



### **Indiana TEAM BEEF APPLICATION**

Thank you for your interest in the Indiana Beef Council's running team. Indiana Team BEEF is a local community of runners and health enthusiasts who recognize the nutritional benefits of lean beef and the vital role this high-quality protein plays in their training. Athletes of all experience levels are encouraged to participate. As each member strives to reach his or her goals, the Indiana Beef Council is excited to cheer them on and support their activities.

#### **Benefits of Indiana Team BEEF:**

- An Indiana Beef Council Team BEEF running jersey for team members.
- Educational information via email including recipes, fitness tips, etc., from the Indiana Beef Council.
- Reimbursement assistance for race entry fees up to \$100 annually. Reimbursement assistance is only available for the approved list of sponsored races.

#### **Expectations of Indiana Team BEEF member:**

- Understand and believe in the nutritional benefits of lean beef and the vital role it plays in a healthy diet.
- Serve as positive role model for lean beef.
- Actively spread the word and help educate people who seek information about lean beef, including in your social networks such as Facebook, Twitter or a blog.
- Participate in the Indiana Team BEEF nutrition orientation webinar and share that information with others.
- Participate in at least one of the approved sponsored races listed wearing the Indiana Team BEEF jersey throughout the duration of the race.

#### **Approved list of sponsored events:**

- May 7th – OneAmerica 500 Festival Mini-Marathon- Downtown Indianapolis, IN
- May 14th- Dances with Dirt, Gnaw Bone- Mike's Music & Dance Barn in Nashville, IN
- July 9th- Spartan Indiana Sprint- Perfect North Slopes in Lawrenceburg, IN
- September 10th- Warrior Dash - Tom's Marine in Crawfordsville, IN
- September 24th – Mill Race Marathon- The Commons in Columbus, IN

#### **How to Become Part of Team BEEF:**

- Fill out the Team BEEF application.
- Review the Team BEEF Webinar.

Please complete the following information, save and return this application to Cory Marlin at [cmarlin@indianabeef.org](mailto:cmarlin@indianabeef.org) by April 1st. Space on the team is limited and not all applicants will be placed on the team.



### Contact Information

Name (First Last): \_\_\_\_\_

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

(Street Address/Box Number City State Zip Code)

E-mail address \_\_\_\_\_

Phone number \_\_\_\_\_ (Circle one: Home Work Cell )

### General Background

Today's Date: \_\_\_\_\_

Referred by: \_\_\_\_\_

What role does beef play in your training regimen? \_\_\_\_\_

How many running events did you participate in last year? \_\_\_\_\_

\_\_\_ # of Marathons \_\_\_ # of Half marathons \_\_\_ # of 10Ks \_\_\_ # of 5Ks

\_\_\_ # of Other events

How many running events are you planning to participate in this year? \_\_\_\_\_

\_\_\_ # of Marathons \_\_\_ # of Half marathons \_\_\_ # of 10Ks \_\_\_ # of 5Ks

\_\_\_ # of Other events

Do you maintain a Facebook profile? Y N

Do you maintain a Twitter handle? Y N

Do you maintain a Blog? Y N If so, please share the address:

Would you be willing and available to participate in the following activities?

\_\_\_ Social Media (Facebook, Twitter or Blog)

\_\_\_ Media interviews

\_\_\_ Letter-to-editor (newspaper/magazine)

Do you have any previous experience with:

\_\_\_ Media interviews

\_\_\_ Letter-to-editor submissions

Would you be willing to be photographed while participating with Team Beef? Y N

What is your occupation? \_\_\_\_\_

Are you interested in volunteering to facilitate training runs, car pools or social gatherings? Y N

Jersey Size

Men's \_\_\_ Women's \_\_\_