

“GROUNDPOUNDER” ENTRY TO MARINE CORPS MARATHON 2019

In Honor of Mel Williams, MCM Groundpounder

Would you like the opportunity to run the 2019 Marine Corps Marathon (MCM) in honor of Mel Williams? The Marine Corps Marathon organization has graciously provided the Tidewater Striders with one guaranteed entry into the Marine Corps Marathon in honor of Mel Williams. The Tidewater Striders will pay for the entry of the selected runner. This entry is an opportunity for a Tidewater Strider to honor the significant influence Mel had on so many in, and beyond, the running community and to inspire continued dedication to wellness, fitness and good fellowship.

To apply for this guaranteed and paid entry to Marine Corps Marathon 2019, applicants must meet the following criteria:

- Have been a Tidewater Strider in good standing for the past two years (from date of the application)
- Demonstrated involvement with Tidewater Striders to include competition and volunteerism
- Include in the application a brief description of how your life was influenced by Mel Williams, and why you want to run the MCM
- Commit to providing training status/blurbs updates during the year and a short article after the race event about their experience to the Communications Director for distribution.

Application Form for Guaranteed Entry to Honor Mel Williams

Marine Corps Marathon 2019

Applications to be submitted no later than **December 8, 2018** by:

- a) Email to Rob Levinsky at rob.levinsky@cox.net, or
- b) Snailmail to: Groundpounder Guaranteed MCM 2019 Entry, 1949 Grayfalcon Drive, Norfolk, VA 23518

Chosen recipient will be informed in early January 2019 and will be invited to attend the Tidewater Striders Banquet to receive the honor in February 2019.

1. Name (last, first, MI):
2. Date application submitted:
3. Current address (number, street, city, state, zip code, country):
4. E-Mail address:
5. Phone number w/ area code:
6. Gender:
7. Date of Birth (mm/yyyy):
8. Month/Year joined Tidewater Striders:

9. Strider Competition (Name of events, dates in the past 2 years):

10. Strider Volunteerism (Name of events, dates, and your involvement in the past 2 years):

11. Description of how your life was influenced by Mel Williams and why you want to run the MCM (Use additional pages as needed):