



Granite State Flash 2025 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 21 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 70 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 100 Flash runners have competed at the collegiate level. Including such schools as UConn, 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, Denison, and University of New England.

2025 Signup Information

Signups for the 2025 XC season will be held on **Sunday Oct 19, 2025** at the track at Newport High School between 5-6pm, followed by an easy group run. Please email 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

Practice

Practice will begin Tuesday **October 21, 2025** 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

11/16/2025 USATF New England Association Junior Olympic Championships. Attleboro, MA

11/23/2025 USATF Region 1 Junior Olympic Cross Country Championship. Attleboro, MA

12/13/2025 USATF National Junior Olympic Cross Country Championships. Shelbyville, IN

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, \$40 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. 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.





Granite State Flash
2025 USATF Junior Olympics



Cross Country
Program Membership and Permission Form

Information (please print neatly and complete ALL information- REQUIRED):

Name: _____ Gender: F M DOB: ____/____/____ USATF Membership #: _____
Address: _____ Home Tel#: _____
Parents First Names: _____ Mom's Cell #: _____ Dad's Cell #: _____
Preferred Email Address(es): _____ School: _____
Emergency Contact Name: _____ Emergency Contact Phone: _____
Family Doctor Name: _____ Doctor Phone No.: _____
Date of Last Physical Examination: ____/____/____ Date of Last Tetanus Shot: ____/____/____

Please check the box below if there have been any illnesses, including but not limited to diabetes, asthma, limited physical activity due to heart problems, injuries or other circumstances of any type related to your child that may affect his/her ability to participate in the Granite State Flash, Inc. programs. If yes, please specify below.

☐ List type of illness/condition etc: _____

Previously USATF membership not with Flash? YES NO If YES, what club? _____

PAYMENT

***Each Sibling receives a \$10 discount for families with more than one runner**

Granite State Flash Cross Country Fee	\$75		
2025 USATF Membership - Complete and submit Flash USATF Membership form with \$40 OR complete membership process online at http://www.uastf.org/membership/ (Cross Country Memberships completed after November 1st are good through 2026, this would include anyone the team processed memberships for).	\$40		
Uniform (required for competition) - Uniform Order Form is below			
TOTAL (Make checks payable to "Granite State Flash")			

This is to certify that my child (please print), _____ has permission to try out and participate in the running programs conducted by the Granite State Flash, Inc. for the year 2024 season.

I accept and agree to comply to the running program's mission statement of the Granite State Flash, Inc. and any bylaws and rules as applicable to the program. I grant permission to the Granite State Flash, Inc., its agents, coaches and/or volunteers to transport my child to and from athletic activities. In the event that I am unable to be reached in an emergency, I hereby authorize the Granite State Flash, Inc., its agents, coaches and/or volunteers to take emergency measures as needed. I understand this may include related transportation, x-rays, routine tests, treatment and release of records necessary for insurance or treatment purposes. The selected licensed physician or hospital has my permission to secure and administer treatment, including hospitalization for my child in the event such treatment is deemed necessary as a result of my child's participation in the programs or as a result of transportation to and from such athletic activities.

Assumption of Risk: I understand that competing in running and field sports is a potentially dangerous activity. I verify that my child is physically healthy and is able to train and compete. I fully assume all risks associated with these activities. I waive and release the Granite State Flash, Inc. its volunteers, coaches and all individuals associated with the Granite State Flash, Inc. from any and all claims of any type arising out of my child's participation in these programs. Further I grant permission for my child's name and contact information to be placed on a roster that may be distributed to team members and their parents/guardians as it relates to team related communications. I also grant permission for any photos taken at events, practices, or club-related activities to be posted on the Granite State Flash, Inc. website.

Parent or Guardian Name: _____ Tel.# _____
(Please print)

Parent or Guardian Signature: _____ Date: _____

Granite State Flash
Cross Country
Uniform Order Form



USATF Competition rules require all members of a team to have the same uniform, so all Flash runners will need to run in the new black singlet. We will just be going with plain black compression or shorts that you can purchase on your own. Former Flash runners may use their black and gold shorts if they fit as well. All Flash athletes must select at least 1 of the new singlets this year, unless they purchased one during the summer Track & Field season.



\$30.00 ***B-CORE TRACK JERSEY**

100% polyester wicking knit * Wicks moisture away from the body * Heat sealed label * Self-fabric binding at neck and armholes * Contrast color front inserts * Double-needle hemmed bottom. With 2 color **FLASH** logo on front.

Please enter quantity for sizes

ADULT: ___SM ___MD ___LG ___XL ___XXL

YOUTH: ___XS ___SM ___MD ___LG ___XL

AMOUNT: \$_____

**** We have a small inventory of boys and girls Flash running shorts (black and gold), as well as girls spandex style shorts (plain black) for \$20. If interested, let Coach Rick or Coach Tiffany know and they'll see if there are any sizes that fit your athlete.**

Please Complete and return to Coach Tiffany or Rick. Please use separate form for each runner. Make **checks** out to **Granite State Flash** (one check for registration, USATF Fee, and uniform is fine).

Runner Name: _____ Date: _____

Email: _____

Phone: _____ Total Items: _____ Total Amount: \$ _____