



## MUSIC CITY DISTANCE CARNIVAL: ELITE ATHLETE HOSTING PROGRAM

For several years now, we have operated a hosting program for elite athletes. This saves aspiring post-collegiate elite athletes a ton of money and allows the meet, which operates on a tight budget, to attract more top-level athletes. It also provides a unique experience for the athletes - who get to know local runners and have a built-in support crew - and also the hosts, especially those who have children competing in the meet. Hosting is on a first come, first serve basis and you will not be matched until you have registered for the meet and completed and emailed this form to the meet director. Many athletes who have competed in this meet in the past have stayed with the same host family on 3 or 4 occasions, having become firm friends.

We will make every effort to match each athlete with the most suitable host and make sure all the athlete's needs are accommodated. Usually, the hosts will feed you, and you get the rock star treatment, but don't arrive *expecting* that. If you need to go to the grocery store, have any specific dietary needs, etc, please let them know. The hosts are there to help and support you, so don't be shy. Do remember, though, that you are, to an extent, representing this event and also your sport, so please be polite and respectful of your hosts, their family, and their property.

Should you have a problem with a host, you may contact me, in total confidence, via text at 615.513.7327 or via email at [dave@tnrunning.org](mailto:dave@tnrunning.org), or my assistant meet director Whitney Thornburg Macon, at 828.216.2236 or [whithornburg@gmail.com](mailto:whithornburg@gmail.com)

### Athlete Information:

Name					
Street Address					
City		State		Zip	
Mobile Phone					
Email address					
Event you are competing at MCDC?					

### Needs:

Number of nights you need hosting?	
Are you traveling alone?	
If you answered "no" to above question, please list who is traveling with you.	
Do you have any special needs or allergies? (e.g. dogs, cats, peanuts)	
Do you have specific food needs (e.g. Vegan, Celiac, etc)	
Are you likely to go to the post-race party on Saturday night?	
Are you likely to go to the Sunday morning group run (probably 8:30am)?	

### Transportation:

How are you traveling to Nashville? (Air/Road)	
Road	
Will you have your own car?	
Air	
Incoming flight information (if flying)	
Outgoing flight information (if flying)	
Are you planning to rent a car?	
Are you likely to need any of the below transportation below?	
Airport pick-up on Friday	
To/from the meet on Saturday evening	
To the airport on Sunday	

### Signature:

I would like to be hosted while competing at the 2019 Music City Distance Carnival

Signed \_\_\_\_\_ Date \_\_\_\_\_