



# Genesee Valley Harriers Running Club, Inc

A 501(c)(3) nonprofit organization dedicated to bringing out the Olympian in you.

Named a charter member of USA Elite Development Club Program.

Member of the Niagara Association of USATF #964.

<http://www.gvh.net>



## Olympic Development Program (ODP) Membership Form

The ODP Team is made up of elite athletes competing at national and international events. To qualify for the ODP Team, a candidate athlete must complete a USATF sanctioned race faster than one of the following qualification standards in the previous twelve months.

### Qualification Standards:

	Tier I		Tier II	
	Men	Women	Men	Women
<b>1500m</b>	04:03.0	04:53.0	4:13:00	05:07.0
<b>Mile</b>	04:23.0	5:16:00	4:33:00	5:32:00
<b>3000m</b>	08:41.0	10:27:00	9:02:00	10:58:00
<b>5000m</b>	15:06.0	18:05.0	15:42.0	18:58.0
<b>10,000m</b>	31:23.0	37:31.0	32:35.0	39:20.0
<b>1/2 Marathon</b>	1:09:12	1:23:00	1:11:56	1:27:04
<b>Marathon</b>	2:24:57	2:53:20	2:30:36	3:01:39

### Benefits:

1. Free membership
2. Access to a coach and individualized training plans
3. GVH Uniform and warm-ups
4. Shoes
5. Entry fees to GVH designated events
6. Travel support to GVH designated events
7. Indoor track access at RIT
8. Support network for medical, PT, jobs, etc.

### Athlete information:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Current USATF #: \_\_\_\_\_

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

### Qualification Standard Met:

Race Name: \_\_\_\_\_ City/Town: \_\_\_\_\_ Date: \_\_\_\_\_

Distance: \_\_\_\_\_ Time: \_\_\_\_\_ Place: \_\_\_\_\_

### 2013 Membership Commitment:

I agree to:

- Wear GVH gear at all GVH sponsored or designated competitions (Be an ambassador)
- Monthly review of training plan/results with Coach Reif
- Volunteer at least once at a GVH sponsored event
- Good faith effort to attend practices
- Compete for GVH in at least 2 USATF national competitions or equivalent

### 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: \_\_\_\_\_

Signature (Electronic accepted): \_\_\_\_\_

Send completed form to: Coach Reif (coachmr@rochester.rr.com) along with either:

Jess Snyder (jlsnyder84@gmail.com - Women) or Josh Harter (joshuaharter@yahoo.com - Men)