

TIDAL BASIN RUN

Membership Form

Tidal Basin Run conducts monthly 1500m, 3K, and 5K runs at Bluemont Park 329 North Manchester Street, in Arlington VA, the third Wednesday of every month.

11:45 AM sign in, 12:00 noon 1500m, 12:15 PM 3000m and 5000m

Tidal Basin Run conducts other races and activities to promote long-distance running.

In past years, we conducted marathons on indoor and outdoor tracks,

and we conduct very low-key 5Ks at various parks in Arlington around the time of national holidays

Tidal Basin Run's members assist with its activities and meet at least once a year in December to elect directors.

Tidal Basin Run is a member of Road Runners Club of America.

To join Tidal Basin Run, please fill out this application and mail it to

Tidal Basin Run

c/o James Scarborough, treasurer

PO Box 545, McLean VA 22101

I apply for 2024 membership in Tidal Basin Run.

☐ Enclosed is my check for \$10, payable to Tidal Basin Run

I support the mission of Tidal Basin Run, and I want to contribute to its future activities.

Signature

Name _____

Address _____

City _____ State ____ Zip _____

Phone(s) _____ Fax _____

E-mail _____

Skills: _____

Interests: _____

Gender: ____ M/F Date of Birth ____ - ____ - ____ (mm-dd-yyyy)

Optional: I will serve as volunteer in the month of _____, _____

☐ Please add me to Tidal Basin Run's announcements-only e-mail list