



News

Thank you for supporting
Greater Rochester
Amateur Athletic
Federation!

SPRING 2019

HELLO GRAAF OLYMPIC SUPPORTERS!

Yellow Jacket Racing Is Helping



GRAAF Olympic & Paralympic athletes and hopefuls by raising funds at Shoreline Half Marathon, 5K, Kids Run Wild races on 7/13/2019.

Enjoy a beach side race at one of New York's best State Parks on a flat course along the countryside of Hamlin. [Register Online](#)



This unique partnership is a chance for Rochester's strong running community to support some of our most determined athletes as they work toward their Olympic dream.

VOLUNTEERS We need your help

at The Shoreline Race Registration, Finish Line, Food, Road Marshals, & Water Stops. [CLICK HERE](#) to sign-up and volunteer at Shoreline and help GRAAF!



The 2020 Tokyo Summer Olympic Games are a little over a year away. Our athletes need your

support! Please Give! [USA](#)



Meet - Maria Vallone - Team USA Handball
Scraping together \$ anyway she can to keep training!

Competing at the Olympic Level requires total Dedication to a Sport

100% of funds we raise go to the athletes. Grants are modest, but every dollar helps provide needed assistance to athletes who give up their main source of income to train and compete full-time.

Did You Know? ... AJ Gruttadauro - has graduated & has dedicated himself to making the 2020 50K Race Walk new Olympic time standard (3:50). It's tough but AJ has a GOOD SHOT!

Amy Cymermann - Has taken her training to another level by choosing to train & compete full time, GO AMY!

Miranda Melville - Won GOLD at USA Indoor National Championships 3000m Race Walk! Hoping to better her world ranking, she is traveling to Spain in June chasing the new Olympic 20K womens time standard (1:31).

Paralympian **Bob Balk** has joined the GRAAF Board of Directors. Bob holds 5 silver medals and 1 bronze medal. **WELCOME BOB!**

IN THIS ISSUE

With your help GRAAF has been Supporting Rochester's Olympic and Paralympic hopefuls since 1982. **THANK YOU!**



Meet Your Spring 2019 Grant Recipients

Maria Vallone - Team Handball
Amy Cymermann - Draft Triathlon
AJ Gruttadauro - 50K Race Walk
Miranda Melville - 20K Race Walk



Support GRAAF by Donating your old car.
<https://www.v-dac.com/org>



Fellow GRAAF recipients, Iris Zimmermann & Stacey Pensgen at the Women in Sports Night with the Rochester Red Wings.

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