

**ARLINGTON HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE MASSACHUSETTS 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 Ryan Oosting of Arlington High School as its 2018-19 Gatorade Massachusetts Boys Cross Country Runner of the Year. Oosting is the first Gatorade Massachusetts Boys Cross Country Runner of the Year to be chosen from Arlington High 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 Oosting as Massachusetts' 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, Oosting 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 6-foot-1, 155-pound senior won the Division I state meet this past season with a time of 15:52.75, breaking the tape 14.42 seconds ahead of his next-closest competitor and leading the Spy Ponders to a fourth-place finish as a team. Oosting won the Nike Cross National Northeast Regional championships by 16.7 seconds and then finished 12th at the NXN Final to earn All-American status. He represented the Netherlands at the Under-20 European Cross Country Championships in December, covering the 6.3-kilometer course in 19:02 to finish 19th.

Oosting has volunteered locally at a food pantry, and has donated his time to a community farm that provides donations to emergency food programs. "Ryan was the epitome of the word dominant," said James Fletcher, head coach of Woburn High School. "In a sport like cross country, anything can happen on the course, but there was never any doubt Ryan was going to win."

Oosting has maintained a weighted 4.29 GPA in the classroom. He has signed a National Letter of Intent to compete in cross country and track and field on scholarship at Stanford University 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.

Oosting joins Gatorade Massachusetts Boys Cross Country Runners of the Year Tristan Shelgren (2017-18, St. John's Preparatory School), Marcelo Rocha (2016-17, Peabody High School), Viraj Deokar (2015-16, Middlesex School), Quinn Cooney (2014-15, Chelmsford High School), and Mohamed Hussein (2013-14, Northfield Mount Hermon 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," Oosting 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.