

WASHINGTON LATIN PUBLIC CHARTER SCHOOL STUDENT-ATHLETE NAMED GATORADE DISTRICT OF COLUMBIA BOYS CROSS COUNTRY RUNNER OF THE YEAR

CHICAGO (February 11, 2019) — In its 34th year of honoring the nation's best high school athletes, The Gatorade Company, today announced **Luke Tewalt of Washington Latin Public Charter School** as its **2018-19 Gatorade District of Columbia Boys Cross Country Runner of the Year**. Tewalt is the first Gatorade District of Columbia Boys Cross Country Runner of the Year to be chosen from Washington Latin Public Charter School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes Tewalt as District of Columbia's best high school boys cross country runner. Now a finalist for the prestigious Gatorade National Boys Cross Country Runner of the Year award to be announced in February, Tewalt joins an elite alumni association of past state award-winners in 12 sports, including Lukas Verzbicas (2010-11, 2009-10 Carl Sandburg, Orland Park High School, Ill.), Donn Cabral (2007-08, Glastonbury High School, Glastonbury, Conn.) and Chris Derrick (2007-08, Neuqua Valley High School, Naperville, Ill.).

The 5-foot-7, 120-pound junior raced to the D.C. State Athletic Association individual championship this past season with a time of 16:28. Tewalt also broke the tape at the Georgetown Prep Classic, the Landon Invitational and the Bullis Invitational. He took second at the Pacers Running DCXC Invitational, third at the Glory Days Grill Invitational and 23rd at the Nike Cross Nationals Southeast Regional championships.

Also a talented singer, Tewalt has volunteered locally on behalf of a summer camp and his community's Advisory Neighborhood Commission. "Luke has natural talent, but even more importantly, he's a hard worker and a fierce competitor," said Washington Latin coach Caroline Rose. "He's unafraid to set high goals for himself, and once he does, he's determined to meet them."

Tewalt has maintained a 3.70 GPA in the classroom. He will begin his senior year of high school this fall.

The [Gatorade Player of the Year](#) program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. From the 12 national winners, one male and one female athlete are each named Gatorade High School Athlete of the Year. In all, 607 athletes are honored each year.

Tewalt joins Gatorade District of Columbia Boys Cross Country Runners of the Year Gavin McElhennon (2017-18, Gonzaga College High School), Harry Monroe (2016-17, Gonzaga College High School), Tristan Colaizzi (2015-16 & 2014-15, Georgetown Day School), and Tai Dinger (2013-14, St. Albans School) as athletes who have won the cross country award since its inception in 2007.

As a part of Gatorade's cause marketing platform "Play it Forward," Tewalt has the opportunity to award a \$1,000 grant to a local or national youth sports organization of his choosing. He is also eligible to submit an essay to win one of twelve \$10,000 spotlight grants for the organization of choice, which will be announced throughout the year.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit www.Gatorade.com/POY, on Facebook at www.facebook.com/GatoradePOY or follow us on Twitter at www.twitter.com/Gatorade.

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