

# Coaching Staff

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## Craig Dickson

- ✦ Evergreen State College Head Cross Country and Track & Field Coach
- ✦ 8-Time NAIA All-American
- ✦ Olympic Marathon Trials Qualifier
- ✦ USATF Level I Certified Coach



## Miguel Galeana

- ✦ 2-Time NCAA All-American
- ✦ US Championships Qualifier



## Rich Brown

- ✦ Local High School Head Cross Country and Track & Field Coach
- ✦ Olympic Marathon Trials Qualifier
- ✦ Licensed Massage Therapist



**CLUB OLYMPIA**  
4110 Shale St. S.E.  
Lacey, WA 98503



# A Running Club

Membership Information  
And  
Sign-up



## Our Goal:

Club Olympia was born by a group of runners who realized that the greater Olympia area offers great local running events, an excellent specialty running shop and a wealth of active runners in the area, but lacked a centralized running organization. It is their dream that resulted in the formation of a local running club.

In addition to year-around organized runs club members will also have access to knowledgeable coaches, a variety of affordable race options, local race info, results and more!

## Member Benefits:

- Weekly Runs
- Local Races
- Discount to members on Club Oly Events
- Newsletter
- Team Apparel Offered
- Social Events

## Event Schedule

Club Oly welcomes members to join them for weekly group runs, led by their staff of qualified local coaches, it's a great opportunity to meet and run with others, no matter what their ability.

### Mid-week Runs

Wednesday evening runs around Capitol Lake (5 miles).

6:00 pm runs starting at Marathon Park.

### Post-run Socials

Once a month we will be inviting members to join us after our nightly run for social hour.

### Weekend Warrior

Sunday 8:00 am long runs, ranging from 8-12 miles, starting at Marathon Park

## Also Available:

Our knowledgeable coaches have both coaching and competitive experience at nearly every level of competition, and are available for personal coaching for a nominal fee.

## Membership Form

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone (Day): \_\_\_\_\_

(Eve): \_\_\_\_\_

Email: \_\_\_\_\_

## Annual Membership Dues:

**Single** \$35

**Family** \$60  
(Two or more members  
living at the same address)

Total \_\_\_\_\_

**Waiver:** In consideration of my membership in Club Olympia, I hereby for myself, my heirs and executors understands the inherent risks involved that may arise from my participation in this club and club related events and hold harmless all persons, sponsors, volunteers, Club Olympia and organizations against any liability, actions, claims and damages of any kind. My signature verifies my understanding of the above and I hereby agree to these terms.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian Signature (If under 18) \_\_\_\_\_

Date \_\_\_\_\_

Make Checks Payable to: Club Olympia

**Club Olympia**

c/o: Rich Brown

4110 Shale St. S.E.

Lacey, WA 98503

Email: cluboly@hotmail.com