

**2023 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 $150 annually. Reimbursement assistance is only available for the approved list of sponsored races. Email receipts for reimbursements.

**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, Instagram, 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:**

* April 8rd – Carmel Marathon- Carmel, IN
* May 6th – OneAmerica 500 Festival Mini-Marathon- Downtown Indianapolis, IN
* June 10th  – Beck’s Hybrid 5k – Atlanta, IN
* July 8th - Spartan Sprint- Notre Dame, IN
* September 30th  – Fort 4 Fitness – Fort Wayne, IN
* October 21st -  Purdue Boilermaker Half-Marathon & 5k - West Lafayette, 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 Emma Melcher at emelcher@indianabeef.org by March 13th.  Space on the team is limited and it’s possible that 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Check one: Home\_\_\_  Work\_\_\_  Cell\_\_\_  )

**General Background**

Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Does beef play a role in your training regimen? Y\_\_\_   N\_\_\_

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 have an Instagram 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? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jersey Size\_\_\_\_\_\_\_\_

Men’s \_\_\_\_\_ Women’s \_\_\_\_\_