

Team Metro Housing

123rd Boston Marathon – Monday, April 15, 2019

DISTANCE: 26 miles, 385 yards (42.195 Kilometers)

ENDING HOMELESSNESS BEGINS WITH YOU

The John Hancock Marathon Non-Profit Program has generously awarded non-qualified runner entries for the 2019 Boston Marathon to Metro Housing|Boston (Metro Housing). This is the world's oldest annual marathon and ranks as one of the most prestigious road racing events in the world. Metro Housing will select five runners, each of whose experience in both running and fundraising will make them most likely to succeed.

Metro Housing is a leading nonprofit with 35 years' experience connecting the residents of Greater Boston with safe, decent homes they can afford. Metro Housing is also the state's largest regional provider of rental assistance, serving persons with disabilities or mental illness, the elderly, and households with very low incomes in Boston and 29 surrounding communities. The financial support we receive from the Boston Marathon Program ensures that we are able to continue providing services to those who need our help.

Benefits of being a member of Team Metro Housing:

- A 16–18 week training program for runners.
- Regularly scheduled team runs.
- Team meetings and support.
- Team gear.
- Fundraising assistance and promotional/information materials about Metro Housing.
- Partnership with a John Hancock event and fundraising page on Crowdrise.
- Incentive awards for achieving fundraising goals.

Application process:

1. Prospective runners complete the application, which includes questions about running experience, fundraising experience, and their desire to run for the Metro Housing team.
2. Runners sign off on selection and participation criteria, agreeing to raise a minimum of \$6,500, which will be charged to their credit card if they are unable to raise it by May 31, 2019.
3. All applications are due by **Friday, October 19, 2018** as we anticipate spaces will be filled quickly. We plan to confirm final selection of runners by **Tuesday, October 23, 2018**. Up to two alternate runners will be selected in case a primary runner withdraws him/herself from the team.

**Because of the highly competitive nature of the marathon program, the strongest applications set goals to raise a minimum of \$8,000 or more, and demonstrate the ability to achieve that goal.*

Questions? Contact Carla Beaudoin, carla.beaudoin@metrohousingboston.org or 617.425.6679.

Team Metro Housing

Selection and Participation Criteria

General information: Metro Housing has five (5) guaranteed race entries for the 2019 Boston Marathon. These numbers will be assigned to runners based on each applicant's responses on the Metro Housing application. We will consider runners who are time-qualified.

How to apply:

1. Read and agree to Metro Housing selection and participation criteria.
2. Complete and return your application with photo as soon as possible by **Friday, October 19, 2018**.

Team selection: Applications are reviewed and considered carefully, including fundraising goals and experience, running experience, and ability to train and complete a marathon. ***SELECTED RUNNERS WILL BE REQUIRED TO ATTEND TEAM ORIENTATION ON NOVEMBER 7, 2018.**

Wait list: During the selection process, a wait list for Metro Housing's race entries will be selected. If a team member withdraws from the race by the cancellation deadline **January 4, 2019**, a wait-listed runner will receive a race entry and will be responsible for the fundraising minimum of \$6,500. *Wait-listed runners are invited and encouraged to attend all team meetings and training sessions.*

Fundraising requirements for accepted applicants

Minimum: \$6,500

A nonrefundable deposit of \$365 will be charged to your credit card if you are accepted onto the team and choose not to pay by check. This payment will be used for your race application fee and does not count toward your fundraising minimum.

Personal accountability: Credit card information (MasterCard, Visa) valid through July 2019 will be required from all accepted applicants. ATM/debit cards are not accepted. Credit card information is completely secure and strictly confidential. The credit card will be billed on May 31, 2019 for any balance due to reach the fundraising minimum.

Cancellation deadline: After **January 4, 2019**, each participant allotted one of Metro Housing's race entries is responsible for raising the minimum of \$6,500, even if the participant is no longer able to train for and/or run the marathon. You will not be responsible for the fundraising minimum if, after accepting a spot on the team roster, you notify Metro Housing in writing by **January 4, 2019**, that you will be unable to train for and/or run the Marathon on April 15, 2019. **Your \$365 race fee is nonrefundable** and donations raised and received by our office cannot be refunded, even if you cancel before January 4, 2019.

Qualified and Registered Runners: Metro Housing welcomes runners of all abilities, and we invite qualified, registered runners to join our team.

Release form and contribution agreement: In consideration of my accepting this entry, I hereby for myself, my heirs, executor and administrators, waive and release any and all rights for claims and injuries suffered or sustained by me in said event, in the training and planning sessions for said event, or travel to or from any of the preceding. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event, and a licensed medical doctor has verified my physical condition. I so grant permission for use of my name and or photograph or voice in broadcast, telecast, print or any other account of this event and agree to waive any compensation for such use.

I agree to collect a minimum of \$6,500 for Metro Housing by May 31, 2019, and to remit all amounts raised by me. If I have not reached the minimum in sponsorships by that date, I will be personally responsible for the balance owed. I understand that unless I cancel in writing by January 4, 2019, Metro Housing reserves the right to charge the balance I owe to my credit card and/or use any other legal means to collect the balance owed. I declare that I have exercised my own judgment in signing this agreement and I further declare that the decision to sign this agreement was voluntary and not based on or influenced by any representation of Metro Housing.

In the event of an illness, injury or medical emergency arising during the event or in the training and planning sessions for said event, I hereby authorize and give my consent to Metro Housing to secure from any accredited hospital, clinic, and/or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment, and hospitalization. The following two people should be contacted in the event of an emergency:

Emergency contact (1): _____ Relationship: _____
Telephone number: _____ Email: _____

Emergency contact (2): _____ Relationship: _____
Telephone number: _____ Email: _____

Medical allergies: _____

Printed name of applicant: _____

Signature of applicant: _____ Date: _____

Credit card information

MasterCard Visa

Card number: _____ Exp date: ____ / ____ Security code: _____

Name on card: _____

Billing address: _____

Signature of card holder: _____ Date: _____

Application for the 2019 Metro Housing Marathon Team

All pages of the application should be completed and returned by **October 19, 2018**. *Answers can also be submitted in a Word document.*

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Cell phone: _____

Email address: _____ Date of birth: _____

Employer: _____ Work phone: _____

Work address: _____

City: _____ State: _____ Zip: _____

How would you prefer to be contacted: Home phone Cell phone Work phone Email

***PLEASE INCLUDE A PHOTO WITH THIS APPLICATION**

Running experience

How often do you exercise? 5-7 times/week 3-4 times/week less than 3 times/week

Are you an active runner? Yes No

If yes, how often do you run and what is your weekly mileage? _____

What does your weekly running/training schedule look like? _____

Can you run at least 8-10 miles? Yes No

Have you ever run a marathon? Yes No

If yes, when and where was the marathon? _____

Did you complete it? Yes No

What was your time? _____

If you have not completed a marathon, what races have you run recently and what was your approximate finishing time? _____

Do you have any prior injuries or specific reasons to be concerned about your ability to complete a marathon? If yes, please explain.

Are there any foreseen circumstances (travel, job requirements, etc.) that may interfere with your training? If so, please explain.

Fundraising Experience

Have you ever participated in a marathon/road race charity program before? Yes No

If yes, for which charity and how much money did you raise?

Charity Name: _____ Amount raised: \$ _____

Charity Name: _____ Amount raised: \$ _____

What will your fundraising goal be for the Metro Housing team?* \$ _____

(While the required minimum is set at \$6,500 per runner, we encourage team members to set a higher personal goal to help achieve the Metro Housing team goal of \$60,000)

Do you have any fundraising experience? Yes No

If yes, please describe.

Please describe specific plans for how you will achieve your fundraising goal.

Are you affiliated with other organizations that plan to support Team Metro Housing through corporate sponsorship, fundraising events or other activities? Yes (list below) No

Does your company have a matching gift program? Yes No

Does your company have a corporate sponsorship program? Yes No

Are there any specific ways Metro Housing can support you to help you achieve your fundraising goal?

Please answer the following questions so that we can get to know you a little better.

How did you learn about the Metro Housing Marathon Program?

What other community organizations are you involved with, and in what capacity?

Please describe why you would like to run the marathon as part of the Metro Housing team.

Is there anything else you would like us to know about you; experiences that inspire you, achievements, goals?

Do you see yourself becoming involved with Metro Housing after the marathon? Yes No
If yes, please describe.

If Metro Housing team members schedule training runs during the week and on weekends or join training runs hosted by other groups, are you interested in participating? Yes No

If yes, is there a day of the week and/or time you prefer?

Day	Time	Comments
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<hr/>	<hr/>	<hr/>
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Raising Awareness

Do you use social media? Check all that apply:

- Facebook (Don't forget to "like" us! www.facebook.com/metrohousingboston)
- Twitter (handle: @_____) (Follow us! www.twitter.com/metrohousingbos)
- Instagram (handle: @_____) (Follow us! www.instagram.com/metrohousingboston)
- Personal blog (URL: _____)
- Other: _____

How will you use social and other media to raise awareness about your racing with Team Metro Housing?



METRO HOUSING|BOSTON 2019 BOSTON MARATHON

During the training period, Metro Housing will support you in reaching out to media outlets who may be interested in covering your story. To assist in this, please tell us the following:

Hometown newspaper(s): _____

Alma mater(s): _____

Do you have any contacts in the media? If so, which media outlets?

Signature of applicant: _____ Date: _____

My Unisex Shirt Size: X-Small Small Medium Large X-Large

My Team Metro Housing Singlet size:

- | | |
|--|--|
| <input type="checkbox"/> Men's Small | <input type="checkbox"/> Women's Small |
| <input type="checkbox"/> Men's Medium | <input type="checkbox"/> Women's Medium |
| <input type="checkbox"/> Men's Large | <input type="checkbox"/> Women's Large |
| <input type="checkbox"/> Men's X-Large | <input type="checkbox"/> Women's X-Large |

All pages of the application and photo should be completed and returned by **October 19, 2018**. The answers can also be completed in a Word document.

Please submit completed applications with a photo electronically to:

Metro Housing|Boston

Attn: Carla Beaudoin, Director of Development

Email: development@metrohousingboston.org