

2018 KENTUCKY TEAM BEEF - RUNNING TEAM APPLICATION

Thank you for your interest in running for Kentucky Team Beef, sponsored by the Kentucky Beef Council. Team Beef members understand and believe in the nutritional benefits of lean beef and the vital role it plays in training, and they share their love of beef with family and friends.

Joining the team is free. Our team is open to runners of all abilities, ages and background. From them novice to the elite, as long as you enjoy the great taste of meaty rubs, juicy hamburgers and a great steak grillin' on the BBQ, you can join Team BEEF.



Benefits of Kentucky Team Beef:

- A Kentucky Team Beef jersey for new team members; I Heart Beef T-Shirt for returning members or another Team Beef item.
- E-newsletter with recipes, fitness tips, etc., from Kentucky Beef Council
- Reimbursement for race entry fees up to \$100 annually from the approved event list.
- Opportunities for cooking classes, farm tour, meat case crash, etc.

Expectations of Kentucky Team Beef member:

- Be a resident of KY
- Understand and believe in the nutritional benefits of lean beef and the vital role it plays in training.
- Serve as positive role model for lean beef and actively spread the word and help educate people about lean beef, including in your social networks such as Facebook, Twitter or a blog.
- Participate in Team Beef educational event or fulfill requirement
- Participate in one promotion/education event to advocate for Kentucky Team Beef
- Complete all necessary paperwork
- Complete at least one approved race in a KY Team Beef jersey

FREQUENTLY ASKED QUESTIONS

What is Team BEEF? Team BEEF is a group of beef-eating runners who believe in the power of protein. We demonstrate that beef gives us the strength and nutrients needed to cross the finish line by participating in running events in Kentucky. We eat beef, run and we have fun.

How does Team BEEF work? All members must participate in a team orientation/webinar once per season. Members will also be required to participate in one promotion/education event such as a race expo, food show, KY State Fair, classroom, etc. Then members run in an approved race(s), submit the receipt and reimbursement form to KY Beef Council for up to \$100.

How can I join Team BEEF? There are 50 spots for KY Team Beef. Spots are reserved on a first-come, first-serve basis. To join simply complete the attached form and submit it to the Kentucky Beef Council. Participate in the team orientation and you're on your way. Upon receipt and approval of your application the Kentucky Beef Council will contact you with additional information.

Are there any requirements to be on Team BEEF? Yes. You must eat beef, be a resident of KY, watch the *Farmland Film* and write a short reflection, participate in one promotion/education event, complete the necessary forms, and complete one of the approved races on the list.

Are there team workouts and are they mandatory? No.

What if I am not a very fast athlete or what if I am downright slow? Not to worry. Eat beef and you'll be fueled for the finish.

How do I stay involved? There will be KY Team BEEF Facebook group page that will allow you to meet your fellow teammates, share information and see the list of upcoming races. We'll also post info on the Kentucky Beef Council website, www.kybeef.com.

Can KBC sponsor me or my cause? KBC is not able to sponsor team or individuals due to the sheer request we receive. However, you may use your \$100 reimbursement toward a sponsorship or fundraiser if that is how you choose to use it.

Can you wear your jersey in practice or other races? Absolutely! You are welcome to wear your jersey during practice or other races, however, KBC is only able to reimburse you for the approved races on the list or if the race is the runner's choice (in the state of KY) or more than 10 Team Beef Members are participating in the race.

Are there Team Beefs in other states? Several other states have Team Beef. However, their regulations, reimbursements, etc. may be different from KY. You are welcome contact them. Contact KBC for more information.

What if I still have questions? - Don't hesitate to contact the KY Team BEEF headquarters at the Kentucky Beef Council. Phone (859) 278-0899 during normal business hours.

2018 Kentucky Team Beef Application



Contact Information

Name: _____
Address: _____
E-mail address _____
Phone number _____ (Circle one: Home Work Cell)
What is your occupation? _____

General Background

Today's Date: _____
Referred by: _____
Returning Team Beef Member? Y or N If yes, do you plan to purchase a new jersey? Y or N

What role does beef play in your training regimen?

What is your favorite beef cut or recipe and why?

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 If yes, what is your Twitter Handle?
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)

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

What races you would like to suggest to be considered for an approved Team Beef race? If so what is the date(s)?

What is the best time for activities? Would you be interested in attending any of the following:
Weekday Daytime Farm Tour Cookout
Weekend Evening Cooking Class Other:

NEW MEMBERS
Jersey Size Jersey Preference
Men's Women's T-Shirt Tank

RETURNING MEMBERS
T-Shirt Size (Unisex) Please circle
S M L XL 2XL

Complete Form And Send To:

Team Beef - Kentucky Beef Council
176 Pasadena Drive
Lexington, KY 40503
Fax: 859-260-2060 Email: asmith@kycattle.org



QUESTIONS? Contact
Kentucky Beef Council
at (859) 278-0899

For Official Use Only: Date Received: Approved:
Received Waiver Participated in Webinar/Orientation
Received Webinar Quiz Volunteer Event
Sent Jersey/Packet Other: