

TEAM BEEF SOUTH DAKOTA

From the
Team Beef Coordinator....

Welcome to Team Beef SD 2022, On behalf of South Dakota's nearly 14,000 beef farms and ranches, we are excited to have you be a part of our team. Your commitment to sharing beef's story and how beef helps you in your training, competition and recovery is greatly appreciated! If you have any questions please email me at manderson@sdb Beef.org

Go Team Beef!
-Merretta Anderson

PROTEIN FOR STRENGTH

It's not only important to just get protein in at dinner or lunch, but to spread it throughout your day. These recipes make it easy!

Click on photo below to view a collection of beef recipes full of protein.



"It doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that."

—Fred Lebow, co-founder of the New York City Marathon

Newsletter April 2022

Team BEEF South Dakota is a community of runners and cyclists who recognize the nutritional benefits of beef and the vital role high-quality protein plays in their training. Team BEEF South Dakota is open to all South Dakotans who want to promote beef, be physically active and showcase eating beef in a healthy lifestyle.



Join the Team Beef South Dakota Facebook page for season updates and to check out what team members are doing across the state.

TEAM BEEF STORE



Be sure to check out the Team Beef South Dakota Squadlocker store. This store offers a variety of Team Beef apparel and accessories. From extra jerseys to sweatshirts and pants to headbands and bags, the store has it all. Show your support for our beef farmers and ranchers by wearing your Team Beef apparel during training and competition.

Click here to visit the store now.

[TEAM BEEF STORE](#)



2022 TEAM BEEF SCHEDULE

FROSTBITE FOUR ROAD RACE

FEB. 12, 2022
BERESFORD, SD

FEBRUARY FREEZE 5K FUN RUN/WALK

FEB. 20, 2022
RAPID CITY, SD

MICKELSON TRAIL HALF/FULL MARATHON

JUNE 4-5, 2022
DEADWOOD, SD

RASDAK: RIDE ACROSS SOUTH DAKOTA

JUNE 5-11, 2022
HILL CITY, SD -FREEMAN, SD

TRI COUNTY TOUR DE DU

JUNE 2022
BERESFORD, SD

BEEF & EGGS 5K

JULY 9, 2022
BROOKINGS, SD

TOUR DE CORN

JUNE 25, 2022
MITCHELL, SD

SIOUX FALLS HALF/FULL MARATHON

AUG. 28, 2022
SIOUX FALLS, SD

ANDY'S 5K/10K RUN & 5 OR 23 MILE BIKE RACE

SEPT. 3, 2022
HURON, SD

BLACK HILLS VETERANS MARCH AND MARATHON

SEPT. 17, 2022
DEADWOOD, SD

CRAZY HORSE MARATHON

OCTOBER 8-9, 2022
HILL CITY, SD

**TEAM
BEEF®**

SOUTH DAKOTA

Funded by Beef Farmers & Ranchers

South Dakota

SOUTH DAKOTA

BEEF



INDUSTRY COUNCIL