

- 1) Go to www.usatf.org
- 2) Select Products and Services -> Individual Memberships

- 3) Go to Register or renew online!
- 4) Fill in form – decide if you want a one year or multi year membership.
- 5) Under USATF-Registered Club, enter 382 (for US Coast Guard).
- 6) You can choose your own Sport Code interests (will be listed in your profile) and you want to choose Athlete as your Membership Category (unless you know otherwise).