



# Genesee Valley Harrier Running Club, Inc

"A 501 (c) 3 not-for-profit organization dedicated to bringing out the Olympian in you"



Named a charter member of USATF Elite Development Club Program

Member of the Niagara Association of USA Track & Field. IRS DLN #: 17053183360028

<http://www.gvh.net>

<b>President:</b>	<b>Dave Bischoff</b> ( <a href="mailto:dbischof@rochester.rr.com">dbischof@rochester.rr.com</a> )
<b>Secretary:</b>	<b>Jim Robinson</b> ( <a href="mailto:jmtcrob@frontiernet.net">jmtcrob@frontiernet.net</a> )
<b>Treasurer:</b>	<b>Howard Reitz</b> ( <a href="mailto:hreizt1@rochester.rr.com">hreizt1@rochester.rr.com</a> )
<b>Coach:</b>	<b>Mike Reif</b> ( <a href="mailto:coachmr@rochester.rr.com">coachmr@rochester.rr.com</a> )
<b>Membership:</b>	<b>Jeanne Herrick</b> ( <a href="mailto:jherric1@rochester.rr.com">jherric1@rochester.rr.com</a> )

## GVH Mission

*Founded July 1, 1996, GVH is dedicated to the sport of running in general and particularly to the sports of cross country, track and road racing. The main goal of GVH is to field full and competitive teams (male, female & masters) for regional and national competitions in cross country, road racing and track events. Simultaneously GVH wants to help promote individual achievement and success on a year round basis. Additionally, GVH sponsors and supports running related activities and education for youth and adults alike throughout the community.*

### GVH is a tiered organization:

Olympic Development Program (ODP – Tier I & II)  
Elite Development Program – General Club (EDP)

## Standards of Excellence

	<u>ODP Tier I</u>		<u>ODP Tier II</u>	
	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>
800m	1:54	2:16	2:00	2:20
1500m	3:55	4:39	4:00	4:50
Mile	4:15	5:00	4:25	5:15
3000m	8:43	9:59	9:20	10:30
3000m Stplch	9:20	10:50	9:50	11:20
5000m	14:50	17:30	15:20	18:00
10000m	30:50	36:00	32:00	38:00
1/2 Marathon	1:07	1:24	1:15	1:30
Marathon	2:24	2:55	2:35	3:05

The goal is to get our athletes below these standards with a steady progression towards qualifying for Olympic level competition.

## Membership commitment:

- Wear GVH gear at all competitions (Be an ambassador)
- Semi-Annual review of training plans/results w/ Coach Reif
- Compete and/or volunteer in minimum of 2 GVH sponsored events
- Good faith effort to attend practices
- Willingness to compete for GVH in at least 1 USATF National competition
- ODP candidates must meet minimum performance standards within the previous calendar year

Print Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City/Town \_\_\_\_\_

Zip \_\_\_\_\_ Home Phone \_\_\_\_\_ Current USATF # \_\_\_\_\_

Email \_\_\_\_\_ Occupation \_\_\_\_\_

➤ GVH c/o Jeanne Herrick, 129 Highland Parkway, Rochester, NY 14620

Check Appropriate dues

☐ \$75.00 Yearly  
(1/1-12/31)

☐ \$50.00 Fall  
(9/1-12/31)

Note: No coaching available  
until 9/1