

PLYMOUTH HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE MICHIGAN 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 **Carter Solomon of Plymouth High School** as its **2018-19 Gatorade Michigan Boys Cross Country Runner of the Year**. Solomon is the first Gatorade Michigan Boys Cross Country Runner of the Year to be chosen from Plymouth 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 Solomon as Michigan'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, Solomon 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-10, 140-pound junior raced to fourth place nationally at the Foot Locker Cross Country Championships this past season with a time of 15:25.3. Solomon finished second at the Division 1 State Championship meet in 15:18.1 and took fourth at the Foot Locker Midwest Regional championships. He broke the tape at the Wayne County championships, the Gabriel Richard Invitational, the KLAA Conference championships, the Detroit Mercy Titans Invitational and the South Lyon Invitational.

Solomon has volunteered locally on behalf of Open Door Ministries. "The sky is the limit for Carter," said Plymouth High School coach Jon Mikosz. "He's one of the hardest-working runners I've ever had the privilege to coach, and he's the total package of great runner, student and teammate."

Solomon has maintained an A average 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.

Solomon joins Gatorade Michigan Boys Cross Country Runners of the Year Nick Foster (2017-18, Pioneer High School), Noah Jacobs (2016-17, Corunna High School), Isaac Harding (2015-16, Rockford High School), and Grant Fisher (2014-15 & 2013-14, Grand Blanc High 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," Solomon 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.

###