

Thirty-Three Frequently Asked Questions (FAQ)
2017 Zoom! Yah! Yah! Indoor Marathon Information Packet
Sunday, January 8, 2017 - 6:30 AM

This is your Zoom! Yah! Yah! Indoor Marathon Information Packet. There are 33 Frequently Asked Questions (FAQ), plus a comment by the Zoom! Yah! Yah! Indoor Marathon Director. We believe that these FAQ will answer 97.875 % of your questions. However, if you have a question that is not addressed in this section, please contact Dick Daymont.

Also, please keep this information handy as you will probably want to re-read this information if you run with us on January 8, 2017.

Q #1 – May I still send in a registration form and check after the August 31st deadline?

A – Yes. Registrations received after the August 31 deadline will be placed on the WAIT LIST in the order received. We typically go through 8-10 WAIT LIST registrations between September 1 and the date of the marathon. Please email Dick Daymont if interested to find how many are on the WAIT LIST.

Q #2 – Is there a qualifying time to enter?

A – Yes. In order to run in the 2017 Zoom! Yah! Yah! Indoor Marathon a runner will need to run a sub 6 hour marathon sometime between January 1, 2015 and December 31, 2016. (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 Fieldhouse 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 #3 – Will there be a lottery for 2017 as there was for 2016?

A – Yes. We will select the 44 person field for the 2017 Zoom! Yah! Yah! on September 1, 2016. Runners wanting to run with us in 2017 should send their registration so that it is received no later than August 31, 2016. However, we will accept registrations after August 31 and these runners will be added to the WAIT LIST.

Q #4 - Where is the Zoom! Yah! Yah! Marathon contested?

A - The Zoom! Yah! Yah! Indoor Marathon will be run in the Tostrud Fieldhouse 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).....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 view the campus map.

Q #5 – 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 will want to park right next to the Tostrud Fieldhouse. We suggest that you go to stolaf.edu and access the campus map to orient yourself to both the Buntrock Commons and the Tostrud Fieldhouse. There is no parking fee for your Zoom! Yah! Yah! Indoor Marathon adventure!

Q #6 – 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)

Peterson Rule) that **denies indoor marathon qualifying times**. Northfield runner and 3-Time Zoom! Yah! Yah! Indoor Marathon Champion Randy Peterson was, as far as we know, the only person ever allowed to run Boston using an indoor marathon qualifying time!

Q #8 - 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 #9 - 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 and Cross Country Teams will be recording every one 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 #10 – Will every runner receive a shirt and a finisher's medal?

A – All marathoners will receive a 2017 Zoom! Yah! Yah! Marathon shirt and all finishers will receive a 2017 Zoom! Yah! Yah! Indoor Marathon Finishers Medal and your Finishers Certificate.,

Q #11 – Will there be a medical coverage on site?

A – Yes, we will have on-site medical coverage at the 2017 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 #12 - What about spectators?

A – Spectators are welcome and you may bring your support team! Members of the St. Olaf Women's Track & Field and Cross Country Teams 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 #13 – 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 #14 – What can we expect as far as “weather” is concerned?

A – The temperature will be 54-66 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. However, we don't believe that this has been a problem in 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015 or 2016.

Q #15 - 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 #16 – Will there be music?

A – Yes, music will be played through the Tostrud Fieldhouse sound system during the entire marathon.

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 running in lane #1 and lane #2. 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 #18 – Is there a time limit?

A – No! The marathon begins at 6:30 AM and the running track will be open to only marathoners 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. However, we will continue to count laps and record times until everyone is finished.

Q #19 – 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 require 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 ‘corner’ aid stations located on the running course. There are also 2 water fountains (one water fountain has a bottle filler capability) located adjacent to the course. You are also expected to provide your own “fuel”...GU, bagels, bananas, M&M’s, chocolate milk, Gatorade etc. as you know what you want to eat.

Q #20 - 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 #21 – Will there be showers available after I finish?

A – Yes, you may shower in the Tostrud Fieldhouse 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 #22 – Are there motels in the area?

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

Q #23 – Where/when is Packet Pick-up?

A – Packet Pick-up will be between 4:30 PM to 6:30 PM in the Valhalla Room on the 3rd floor of the Buntrock Commons on Saturday night **and** at the Tostrud Fieldhouse beginning at 5:30 AM on race morning.

Q #24 – 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 3rd floor Valhalla Room of the St. Olaf College Dining (**Buntrock Commons**) Hall. The cost of the marathoner’s meal is included in the 2017 registration fee. The 2017 cost for additional tickets for friends/family is \$12.27 for adults and \$6.14 for children 5-12. 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. **This is the best pre-event dinner that you will find on the marathon circuit!**

Q #25 – Is there a Zoom! Yah! Yah! Indoor Marathon Expo?

A – Not really.....Due to the small size of our marathon, we do not have much as far as memorabilia, to offer. However, in addition to your Zoom! Yah! Yah! finisher’s medal, finisher’s certificate, marathon shirt, and a free ZYY luggage tag, we sometimes have hats and other clothing items available. Hopefully you will be able to join us at 4:30 on Saturday for the packet pick-up and pre-marathon dinner and to meet old and/or new friends. We will also have a drawing for door prizes at the dinner.

Q #26 – Will we have an opportunity to run on the “marathon course” prior to race morning?

A – Absolutely! The “marathon course” in the Tostrud Fieldhouse will be open for you to warm-up on from 2:00 PM to 3:30 PM on Saturday, January 7. This will give you time to be at the packet pick-up at 4:30 PM.

Q #27 – 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 Fieldhouse sound system.

Q #28 – 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 at all 4 corners (aid stations) for spitting. Please use these and refrain from spitting on the track or in either of the water fountains.

Q #29 – 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 #30 – How many runners have completed the Zoom! Yah! Yah! Indoor Marathon from 2006 - 2016?

A – In 2006 we offered both a half-marathon and a full marathon with 5 men and 2 women finishing the half-marathon and 8 men finishing the full marathon. Beginning in 2007, we offered only a full marathon race.

<u>Finishers by Year</u>	<u>Women Finishers</u>	<u>Men Finishers</u>
2006	0	8
2007	6	21
2008	9	32
2009	10	29
2010	5	36
2011	10	29
2012	14	30
2013	10	32
2014	10	30
2015	12	28
2016	10	28
11 years	96	303

To date we have had a total of **399 finishing times run by 254 different marathoners.** Dan Kasper (Northfield, MN) is the only runner to have finished all 11 Zoom! Yah! Yah! Indoor Marathon races.

Q #31 – Are most of the runners from Minnesota or do they come from many states?

A – In 2016 we had 38 finishers from 10 states. In the 11 years (2006-2016) that the Zoom! Yah! Yah! Indoor has been contested, we have had finishers from 32 states: 1) Alabama, 2) Arizona, 3) Arkansas, 4) California, 5) Colorado, 6) Connecticut, 7) Delaware, 8) Florida, 9) Georgia, 10) Illinois, 11) Iowa, 12) Kansas, 13) Louisiana, 14) Maryland, 15) Michigan, 16) Minnesota, 17) Missouri, 18) Nebraska, 19) Nevada, 20) New Jersey, 21) New York, 22) North Carolina, 23) North Dakota, 24) Ohio, 25) Oregon, 26) Pennsylvania, 27) South Dakota, 28) Tennessee, 29) Texas, 30) Virginia, 31) Washington, 32) Wisconsin, and Ontario, Canada and Madrid, Spain. We want to have all 50 states represented! Please join us!

Q #32 – What are the Zoom! Yah! Yah! Indoor Marathon Course Records and Age-Group Records?

<u>Age Group</u>	<u>Men/Year</u>	<u>Time</u>	<u>Women/Year</u>	<u>Time</u>
18-29	Jeremiah Gibbons (2009)	3:17:22	Nichole Porath (2013)	2:57:34
30-34	Eric Cogdill (2014)	2:51:58	Sarah Schettle (2016)	3:29:48
35-39	Christopher Friedman (2010)	2:42:32	Faith Korbel (2015)	3:14:21
40-44	Ron Giles (2010)	2:46:48	Anna Sanchez (2016)	3:49:28
45-49	Dan Kasper (2008)	3:08:32	Sue Abrahamson (2012)	3:24:22
50-54	Dan Kasper (2009)	3:06:58	Amy Yanni (2008)	3:37:02
55-59	David Hartz (2014)	3:14:49	Lin Gentling (2008)	4:03:00
60-64	Dean Christensen (2014)	3:51:29	Mary Lenari (2012)	5:23:20
65-69	Don Wright (2007)	3:44:12	Ardis Wright (2007)	7:25:58
70 & over	Tom Tudor (2014)	5:07:03	None	

Q #33 - What pace will I need to run each lap to run a 3 hour marathon?...a 4 hour marathon?...a 5 hour marathon?

A - 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 time, multiply the total minutes by 60 and then add any additional seconds. Next, divide the total seconds by 150 and this will give you your lap pace in seconds.

Race Director's Comments: The 12th Annual Zoom! Yah! Yah! Indoor Marathon is scheduled to take place on Sunday, January 8, 2017. We believe that the first 11 editions of the marathon have been very successful and that our runners have enjoyed our event. Please go to our website: zoomyahyah.com for additional information. Also, please read the past runners' comments on marathonguide.com.

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