

# Granite State Flash 2024 USATF Junior Olympics Cross Country



Granite State Flash (GSF) is a New Hampshire USATF Junior Olympic Cross Country program, focusing on children ages seven through eighteen.

Competing in the New England, Regional and National Junior Olympic Cross Country Championship competitions, GSF has a proven record of success founded on the nurturing and development of runners.

## Running for Life



While the focus of the GSF program is cross country, Flash runners also compete in various competitions throughout the year including area road races and the summer Junior Olympic Track & Field competition. The focus of the Flash program is running as a life long pursuit, team competition, sportsmanship, and increasing personal fitness levels.

## History

The Flash began in 2001 with just two teams and twenty one runners. The program has grown to include runners from towns and cities throughout New Hampshire, Vermont and northern Massachusetts. Over the next 19 years more than 1,500 youth runners participated in the program with multiple teams each year advancing to the New England, Regional and National competitions. After the 2019 season the club went on pause for a couple of seasons, first due to Covid and then schedule limitations with the former (amazing) coaches Justin and Jan Platt. In 2022 the club came back under the guidance of Upper Valley coaches Tiffany Currier, Rick Currier, and PJ Lovely.



## Results



Flash teams have won National Gold, Silver and Bronze medal team championships, as well as numerous Regional and New England Team and Individual titles. Dozens of Flash runners have earned individual All-American honors (top 25 individually in the U.S.).

**In each of the last 20 seasons the club competed, Flash has had multiple teams qualify and compete at the National XC Championships.**

## Scholastic Success

Flash runners have also gone on to success at the high school and collegiate levels, capturing 60 State of New Hampshire high school titles (cross country, indoor and outdoor track), setting 11 Class and/or State records as well as winning 9 individual New England High School Championships. More than 80 Flash runners have gone on to compete at the collegiate level including such schools as Hartford, Assumption, Naval Academy, Dartmouth, Keene State, UNH, SNHU, Penn, Columbia, Yale, Quinnipiac, Brown, Tufts, Villanova, West Point, Norwich, UMass Lowell, Franklin Pierce, William & Mary, MIT, Bentley, Bucknell, Franklin & Marshall, NC State, Vassar, UMass Amherst, Plymouth State, High Point, Maine, Notre Dame, Dickinson College, Rhode Island, Stony Brook, and University of New England.

## 2024 Signup Information

Signups for the 2024 XC season will be held on **Sunday Oct 20, 2024** at the track at Newport High School between **3-4pm**, followed by an easy group run. Please email [dcmemorial@aol.com](mailto:dcmemorial@aol.com) with intention to join, and bring completed Membership and Permission form, Uniform Order Form, and a **COPY** of a birth certificate or passport for USATF age verification. Registration can also be done via email with arrangements for payment made, as long as forms and proof of date of birth are provided.

**More info is available at [www.granitestateflash.club](http://www.granitestateflash.club)**

## Practice

Practice will begin Tuesday **October 22, 2024** at Indian River School in Canaan. Then every Tuesday and Thursday at [Indian River School](#) from 3:40 PM to 5 PM and Sunday mornings at 11:00 at [Newport High School](#) unless otherwise noted. Athletes that are still in their competitive athletic seasons should feel free to not attend these practices until their seasons have concluded.

## Competition Schedule

**11/10/2024** USATF New England Association Junior Olympic Championships. Attleboro, MA

**11/17/2024** USATF Region 1 Junior Olympic Cross Country Championship. TBA, NY

**12/14/2024** USATF National Junior Olympic Cross Country Championships. Louisville, KY

## Highlights of Membership

- Experienced coaches with proven results
- Close interaction with coaches and teammates
- 3x per week group practices with planned workouts for off-days
- Opportunity to travel to 3 USATF races as a team
- Training on complementary skills such as Eating and Hydration, Core Strengthening, and Visualization
- Memories that will last a lifetime!

## Cost

\$75 registration and fees, \$35 USATF Membership, plus uniform required. See *Uniform Order Form*. Make checks payable to "**Granite State Flash**".

## Questions and how do I join?

A registration form for Flash XC is attached or can be requested at [dcmemorial@aol.com](mailto:dcmemorial@aol.com). Please bring a completed registration form, Uniform Order Form, and payment to signups or your first practice. Email Coach Rick Currier with intention of registering so we can plan accordingly, or with any questions.

