spit. There is a large trash receptacle located in every corner available for spitting (4 total). Please use these and refrain from spitting on the track.

Q – Do you have an elevation chart?
A – Absolutely! As you will see below, there are no elevation changes: 1012 feet above sea level the entire race!

1012 feet-----.--.--.-.--.--.--.--.--.-.---.---.---.---.----.---.---.----.---.---.---.---.---.----.---.---.----.--.-----1012 feet
Start–1-2–3–4–5–6–7–8–9–10–11–12–13–14 –15–16–17–18-19–20–21–22–23–24–25–26–Finish

Q – How many runners have completed the Zoom! Yah! Yah! Indoor Marathon from 2006 - 2013?
A – In 2006 we offered both a half-marathon and a full marathon with 5/5 men and 2/2 women finishing the half-marathon and 8/8 men finishing the full marathon. Beginning in 2007 we offered only a full marathon race and we had 21/22 men and 6/6 women finishers. In 2008 we increased our field size and we had 32/32 men finishers and 9/9 women finishers. In 2009 we had 29/30 men finishers and 10/10 women finishers. In 2010 we had 36/37 men finishers and 5/5 women finishers. In 2011 we had 29/32 men finishers and 10/11 women finishers. We had 30/32 men finishers and 14/14 women finishers in 2012 and in 2013 we had 32/32 men finishers and 10/10 women finishers. To date we have had a total of **281 finishing times** (134 men/217 times and 57women/64 times).
Dan Kasper (Northfield, MN) is the only runner to have finished all 8 Zoom! Yah! Yah! Indoor Marathons.

Q – Are most of the runners from Minnesota or do they come from many states?
A – In 2013 we had 42 finishers from 10 states. In the 8 years (2006-2013) that the Zoom! Yah! Yah! Indoor has been run, we have had runners/finishers from 29 states: 1) Alabama, 2) Arkansas, 3) California, 4) Colorado, 5) Delaware, 6) Florida, 7) Georgia, 8) Illinois, 9) Iowa, 10) Kansas, 11) Maryland, 12) Michigan, 13) Minnesota, 14) Missouri, 15) Nebraska, 16) Nevada, 17) New Jersey, 18) New York, 19) North Carolina, 20) North Dakota, 21) Ohio, 22) Oregon, 23) Pennsylvania, 24) South Dakota, 25) Tennessee, 26) Texas, 27) Virginia, 28) Washington, 29) Wisconsin, and Ontario, Canada and Madrid, Spain. We want to have all 50 states represented! Please join us!

Q – What are the Zoom! Yah! Yah! Indoor Marathon Course Records and Age-Group Records?
A – The men's course record is held by Christopher Friedman (37) of Dunlap, IL who ran 2:42:32 in 2010 and the women's course record of 2:57:34 was run by Nichole Porath (29) of Northfield, MN in 2013. This is the fastest time ever run by a woman in an indoor marathon!!

Age Groups	Men	Time	Women	Time .
18-29	Jeremiah Gibbons '09	(3:17:22)	Nichole Porath '13	(2:57:34 WR)
30-34	Albert Hung '11	(3:14:58)	Aya Takeichi '12	(3:39:40)
35-39	Christopher Friedman '10	(2:42:32)	Dera Niven '09	(3:37:57)
40-44	Ron Giles '10	(2:46:48)	Shawn Loy '13	(3:53:04)
45-49	Dan Kasper '08	(3:08:32)	Sue Abrahamson '12	(3:24:22)
50-54	Dan Kasper '09	(3:06:58)	Amy Yanni'08	(3:37:02)
55-59	Stan Hup '10	(3:24:19)	Lin Gentling '08	(4:03:00)
60-64	Dave Trefethen '11	(3:56:15)	Mary Lenari '12	(5:23:20)
65-69	Don Wright '07	(3:44:12)	Ardis Wright '07	(7:25:58)
70 & over	Paul Milo '12	(5:52:28)	None	

What pace will I need to run each lap to run a 3 hour marathon?...a 4 hour marathon?....a 5 hour marathon? You will need to average 72 seconds (1:12) per lap to run 3:00; 76 seconds (1:16) to run 3:10; 80 seconds (1:20) to run 3:20; 84 seconds (1:24) to run 3:30, etc. To run a 4:00 marathon you will need to average 96 seconds (1:36) per lap; to run a 5 hour marathon you will need to average 120 seconds (2:00) per lap and to run a 6 hour marathon you will need to average 144 seconds (2:24) per lap. In order to figure the pace you will need to run for a specific pace (i.e. personal best) multiply the total minutes by 60 and then add the additional seconds. Next, divide the total seconds by 150 and this will give you your lap pace in seconds.

Race Director's Comments: The 9th Annual Zoom! Yah! Yah! Indoor Marathon will take place on January 12, 2014. We believe that the first 8 editions of the marathon have been very successful and that all runners have enjoyed our event. Please read the past runners' comments on marathonguide.com and the Zoom! Yah! Yah! articles in the May, 2007 issue of Running Times and the May, 2008 issue of Runners World.

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