

Running is a way of life. Have fun while becoming the best you can be.

Led by USATF Certified Coach Mike Reif, GVH provides the opportunity to train and compete with the best runners locally and across the country. Our mission is to build a community and camaraderie that helps runners keep their competitive edge moving forward.



"We work hard to improve our running and get positive results, and at the same time we're there for lots of fun and camaraderie. Come visit and see what we're all about!"
GVH Head Coach Mike Reif



Genesee Valley Harriers

Upstate NY's premier post-collegiate competitive running team



Bringing out the Olympian in You!





Our greatest accomplishment

We can't name just one, but we are proud of our ability to support a team of runners ranging from ages 16 to 76, beginner to Olympic trials qualifier, individual to team national champion. In fact, in our 20 year history we have won over 100 championships.



We meet year-round, twice a week for team speed workouts, at a variety of venues including indoor and outdoor tracks, trail systems, and roads. Come join us for a practice!



We compete locally in the Rochester area, all over NY state, across the country, and beyond. In just the past few years, our runners have traveled to:

- Tallahassee, FL
- San Francisco, CA
- Boston, MA
- Providence, RI
- Bend, OR
- Seattle, WA
- Washington DC
- Chicago, IL



Benefits

Our athletes from all ages and experiences compete at the highest level across the country, with a national standard support network in GVH.

- Financial support to compete at national championships and other high level events individually or as part of the team
- Opportunities to acquire running shoes, gear, indoor track access, and fitness club memberships
- Elite level coaching through GVH
- Opportunity to help host and support numerous events that give back to the community

Olympic Development Program (ODP)

Athletes that reach our ODP standards of excellence are eligible for even more benefits.

- Gift cards toward running shoes and gear
- Entry, travel and hotel sponsorship to target races
- Complimentary uniforms and warm-ups

Visit gvh.net/membership/odp-standards for a complete list of our standards.

Contact Us

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