



Genesee Valley Harriers 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 #964

IRS DLN #: 17053183360028

<http://www.gvh.net>



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:

- **Elite Development Program – General Club (EDP)**
- Open to all interested
- **Olympic Development Program (ODP – Tier I & II)**
- See standards for ODP eligibility →

ODP Standards of Excellence

Minimum qualification criteria for the program:

Women—Tier I: VDOT 56, Tier II: VDOT 53

Men—Tier I: VDOT 69, Tier II: VDOT 66

	<u>ODP Tier I</u>		<u>ODP Tier II</u>	
	Men	Women	Men	Women
800	1:56	2:18	2:02	2:24
Mile	4:23	5:16	4:33	5:32
3000m	8:41	10:27	9:02	10:58
5000m	15:06	18:05	15:42	18:58
10000m	31:23	37:31	32:35	39:20
1/2 Marathon	1:09:12	1:23:00	1:11:56	1:27:04
Marathon	2:24:57	2:53:20	2:30:36	3:01:39

Goal: Training of elite level athletes in the field of competitive running both individually and as a team. In short, developing the Olympian in you!

Print Name _____ Date of Birth _____
 Address _____ City/Town _____
 Zip _____ Phone _____ Current USATF # _____
 Email _____ Occupation _____

**Make check payable to GVH and mail with membership form to:
 GVH c/o Jeanne Herrick, 129 Highland Parkway, Rochester, NY**

Check Appropriate dues:

- EDP—\$75.00 Annually**
- First-time EDP only—\$37.50**
- ODP—No Charge** - complete below
- ODP Qualifying Event and Date:

- Distance/Time: _____

2012 Membership commitment (1/1/12—12/31/12):

I agree to:

- Wear GVH gear at all GVH sponsored or designated competitions (Be an ambassador)
- Semi-Annual review of training plans/results with Coach Reif
- Compete and/or volunteer in minimum of 3 GVH sponsored or designated 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

Signature: _____ Date: _____

My areas of interest include (please check all that apply):

XC indoor track road marathon mountain/trail

Call on me to volunteer for (please check all that apply):

race registration course setup/marshaling event management marketing

other: _____