



## 2011 Participation, Availability and Volunteer Summary

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Work or cell): \_\_\_\_\_

Email address: \_\_\_\_\_ USATF member? \_\_\_\_\_

***Please list your most competitive races during the past 12 months:***

Date	Race Name	Distance	Results: Time/place

***Please indicate which of the following GVH sponsored or supported events you have volunteered at this year:***

Date	Race	Yes or No	Job
5/24/11	Medved Lilac 5K/10K		
6/9/11	Charlie McMullen Mile		
6/19/11	Medved 5K for ALS		
6/26/11	Harborfest		
7/23/11	Ten Ugly Men		

***Please indicate the GVH Sponsored or supported Races you intend to compete in, your goal and the races you plan to volunteer at:***

Date	Race Name	Plan to Compete: Goal:	Will volunteer at
Thursday Aug. 4, 11, 18, 25	Innovative Edge Summer 5k XC Series (Circle dates) Contact Jeanne Herrick, Race Director		
Aug. 4, 11, 18, 25	Innovative Edge Youth Development 5k XC Series		
Aug. 13	Bergen 5k Road Race (Jenny Kuzma) contact Eric Boyce, Race Director		
Aug. 25	Tour dePain – 5k, Mile, 400 m		
Saturday Sept 10	Highlander Cycle Tour – need volunteers Contact Mike Reif, Vol Coordinator; D.Bischoff, Director		
<b>TUESDAY Sept 13</b>	<b>Workout and Dinner Party at Coach Reif's</b> 65 Steele Road, Perinton, (1 mi. N. of Eastview Mall, Off Turk Hill Rd. Details to follow. Arrive 5:30 Run 6-7 pm Cold tub, hot tub, 7:30 Dinner, beer etc. to cool down		

Sunday Sept 18	Pete Glavin Upstate New York Cross Country Series # 1 – 5K @ Greenlakes Park, Syracuse		
Sunday Oct. 9	Upstate New York Cross Country Series # 2 – 5k – Beaver Island St. Park, Grand Island		
Sunday Oct, 16	GVH – Mudslog (JLD Equine) XC Challenge – 7 K trails and obstacles, Fairport – D Bischoff, Director		
Saturday Oct. 22	<b>PGUNYXC #3 and USATF National Master’s 5K XC Center Park, Fairport</b>		
Sunday Nov 6	Upstate New York Cross Country Series # 4 – 6 K @ Stonehenge Golf Course – Groton NY		
Sunday Nov. 20	PGUNYXC #5 – Championship Day – Fingerlakes CC. Canandaigua 6k women, 8 k men.		
Saturday Nov. 26	RT Turkey Run 5 miler – Mendon Ponds Park <b>Jim Glinsky, Race Director</b>		

**Other Possible Team or Individual Major Events you plan to participate in during the next year:**

Date/Year	Race Name	Plan to Compete in:	Goal:
August			
Sept. 5	Buffalo 15k – National Masters Championships		
Sept.			
Oct.			
Sunday Oct 23	Boston Mayor’s Cup 5k women, 8K men, Boston,MA. See Coach Reif		
Nov.			
Dec 10	USATF National Club XC Championships, Seattle, WA. Contact Darlene Saeva and Coach Reif		
Dec.			

**This represents my Plan for the balance of 2011 and my proposed volunteer commitment to GVH:**

\_\_\_\_\_  
Athletes Signature

\_\_\_\_\_  
Date

<b>Send to: Coach Reif at <a href="mailto:Coachmr@rochester.rr.com">Coachmr@rochester.rr.com</a> or 65 Steele Road, Victor NY, 14450</b>
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