

“GROUNDPOUNDER” ENTRY TO MARINE CORPS MARATHON 2019

In Honor of Mel Williams, MCM Groundpounder

Would you like the opportunity to run the 2020 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 2020, 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 2020

Applications to be submitted no later than **December 8, 2019** by:

- a) Email to Tom Murphy at tmurphy@vbgov.com, or
- b) Snailmail to: Groundpounder Guaranteed MCM 2020 Entry, 2302 Dorian Court, Virginia Beach, VA 23454

Chosen recipient will be informed in early January 2020 and will be invited to attend the Tidewater Striders Banquet to receive the honor in February 2020.

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:

