

GVH Member Guide

Workouts

GVH offers year-round team workouts twice weekly, with locations changing seasonally. Workouts are generally held on Tuesday and Thursday evenings at 6:00 pm. They may shift 15 minutes earlier in the fall as daylight hours shorten – updates will come from Coach. Many arrive about 30 minutes prior for an informal warmup.

Here's a rough schedule, with exact dates determined each year – updates from Coach:

- Mid December – mid March: [RIT](#) (\$110 cost, payable to RIT). See instructions [here](#).
- Mid March – May: [Cobbs Hill Park at the Y intersection on Reservoir Road](#)
- May – late August: [Nazareth College Track](#)
- Late August – mid October: Tuesdays at [Cobbs Hill, field on Highland near Reservoir Rd.](#)
Thursdays at [Genesee Valley Park Dogwood Shelter](#)
- Mid October – mid December: [St. John Fisher Polisseni Track](#)

Training plans, designed by Coach Reif, are available on our website on the Members Only page. This is accessible with a member password, which changes annually.

Competitions

Local events – these events are either run by GVH or ones that we offer volunteer support at. All members are expected to volunteer time to GVH. The most common way to do this is to assist at our various events. Details/dates on GVH website under Events and Calendar. Run too!

GVH

- Medved 5K to Cure ALS (June – Father's Day)
- Charlie McMullen Mile (June)
- Innovative Edge XC series (August)
- Pete Glavin XC series (September – November)

GVH Supported

- Johnny's Runnin' of the Green (March)
- Medved Lilac 5 & 10K (May)
- JP Morgan Chase Corporate Challenge
- Highlander Cycle Tour

National events – GVH offers financial support at targeted national events, generally paying race registration and hotel expense. ODP, Race Directors, Individual National Champions and 87% age-graded members typically receive additional support (pending continued club financial solvency).

Open runners (19-39) run at various National events such as Mayor's Cup, USATF Club Nationals, USATF 5K, 20K, NYC half marathon, Cherry Blossom 10 mile, and others as determined by GVH.

Masters runners (40+) compete at many of the USATF National Championships, targeting the Grand Prix series: (<http://www.usatf.org/MGPresults.aspx>).

USATF membership is required for competition in USATF National events. Join/renew here: <http://www.usatf.org/Products---Services/Individual-Memberships.aspx>. Jim Glinsky (jglinsky@rochester.rr.com) is our local rep and handles registration for the National events.

Uniforms and other gear

All new members receive a GVH singlet. Please contact Coach Mike Reif with your size and to arrange pickup. Warmups and other gear are available for purchase through Coach (coachmr@rochester.rr.com). See clothing list here: <http://www.gvh.net/wp-content/uploads/2016/01/GVH-Clothing-order-form-2017.pdf>. ODP qualifiers also receive all gear gratis.

GVH members are expected to wear GVH uniform at all GVH and GVH supported local or national events. You are encouraged to wear your uniform to all races and make GVH proud!

Volunteering

GVH depends on many volunteer efforts to support the club's operation. We expect all members to contribute in these efforts and understand that time and proximity factors into what individual members are able to do. In addition to the local events on the previous page, there are many other ways to support our club. Such activities include securing prizes, supplies, donations and sponsors or helping to publicize our events and recruit new members. Speak to your team captain or other board member about other volunteer options.

Team Structure

GVH members who qualify, are eligible for Olympic Development (ODP) status, or for Masters runners, there is 87% Age-Grade status. These members are entitled to additional benefits.

Coach Mike Reif is available to all members at workouts and by email. The Board of Directors meets at least quarterly to review finances and plan for future activities. Here is the current list of the GVH Board of Directors, including event managers and team captains: <http://www.gvh.net/contacts/>.

Since much of our national competition as well as PGXC is team oriented, the team captains help to organize and submit team lists. Please be sure to be in touch with your [team captain](#) to participate in these events.