

# Partners

## Thurston County Food Bank

The Food Bank relies largely on community support. In-kind donations of food and volunteers are at the core of the annual budget. Community food drives keep the shelves stocked and volunteers keep the doors open. Administrative costs are kept to a minimum, accounting for less than five percent of the annual budget. The Thurston County Food Bank serves over 22,000 households and 49,000 people access the food bank annually, which accounts for roughly one-eighth of the Thurston County population.



**GUERRILLA★RUNNING**



The Evergreen State College  
Recreation and Athletics  
2700 Evergreen Parkway NW  
Olympia, WA 98505

## *2012 geoduck gallop 10k & half marathon*



*olympia, wa  
february 5 • 9am*

*hosted by  
the evergreen state college  
cross country teams*

# Event Information

## Date

Sunday, February 5, 2012

## Time

Half Marathon & 10k start at 9:00 am. Registration and packet pickup begin at 7:30 am. Race-day registration will close at 8:45 am.

## Location

The Evergreen State College campus. Registration and packet pickup will be in the Indoor Soccer Pavilion at the playfields. Parking is available in F lot (Overhulse and Driftwood) and the main parking lot (C-lot) off of the Evergreen Parkway main entrance. Visit [www.evergreen.edu/tour](http://www.evergreen.edu/tour) for more information.

## Course

The course will start and finish near the athletic fields behind the CRC Gymnasium and takes runners onto the rural roads and bike paths surrounding the campus and follows wide shoulders the majority of the race. The course will be well marked (including mile markers), monitored at intersections and will have water stations at certain points. To reduce encounters with the already minimal car traffic, there will be an out and back section in the last four miles of the course.

## Background

The original Geoduck Gallop was established in 1984, but only lasted through the following year. Formerly a pledge run/walk, in 2006 it was reinvented as a Half Marathon and a 10k road run/walk. The race was set up as a qualifying course for Evergreen track and field athletes wishing to run the standard for the NAIA National Championship Marathon and opened to the public. In six years, the run has brought in over \$2,000 of food donations for the Thurston County Food Bank.

# Entry Form

Please Check One: 10k \_\_\_\_\_ Half Marathon \_\_\_\_\_

NAME \_\_\_\_\_

AGE \_\_\_\_\_ (On 2/5/12) SEX: F \_\_\_ M \_\_\_ Comp# \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

T-SHIRT (\$10) SIZE: S M L XL

### Cost

- 10k: \$25 / \$20 with Food Donation
- Half-Marathon: \$35 / \$30 with Food Donation
- Please make checks payable to: **TESC Cross Country**
- T-shirts are \$10. Shirt sizes not guaranteed after early registration date. Some additional shirts will be available on race day for purchase at \$20 each.
- Early mail-in registration must be **received** by 1/26/12 or shirt size cannot be guaranteed.

### Waiver

In consideration of acceptance of this entry, I hereby for myself, my heirs, executors and administrators, assume all risk of injury, harm or damage to myself or others arising from my participation in this event and agree to hold harmless any sponsors, volunteers, The Evergreen State College and any persons associated with this event, against any liability, actions, claims and damages of any kind whatsoever. My signature verifies that I am physically fit and have sufficiently trained for the event and have full knowledge to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. If I am under 18 years of age, my parent-guardian must co-sign.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Mail Entries to:  
Evergreen Cross Country  
The Evergreen State College  
2700 Evergreen Pkwy NW - CRC 210  
Olympia, WA 98505

## Geoduck Gallop Food Drive

We are proud to announce that we will again be joining forces with the Thurston County Food Bank in an effort to address the issue of hunger in our area. **Each participant donating a minimum of four items of non-perishable food will receive \$5 off of their entry fee.** Entry fees will also contribute to the Evergreen Cross Country teams' fundraising efforts.

## Awards

10k & Half-Marathon -

- Top 3 overall male and female
- Top 3 in age group

Awards will start at 11:30 am

Age Groups: 0-15, 16-19, 20-24, 25-29, 30-34, 24-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

## Race Website

[www.evergreen.edu/athletics/crosscountry/geoduckgallop.htm](http://www.evergreen.edu/athletics/crosscountry/geoduckgallop.htm)

Contact Phone: 360.867.6741

Email: [dunnm@evergreen.edu](mailto:dunnm@evergreen.edu)

### Mail Entries To:

Evergreen Cross Country  
The Evergreen State College  
2700 Evergreen Parkway NW - CRC 210  
Olympia, WA 98505

Online registration for each race is available at:

[www.databarevents.com](http://www.databarevents.com)



**geoducks**  
the evergreen state college