

Beef Running Team

Thank you for your interest in running for Team BEEF, sponsored by the Idaho Beef Council. Team BEEF members recognize the nutritional benefits of lean beef and the vital role this high-quality protein plays in their training. As each member strives to reach his or her goals, the Idaho Beef Council is excited to cheer them on and support their activities.

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



TEAM MEMBER REQUIREMENTS

- Must eat beef
- Must be a resident of Idaho
- Must be 18 or older
- Must attend an Idaho Beef Council Team Beef orientation meeting or webinar once per running season

TEAM MEMBER BENEFITS

- Team members will receive the exclusive Team BEEF moisture-wicking running jersey
- You'll receive sports nutrition training, fitness tips and other helpful information
- Reimbursement for race entry fees for select Idaho runs/races

FREQUENTLY ASKED QUESTIONS

What is Team BEEF? - Team BEEF is a group of beef-eating athletes 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, cycling and triathlon events in Idaho. We eat beef and we have fun.

How does Team BEEF work? - All members have to participate in a team orientation/webinar once per running season. This will give us time to give you some background about us, how the program works and great beef nutrition tips you can share with your fellow runners. Plus, you'll get a chance to meet other team members.

How can I join Team BEEF? - Simply complete the attached form and submit it to the Idaho Beef Council. Participate in the team orientation and you're on your way. Upon receipt of your application the Idaho Beef Council will contact you with upcoming orientation dates.

Are there any requirements to be on Team BEEF? - Yes. You must eat beef.

Are there team workouts and are they mandatory? - Nope.

What if I am not a very fast athlete or what if I am downright slow? - Not to worry. Eat beef and you'll improve.

How do I stay involved? - There is a 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 Idaho Beef Council website.

What if I still have questions? - Don't hesitate to contact the Team BEEF headquarters at the Idaho Beef Council. Phone (208) 376-6004 during normal business hours.

Check out the Team BEEF Facebook page for Team photos and a list of events

