

Highlights of Membership

- Experienced coaches with proven results
- Close interaction with coaches and teammates
- 3x per week practices
- Pre-season practices available for younger runners without school XC seasons
- Travelling to 4 USATF races as a team
- Periodic "fun" races throughout the year
- Training on complementary skills such as Eating and Hydration, Core and Visualization
- End of season banquet
- Memories that will last a lifetime!

Age Division	Year of Birth
Sub-Bantam	2003 and later
Bantam	2001 - 2002
Midget	1999 - 2000
Youth	1997 - 1998
Intermediate	1995 - 1996
Young Adult	1993 - 1994



2011 XC Season Schedule

Signups

Signups for the 2011 season will be held on **Sunday Oct 23, 2011** on the track at **Livingston Park** in Manchester between 2-4pm

Practice

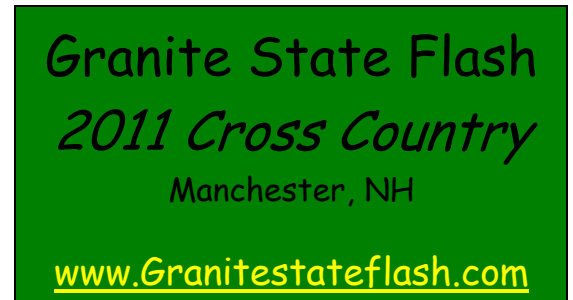
Practice will begin **Tuesday October 25, 2011** at **Derryfield Park** in Manchester, NH and continue **every Tuesday and Thursday** at **Derryfield Park** from **3:30 PM to 4:45 PM** and **weekend mornings** at **Livingston Park** in Manchester, NH unless otherwise noted.

Competition and Dates

Date	Race	Location
Sunday 11/6/11	Preliminary Race	Freestyle Farm Amherst, NH
Sunday 11/13/11	New England Championships	Freestyle Farm Amherst, NH
Sunday 11/20/11	Region 1 Championships	TBD Queensbury, NY
Saturday 12/10/11	National Championships	Whispering Pines Golf Course Myrtle Beach, SC



Web: www.GraniteStateFlash.com
Email: coachplatt@comcast.net



Granite State Flash (GSF) is a Southern 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.

Contact Information:

GSF Program Director: Coach Janice Platt
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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 since 2001 to include runners from more than 50 towns and cities throughout New Hampshire and northern Massachusetts. Over the past ten years more than 800 youth runners have participated in the program with multiple teams advancing to the New England, Regional and National competitions.



Results

Through 2010, Flash teams have won four National team championships, three bronze medal titles as well as numerous Regional, New England team and individual titles. Twenty Flash runners have earned individual All-American honors (top 25 individually in the U.S.).

In each of the last 7 seasons, GSF has had 5 or more teams qualify and compete at the National XC finals.



In Alabama, **YOUTH Gwenyth Winship** and **MIDGET Kate Bermingham** each earned All-American status. The 2010 MIDGET Girls team finished **3rd** in the nation, earning the bronze medal.



Scholastic Success

Flash runners have also gone on to success at the high school and collegiate levels capturing 46 State of New Hampshire high school titles (cross country, indoor and outdoor track), setting 11 Class and/or State records as well as winning three individual New England High School Championships.



More than 27 Flash runners have gone on to compete at the Division I, II and III collegiate level. Flash runners have competed for such schools as Dartmouth, Keene State, UNH, Penn, Columbia, Yale, Quinnipiac, Brown, Tufts, William & Mary, Bentley, Bucknell, Franklin & Marshall and Dickinson College.

