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2020 Team Quell Application

50TH ANNIVERSARY NEW YORK MARATHON

OUR MISSION

The Quell Foundation strives to reduce the number of suicides, overdoses, and incarcerations of people with mental health illness. We work to accomplish this by encouraging people to share their stories, increasing access to mental health services, providing a pipeline of future mental health care professionals with scholarships, and training first responders to recognize mental health crisis warning signs amongst their own.

There's a severe stigma associated with mental health illness that prevents those closest to us from getting the help they need. By promoting open, judgment-free dialogue, together we can shatter the stigma and normalize the conversation around mental health.

OUR HISTORY

In December 2015, after a devastating setback when his son's mental illness triggered his depression and suicidality, Kevin Lynch founded The Quell Foundation. Since then, the Foundation has impacted countless lives across the country, not only those who have a mental illness and their family members, but also practitioners, educators, veterans, and advocates by helping to normalize the conversation about mental health.



ABOUT THE NEW YORK MARATHON

The 2020 TCS New York City Marathon will be the race's 50th running, and preparations are underway for a thrilling celebration. The New York City Marathon began in 1970 and was held entirely in Central Park for its first six years. In 1976, the first five-borough New York City Marathon took place from Staten Island to Central Park with about 2,000 runners.

THE APPLICATION PROCESS

All pages of this application must be completed and returned to The Quell Foundation Inc. by February 24, 2020, via e-mail. All individuals will be notified of their status no later than March 6, 2020. In order to secure your entry on the team if accepted, \$295 must be paid by March 7, 2020. After all these steps have been completed, a registration link will be sent to you and must be completed by March 8, 2020. If you have any questions as you fill out the application, please contact The Quell Foundation at (561) 722-1938 or KLynch@thequellfoundation.org.

Send completed applications to TEAM QUELL
Email: KLynch@thequellfoundation.org

GENERAL INFORMATION

DATE OF BIRTH (00/00/0000)

FULL NAME

HOME ADDRESS

CITY

STATE

ZIP CODE

PHONE

EMAIL

EMPLOYER

JOB TITLE

EMPLOYER ADDRESS

CITY

STATE

ZIP

DOES YOUR OR YOUR SPOUSE'S COMPANY HAVE A MATCHING GIFTS PROGRAM?

Yes

No

RUNNING SHIRT SIZE

Men

Women

XSmall

Small

Medium

Large

XLarge

FUNDRAISING EXPERIENCE

HAVE YOU PARTICIPATED IN A MARATHON/ROAD RACE OR OTHER CHARITY PROGRAMS BEFORE?

Yes No

IF YES, WHAT WAS THE MOST RECENT CHARITY/RACE?

AMOUNT RAISED

DATE

WHAT IS THE MOST SUBSTANTIAL AMOUNT OF MONEY YOU HAVE RAISED FOR A NON-PROFIT ORGANIZATION (THIS DOES NOT NEED TO BE A MARATHON/ROAD RACE PROGRAM)?

AMOUNT RAISED

DATE

DESCRIBE STRATEGY USED TO ACCOMPLISH THIS:

IF YOU ARE A MEMBER OF OUR TEAM, WHAT WILL YOUR FUNDRAISING GOAL BE?
(MINIMUM REQUIRED IS \$10,000)

DO YOU THINK YOUR COMPANY MIGHT BE INTERESTED IN SPONSORING TEAM QUELL IN FUTURE EVENTS?

Yes No



WHAT IS YOUR PLAN FOR REACHING OR SURPASSING THIS GOAL? PLEASE LET US KNOW SOME OF THE SPECIFIC ACTIONS YOU INTEND TO TAKE. WE WILL PROVIDE ALL THE SUPPORT WE CAN, BUT WE ALSO WANT TO SEE THAT YOU HAVE PUT SOME THOUGHT INTO HOW YOU WILL REACH YOUR PERSONAL GOAL.

OUTSIDE OF YOUR FRIENDS AND FAMILY, WHAT NETWORKS (I.E., PROFESSIONAL ORGANIZATIONS, SCHOOL ASSOCIATIONS, ONLINE NETWORKS, ALUMNI NETWORKS, PARENT NETWORKS, ETC.) OF WHICH YOU ARE A MEMBER DO YOU PLAN TO ENGAGE IN RAISING FUNDS AND AWARENESS ABOUT YOUR PARTICIPATION ON TEAM QUELL? PLEASE LIST THESE NETWORKS BELOW.

RUNNING EXPERIENCE

HAVE YOU EVER RUN A MARATHON BEFORE?

Yes No

IF YES, WHEN WAS THE LAST MARATHON YOU RAN?

IF NO, WHAT IS THE LONGEST DISTANCE YOU HAVE RUN?

WHAT PACE DO YOU RUN A MILE (IF YOU KNOW)?

HAVE YOU HAD ANY PREVIOUS INJURIES THAT MAY AFFECT YOUR TRAINING?

Yes No

IF YES, PLEASE DESCRIBE THESE INJURIES.

THE QUELL FOUNDATION IS EXCITED TO OFFER AN EXCELLENT TRAINING PROGRAM AND AN EXPERIENCED MARATHON COACH WHO WILL PROVIDE PERSONALIZED COACHING TO EACH RUNNER SHOULD YOU DESIRE. IN PREPARATION FOR THE EVENT, WE WANT TO KNOW IN WHAT AREAS YOU EXPECT TO NEED THE MOST HELP FROM YOUR MARATHON COACH.

CONNECTION TO THE QUELL FOUNDATION

HOW DID YOU LEARN ABOUT TEAM QUELL?

HAVE YOU HAD ANY PREVIOUS EXPERIENCE WITH THE FIELD OF MENTAL HEALTH?

Yes

No

IF YES, PLEASE EXPLAIN.

PLEASE DESCRIBE WHY YOU WOULD LIKE TO RUN FOR TEAM QUELL.

TEAM QUELL TERMS AND CONDITIONS

50TH NEW YORK MARATHON® 2020 CHARITY PROGRAM

Please read the following carefully before signing below.

There is no fee to apply to be a member of Team Quell. Any required fees (see below) will be collected after the participant is informed of their acceptance and agrees to join the team. All applicants must be at least 18 years of age or older and fully comply with all rules and regulations of the New York Road Runners (NYRR).

Fundraising Commitment: Runner must raise a minimum of \$10,000 to join Team Quell. Half of this amount (\$5,000) is due no later than September 30, 2020. The remainder is due no later than October 31, 2020. In addition to this commitment, selected runner will be required to provide credit card information upon joining Team Quell. Information will be used as surety in the event runner commitment is not met by required deadline.

In the event that you do not meet the fundraising minimum by October 31, 2020, The Quell Foundation reserves the right to charge the balance owed to your credit card. No exceptions may be made.

Team Quell Participation: Each runner who joins Team Quell is required to supply one (1) head shot to be used by The Quell Foundation Inc for promotional purposes. Participant may be required to participate in video / media interviews in support of The Quell Foundation's mission.

Cancellation Policy: You may cancel your participation with Team Quell for the 50th Anniversary New York Marathon®, waiving your responsibility for the \$10,000 minimum, any time on or before March 30, 2020. To do so you must contact The Quell Foundation, in writing, on or before the cancellation date. After March 30, 2020, you are responsible for raising the \$10,000 minimum, even if for any reason, including injury, you are unable to run in the 2020 New York Marathon.

Donations raised and received by our office will not be refunded, even if you leave Team Quell before March 30 2020.

Matching Gift Policy: Many companies match employee charitable contributions. You can check with your employer to see if your company has this program, and ask donors if their employers match gifts. Many companies issue matching gift checks quarterly or semi-annually; therefore, if you plan to use a match to reach your minimum, it is your responsibility to contact the matching company to ensure the check will be issued before October 31, 2020. If the company's match cycle is past October 31, 2020, the match cannot count towards your minimum.

NYRR Registration: The Quell Foundation will inform you of the details of the event registration after your application is accepted. The event charges a race application fee that does not count towards your fundraising commitment. This fee will be collected separately at a later date. The NYRR race application fee is \$325.00. You should NOT contact the NYRR directly to secure your number.

Emergency Information: In the event of an illness, injury or medical emergency arising during the event, I hereby authorize and give my consent to The Quell Foundation 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 person should be contacted in the event of an emergency:

EMERGENCY CONTACT NAME

RELATIONSHIP

TELEPHONE NUMBER

ALLERGIES & MEDICATIONS

RELEASE FORM AND CONTRIBUTION AGREEMENT

In consideration of my accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights for claims and damages I may have against The Quell Foundation Inc, its employees, volunteers, officers and sponsors for any and all 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 also 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 understand that The Quell Foundation has limited entries available to the 2020 TCS New York City Marathon and that by continuing my registration I am committing to fundraise or donate \$10,000 by October 31, 2020, regardless of extenuating circumstances more fully set forth in the The Foundation's terms and conditions. I authorize The Quell foundation to charge any remaining balance to the credit card provided during the sign-up beginning on November 1, 2020.

SIGNATURE

NAME (PRINTED)

DATE

CONTRIBUTIONS TO THE QUELL FOUNDATION ARE TAX-DEDUCTIBLE

The Quell Foundation Inc. is a non-profit public benefit 501(c)(3) corporation and is operated exclusively for educational and charitable purposes within the meaning of Section 501 (c)(3) of the Internal Revenue code. The Quell Foundation is not organized and shall not be operated for the private gain of any person. The Quell Foundation will always retain control over the contributed funds and will provide the relative information regarding its activities on its website: www.thequellfoundation.org.