



CITY OF ORLANDO
ORLANDO RUNNERS CLUB
CULTURAL EXCHANGE



The City of Orlando and Orlando Runners Club participate in a cultural and friendship exchange each year with our sister city, Urayasu, Japan, and the Urayasu Runners Club. As part of the exchange program, four runners (one male and one female over 40 and one male and one female under 40) are selected each year to travel to Japan to run in the Tokyo Bay Urayasu City (Half) Marathon. To be eligible to participate, applicants must meet the following criteria:

- Be a member in good standing of the Orlando Runners Club, or a Central Florida resident (Orange, Osceola, Seminole, or Lake Counties) willing to comply with the rules and regulations set by the Orlando Runners Club.
- Be able to complete a 10K road race (6.2 miles) in one hour and fifteen minutes or less (**Note:** The half marathon race is canceled for 2012; participants need only complete a 10K for this year only.)
- Be at least 18 years of age and have a valid passport
- Not have previously traveled to Japan under this program
- Be willing to help the Orlando Runners Club hosting the Japanese guests during their stay in December
- Agree to represent the Orlando Runners Club, the City of Orlando and the United States as a Cultural Ambassador to improve relations and friendship between our countries, cities and clubs
- Attend a pre-trip meeting with the Orlando Runners Club to be informed of the customs, duties and responsibilities of the Orlando runners while in Japan

Travel Update: In prior years travel expenses for this exchange program were fully funded by the cities of Urayasu and Orlando. Due to budget constraints and other cutbacks, funding is no longer available. While the ORC and URC wish to continue the program, it may be necessary for runners to pay a portion of their travel expenses. Both clubs will facilitate fund raising and assist to the extent possible, but selection as a runner does not guarantee that travel will be provided at no cost.

Race Date: February 5, 2012

Tentative Travel Dates: February 1 – February 7, 2012

Application Deadline: December 22, 2011

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|---|--|-------------------------------|--|
| Name | | Birth date | |
| Address | | Gender | |
| City | | Zip | |
| Phone | | Cell | |
| Email | | | |
| | | | |
| Category | Description | Points (internal use only) | |
| Ability to Complete 10K in 1:15 or less | Indicate prior 10K or longer races completed in the last two years, date and finish time. (All race times must be verifiable.) | | |
| <u>Applicant Response:</u> | | | |
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| Community Service | Indicate community service organizations and involvement; include organization name, leadership positions held, recent involvement, etc. | | |
| <u>Applicant Response:</u> | | | |
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| ORC Membership | If you are member in good standing of the ORC, provide the year joined, involvement in Club events, Challenge Series or Race to Win standings, volunteer activity, service on the Board of Directors, and any other Club activities. | | |
| <u>Applicant Response:</u> | | | |
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| Cultural Ambassador | Explain why you wish to participate in this program and what you will do to prepare for the cultural exchange. What message will you bring to the people of Urayasu as a representative of Orlando? | | |
| <u>Applicant Response:</u> | | | |
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