



# Massage Therapy Foundation

## 2023 Boston Marathon Runner Application

Have you dreamed about running the world's most spectacular marathon? Dreamed of the rich history, enthusiastic locals, awesome spectators, and most of all the ability to say, "When I ran the Boston Marathon in 2023..."

Come to Boston, run 26.2! No need to have a qualifying time, just a passion to raise money for massage therapy research and then revel in your accomplishments.

Massage therapists play a big role in the annual Boston Marathon by helping athletes at all levels prepare and recover from this great event. Since 2013, Massage Therapy Foundation (MTF) has been grateful to participate in the John Hancock Non-Profit Marathon Program in order to fundraise for Team MTF— #RunningForResearch.

Simply fill in this application, pay a \$25 application fee, and tell us about how you'd love to run for charity, run for research, and/or run for fun. If chosen by the MTF Marathon Selection Committee, you can run Boston in 2023!

**Event Date: 127<sup>th</sup> Marathon on Monday, April 17, 2023, Location: Boston, Massachusetts**

### Minimum Requirements to apply. You must be:

- 18 years of age or above;
- Capable of completing the Boston Marathon (26.2 Miles) in six hours or less;
- Able to pay the \$375 registration fee and all of your own training expenses;
- Committed to raise a **minimum of \$10,000** on behalf of MTF.
- All participants are expected to follow B.A.A. protocols and procedures related to COVID-19 mitigation and public health (including, but not limited to, potential proof of negative testing, potential proof of vaccination, and wearing a face mask in designated areas. B.A.A. COVID-19 mitigation efforts are subject to change and will be guided by policies and procedures established by the CDC, state, and local public health officials in the lead up to April's event).

All pages of this application must be completed and returned to MTF by mail or email.

**Deadline: October 12, 2022.**

Please use the open spaces provided and add additional pages as needed. Upload required attachments via email. You can download additional copies of this application at <https://massagetherapyfoundation.org/boston-marathon/>. If you have any questions, please contact Marla Gamze at 847-905-1635 or [mgamze@massagetherapyfoundation.org](mailto:mgamze@massagetherapyfoundation.org).

### Submit by mail:

Massage Therapy Foundation  
c/o Marathon 2023  
500 Davis Street, #950  
Evanston, IL 60201

### Submit by email:

[mgamze@massagetherapyfoundation.org](mailto:mgamze@massagetherapyfoundation.org)

**Personal Information:**

First & Last Name: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Home Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone \_\_\_\_\_

Email Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Job Title: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile cell (to reach you on race day) \_\_\_\_\_

Emergency contact (name and cell phone) for race day: \_\_\_\_\_

Please tell us about yourself!

1. Your employer has a corporate match program?      \_\_\_ Yes      \_\_\_ No

2. **Motivation:** Are you applying to Run or to Raise, or a little of both? Has it been a goal of yours to run in the Boston Marathon? Does raising money for something you are passionate about appeal to you? Tell us about your motivation. There are no wrong answers! Please explain:

3. Do you have a connection to the massage industry? If so, please explain.

4. Tell us about your passion for the Massage Therapy Foundation and the relevance of research in the field of massage therapy. Please add details.

5. **Fundraising:** What is your fundraising goal? \_\_\_\_\_

*Our required minimum is set **at \$10,000 per runner.***

*(Historically, we have encouraged team members to set a personal high goal to help achieve a MTF Team goal of \$60,000!)*

How do you plan to fundraise and meet the minimum requirement (please be specific)?

6. Have you participated in charity fundraising events like this before?  Yes  No  
If yes, please list: (specifically indicating your role)

7. What social networking sites do you utilize? Please provide links to your sites:

- Facebook:
- Twitter:
- Instagram:
- LinkedIn:
- SnapChat:
- YouTube:
- Blog:
- Other:

8. Upload 2-5 images of yourself via email attachment. If you are selected to run, MTF will use these photos on social media to announce your participation.

9. Create a video, no longer than 4 minutes, telling us why you want to participate, how you believe you can reach your goals, and anything else you want us to know about you. Feel free to create this on your cell phone and then upload it to YouTube or Vimeo.

Video link: \_\_\_\_\_

10. **Running Experience:** Your running level: \_\_\_\_ Beginner \_\_\_\_ Intermediate \_\_\_\_ Advanced

Current weekly mileage: \_\_\_\_\_ Typical training pace: (minutes/mile): \_\_\_\_\_

Number of Marathons you have run: \_\_\_\_\_ Best Marathon Time: \_\_\_\_\_

Circle your unisex shirt size: X-Small Small Medium Large X-Large XX-Large

I hereby certify that the information provided on this application is accurate to the best of my knowledge and subject to verification by MTF. I declare that I am medically fit to run and understand that I enter at my own risk. The organizers will not be responsible for any injuries sustained by me or for any property lost on the course. By submitting my application, I hereby consent and understand that I may be subject to background check screening. I agree that MTF may use any photo and/or video materials I have submitted on its website and social media sites.

In the event of my selection, I will comply with all rules and regulations as set forth by the Massage Therapy Foundation, MTF Commitment Form, 2023 Boston Marathon®, and John Hancock’s Marathon Non-Profit Program.

\_\_\_\_ \$25 application fee (mail your check to the above-noted address or go to <https://donatenow.networkforgood.org/1428681> and in the “Tell us why you support the Massage Therapy Foundation” section make the note “Marathon 2023.”

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

***The Massage Therapy Foundation does not discriminate on the basis of race, color, religion, national origin, sex, marital status, disability, age, or veteran status.***

Run with the Massage Therapy Foundation for the 2023 Boston Marathon and enjoy a top-flight marathon experience. **Chosen charity runners will receive an official entry into the Boston Marathon.**

**Team #RunningForResearch race amenities for runners include:**

- **Personalized fundraising support and guidance**
- **Access to a past-runner team mentors**
- **Team race singlet**
- **Unsurpassed team spirit and volunteer support**
- **Opportunities for Team MTF runners to stay connected throughout training**
- **Assistance with marathon weekend logistics and team meal/get-togethers**
- **Social media support and promotions**
- **Weekly correspondence from the Foundation**
- **Monthly team conference calls for support and motivation**

MTF's kind and experienced staff will support you throughout the span of your training and fundraising, even past race day. MTF has a 10-year track record helping its runners based on promoting self-care, inclusion, education, and motivation.

**Thank you!**