



News

Thank you for supporting
Greater Rochester Amateur
Athletic Federation!

Fall 2019

HELLO GRAAF OLYMPIC SUPPORTERS!

IN THIS ISSUE

**ITS BEEN A BUSY
SUMMER...**

Thank You Fleet Feet & Yellow Jacket Racing for your Passion and Gererousity in Helping GRAAF athletes by raising funds to support our Grant program. Your efforts are Greatly



Appciated! 🙌

... and Vounteers, we couldn't do it



without you!

The 2020 Tokyo Summer Olympic Games are a year away! Your athletes need your support! **Please Give!** USA



GRAAF was honored to receive this award for our impact on the community in support of the Rochester area sports scene. Thank you **Rochester Red Wings** baseball!



GRAAF Olympian's Iris Zimmermann and Bob Balk, with the help of Faye Casey & Jan Silver, placed the Chairman's Choice Award Brick in the Rochester Red Wings Walk of Fame at Frontier Field.

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 – Is Feeling confident training in WV for the 2020 50K Walk.

Marie Vallone - On Pan Am team. Then back to Rochester, then to Argentina.

Miranda Melville – 10K PB at Outdoor Nationals working toward new Olympic time standard .

Meghan Muznicki – Decided to give it one more shot! GO Meghan!

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



Meet Your Summer 2019 Grant Recipients

- Maria Vallone** - Team Handball
- AJ Gruttadauro** – 50K Race Walk
- Miranda Melville** – 20K Race Walk
- MeghanMuznicki** – Team Rowing



How Athletes use Grants

- Maria Vallone – Travel and Pan Am Games training camp fees.
- Meghan Muznicki – Living expenses, rowing equipment.
- AJ Gruttadauro – Training and coaching expenses.
- Miranda Melville – Health Care, Travel, shoes and training equipment.

***Easy Peasy & Tax Deductable -- It doesn't even have to be running!**



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