

**ESSEX HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE VERMONT BOYS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (February 10, 2020) — In its 35th year of honoring the nation's best high school athletes, The Gatorade Company today announced Henry Farrington of Essex High School as its 2019-20 Gatorade Vermont Boys Cross Country Runner of the Year. Farrington is the first Gatorade Vermont Boys Cross Country Runner of the Year to be chosen from Essex 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 Farrington as Vermont'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. Farrington joins an elite alumni association of past state award-winners in 12 sports, including Lukas Verzbicas (2010-11, 2009-10 Carl Sandburg High School, Orland Park, Ill.), Megan Goethals (2009-10, Rochester High School, Rochester Hills, Mich.), Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.) and Chris Derrick (2007-08, Neuqua Valley High School, Naperville, Ill.).

The 5-foot-10, 145-pound senior raced to the Division 1 individual state championship this past season with a time of 16:19.4, leading the Hornets to second place as a team. The state's returning Gatorade Boys Cross Country Runner of the Year, Farrington finished seventh at the Nike Cross Nationals Northeast Regional championships and crossed the line eighth at the New England Cross Country Championships.

A member of his school's student government, Farrington has served as a mentor for younger students and has volunteered locally on behalf of the Essex Fire Department. "Henry has been the best all-around distance runner in Vermont for three years straight," said Essex coach Derek Martisus. "Most impressive to me is his range. He has legitimate 400-meter speed, but he'll have no trouble moving up to the 8K and 10K distances of college. He can beat you from the gun or he can outkick you in the home stretch."

Farrington has maintained a B average in the classroom. He has signed a National Letter of Intent to compete in cross country and track and field on scholarship at the University of Massachusetts-Lowell 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 and 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.

Two-time winner Farrington joins Gatorade Vermont Boys Cross Country Runner of the Year Stephen Looke (2017-18, U-32 High School), Tyler Marshall (2016-17, Champlain Valley Union High School), Matt Hynes (2015-16, Montpelier High School) and Sam Nishi (2014-15, Harwood Union High School), among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Farrington 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.