

13th Annual Zoom! Yah! Yah! Indoor Marathon Registration Form

Sunday, January 7, 2018 – 6:30 AM

Tostrud Fieldhouse 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 Fieldhouse. Each runner will be assigned a member of the St. Olaf women's track & field/cross country team to count/record his/her laps. 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 8/31/2015 & 12/31/2017. We reserve the right to make exceptions based on individual circumstances.

Field Size: On Friday, September 1, 2017 we will draw 58 runners from the registrations that we have received. These 58 runners will be in the 2018 Zoom! Yah! Yah! If we do not have 58 registrations on September 1, we will add registrations as they are received until we reach 58 runners.

Cost & Lottery Registration: Marathoners wishing to run, need to complete a registration form and mail it with a check (**dated September 1, 2017**) for **\$80** so that it reaches the St. Olaf College Conferences and Events Office by **August 31, 2017**. On September 1, 2017 we will draw 58 registrations and these runners will be in the marathon. The **\$80** registration fee includes a ticket to the Saturday night pre-marathon dinner, a marathon shirt, a finisher's certificate, a finisher's medal, free access to hundreds of marathon photos that you may print at no cost, and many great memories!

Check payable to Zoom! Yah! Yah! and Mail to: St. Olaf College, Conference & Events, 1520 St. Olaf Ave, Northfield, MN 55057

T-Shirts & Medals: All runners will receive a 2018 Zoom! Yah! Yah! Indoor Marathon Shirt and finishers, a Finisher's 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 receive a unique ZYY award.

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

Questions: zoomyahyah.com.....or email Dick Daymont: dick@northfieldrunning.com or (612-702-7421)

2018 Zoom! Yah! Yah! Indoor Marathon Registration Form

Mail to: St. Olaf College, Conference and Events, 1520 St. Olaf 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# _____)