

**WESTERN DUBUQUE HIGH SCHOOL STUDENT-ATHLETE  
NAMED GATORADE IOWA BOYS CROSS COUNTRY PLAYER OF  
THE YEAR**

CHICAGO (February 13, 2026) — In its 41<sup>st</sup> year celebrating the nation's best high school athletes, Gatorade today announced Quentin Nauman of Western Dubuque High School is the 2025-26 Gatorade Iowa Boys Cross Country Player of the Year.

Gatorade Player of the Year is the top honor in high school sports, celebrating the nation's best high school athletes for their excellence in sport, academics and community. The award recognizes Nauman as Iowa's best high school boys cross country athlete, and he joins an elite legacy that spans professional athletes and coaches to CEOs, such as Lukas Verzbicas (2009-10 & 2010-11, Carl Sandburg High School, IL) Edward Cheserek (2012-13, Saint Benedict's Preparatory School, NJ) and Charlie Vause (2024-25, Rio Rancho High School, NM).

The 5-foot-9, 130-pound senior won the Class 3A state meet this past season, breaking the tape with an all-class best time of 14:48.3. Nauman followed that by taking fourth at the NXN Heartland Regional, qualifying for Nike nationals and earning All-Region honors in the process. Victorious in nine of his 11 races at 5K last fall, he clocked a personal best 14:39.4 to win September's Jim Boughton XC Invitational. He concluded the season ranked No. 76 in the national Dyestat 100 and finished 61st at the Nike Cross Nationals.

Nauman has volunteered locally on behalf of his church community, including his service as a CCD staff member. He has also donated his time as a Little Bobcat Track Camp coach. "Quentin Nauman clocked seven times under 15:15 last fall," said Rich Gonzalez, editor of PrepCalTrack. "He lost to only one Iowan all season – a defeat he avenged – ran the fastest all-class time at the state meet and missed out on a regional title by under 15 seconds."

Nauman has maintained a 3.88 GPA in the classroom. He has signed a written letter of athletic aid to run at the University of Oregon this fall.

The [Gatorade Player of the Year](#) program annually recognizes one state winner from each of the 50 states and Washington D.C., in 12 different sports: football, girls volleyball, boys and girls cross country, boys and girls basketball, baseball, softball, boys and girls soccer, and boys and girls track & field. In total, 610 high school athletes are honored each year. From the pool of state winners, one national winner is selected in each of the 12 sports. The selection process is administered by the Gatorade Player of the Year Selection Committee, which leverages experts including coaches, scouts, media and others as sources to help evaluate and determine the winners in each sport.

As part of Gatorade's commitment to breaking down barriers in sport, every Player of the Year also receives a grant to donate to a social impact partner. To date, the Gatorade Player of the Year program has provided more than \$6.4 million in grants to winners across more than 2,200 organizations.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit [playeroftheyear.gatorade.com](http://playeroftheyear.gatorade.com) or follow us on social media on Instagram at [instagram.com/Gatorade](https://www.instagram.com/Gatorade), Facebook at [facebook.com/GatoradePOY](https://www.facebook.com/GatoradePOY) and X(Twitter) at [x.com/Gatorade](https://x.com/Gatorade).

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