

2015 TEAM BEEF APPLICATION

Thank you for your interest in the Missouri Beef Industry Council's Team Beef! Athletes of all experience levels are encouraged to participate in running events. Team 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.

Benefits of being a member of the Missouri Team Beef:

- A Missouri Beef Council "Team Beef" jersey for team members.
- E-newsletter with recipes, fitness tips, etc., from the Missouri Beef Industry Council
- Reimbursement for race entry fees up to \$100 annually from the approved event list.

Expectations of a Missouri Team Beef member:

- 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.
- 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 beef nutrition webinars and Missouri Team Beef orientation and share that information with others.

Please complete the following information.

Submit your completed application to:

Taylor Tuttle Missouri Beef Industry Council Beef Industry Affairs Coordinator 2306 Bluff Creek Drive Columbia, MO 65201 <u>teambeef@mobeef.com</u> Phone: 573.817.0899 Fax: 573.817.0889

Contact Information

Name:

| | First | Last | | |
|--|------------------------------|---------------------------|-----------|----------|
| Address: | | | | |
| | reet Address/ PO Box | City | State | ZIP Code |
| Email Address: | | | | |
| Phone Number: | | (Check One): | Cell Work | Home |
| Referred by: | | | | |
| What role does | beef play in your training i | egimen? | | |
| | | | | |
| Why is becomin | g a member of Team Beef | important to you? | | |
| | | | | |
| How many runn | ing events did you particip | ate in last year? | | |
| # of Marathons: # ½ Marathons: # of 10Ks: # of 5Ks: # of Other event | | | | |
| How many runn | ing events are you plannir | g on participating in thi | s year? | |
| # of Marathons: # ½ Marathons: # of 10Ks: # of 5Ks: # of Other event | | □ Yes □ N | 0 | |
| | | | - | |

| Do you maintain a Twitter handle? |
|---|
| Do you maintain a blog? Yes No If yes, 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 submissions |
| Do you have any experience with: Media interviews Letter-to-editor submissions |
| Would you be willing to be photographed while participating Yes No with Team Beef? |
| What is your occupation? |
| Would you be interested in volunteering to facilitate training runs, Yes No car pools, or social gatherings? |
| What is the best time for orientation? Weekday Daytime Weekend Evening |
| Jersey Size Women's Men's |