



HELLO GRAAF SUPPORTERS!

USA –Your Athletes are only a few months away from the 2020 Tokyo Summer Games, and 2 years from the 2022 Beijing Winter games. Please Give! **f** Find us www.facebook.com/graaf.roc

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

Did You Know? ...



National 30K Champ AJ Gruttadauro finished 4th in the 50K Olympic trials held in Santee California with a 04:42:32!

Bristol Mountain,
MARCH 14, 2020



COME WATCH ATHLETES SOAR As They Compete at The 2020 US FREESTYLE AERIALS NAT'L CHAMPIONSHIP!

Competing at the Olympic Level requires total Dedication to a Sport

-- All of the funds we raise come from individual donors like you and 100% of our funds go to the athletes. Our grants are modest, but every dollar helps. Athletes training to compete at the Olympic level give up their main source of income to train full-time and GRAAF's funding helps to provide them much needed assistance!

Congrats to Miranda Melville for being honored as USATF 1/9/20 National Athlete of the Week!!



GRAAF Olympian **Miranda Melville** took gold at the 5000m Race Walk National Championships in Rochester NY, and silver at the USATF Indoor Nationals in Albuquerque.

News

Thank you for supporting
**Greater Rochester
 Amateur Athletic
 Federation!**

Winter 2020

IN THIS ISSUE

Meet Your Winter 2020 Grant

Recipients



Meghan Muznicki – USA Rowing 2X gold medalist decided to give it another shot. Go Meghan!

Marie Vallone - USA Handball, Still recovering from a knee injury, her Pan Am team finished 4th.

AJ Gruttadauro – USA Race Walk, Off to Cyprus for more training.

Miranda Melville – USA Race Walk, off to the Asian Games in March. Olympic trails are at the end of June 2020.

Amy Cymermann - Draft Triathlon Broke her collarbone in a bike accident. Just started competing again.

Chris Lillis – USA Skiing took 6th in the World Cup Aerials event in Moscow.

Jon Lillis – USA Skiing, just missed finals in Moscow finishing in 13th place. Heading to Belarus for more competition. ~~~

Just In... You can Support GRAAF by Donating your Used Vehicle.

