

## Event Information

### Date

February 7, 2010

### Time

Half Marathon & 10k start at 9:00 AM. Registration and packet pickup begins 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 starts and finishes near the pavilion 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. To reduce encounters with the minimal car traffic, there will be an out and back section in the last 4 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 re-invented as a Half Marathon and a 10k road run/walk. The race was set up as a qualifying course for Evergreen Track and Field Team members wishing to run the standard for the NAIA National Championships Marathon and opened to the public. In three years the run has brought in over \$1000 of food donations for the Thurston County Food Bank.

## Entry Form

Please check one: 10k \_\_\_\_\_ Half Marathon \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

AGE \_\_\_\_\_ (On 2/7/2010) F \_\_\_\_\_ M \_\_\_\_\_

Cost – 10k: \$15.00 early / \$20.00 race day  
Half Marathon: \$20.00 early / \$25.00 race day

\* **T-shirts available as awards this year only and some may be available for purchase.**

- Please make checks payable to: TESC Cross Country
- Early mail-in registration must be received by 2/1/10 or race day fee applies.

Total \$ \_\_\_\_\_

Food Donations \_\_\_\_\_ - \$5.00 (If writing a check, adjust your total)

Amount \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_

### 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 Signature (if under 18)  
\_\_\_\_\_

## Benefits

Again we are proud to announce that we will be joining with The Thurston County Food Bank in an effort to address the issue of hunger in our area. **Participants donating a minimum of 4 cans\* of food will receive \$5.00 off of their entry fee.** Entry fee's will also contribute to the Evergreen Cross Country Team's fundraising efforts.

\*Canned food donations such as canned fruit or meat items (tuna fish, spam, chicken) are especially appreciated

## Awards

10k & Half Marathon - Top 3 overall male and female.

Half Marathon - Top 3 overall male and female and top 3 in age group.

Awards awards will start at 12:00 PM.

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

## Contact Information

360.867.6741

Or

360.867.6770

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

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

E-mail: [dicksonc@evergreen.edu](mailto:dicksonc@evergreen.edu)

Online Registration Available at:  
**Active.com**

**The Evergreen State College**

## 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 5 percent of the annual budget. The Thurston County Food Bank serves over 22,000 households annually. 49,000 people accessed the food banks in 2005, roughly one eighth of Thurston Counties population. Half of those helped were children.

#### Philosophy

We believe that the hungry must be fed in an atmosphere of neighbor helping neighbor.

#### Mission

It is the mission of the Thurston County Food bank to eliminate hunger within our community.

#### Core Values

Responsibility. Service. Compassion. Integrity. Partnership.

#### Thurston County Food Bank

[www.thurstoncountyfoodbank.org/](http://www.thurstoncountyfoodbank.org/)



#### South Sound Running

The South Puget Sounds oldest specialty running store.

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



#### Club Olympia

Olympia, WA running club open to all ages and abilities.



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

# 2010

# GEODUCK GALLOP 10K & HALF MARATHON



OLYMPIA, WA  
FEBRUARY 7TH • 9 AM

HOSTED  
BY  
THE EVERGREEN STATE COLLEGE  
CROSS COUNTRY TEAMS