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**BOULDER HIGH SCHOOL STANDOUT NAMED  
GATORADE COLORADO GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 13, 2011) — In its 26<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPN RISE, today announced Kelsey Lakowske of Boulder High School as its 2010-11 Gatorade Colorado Girls Cross Country Runner of the Year. Lakowske is the first Gatorade Colorado Girls Cross Country Runner of the Year to be chosen from Boulder 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 racecourse, distinguishes Lakowske as Colorado's best high school girls cross country runner. Now a finalist for the prestigious Gatorade National Girls Cross Country Runner of the Year award to be announced in January, Lakowske joins an elite alumni association of past state award-winners in 12 sports, including Ryan Hall (1999-00, 2000-01, Big Bear HS, Calif.), Derek Jeter (1991-92, Kalamazoo HS, Mich.), Candace Parker (2001-02, Naperville Central HS, Ill.), Kevin Garnett (1992-93, Maudlin HS, S.C.), Abby Wambach (1997-98, Our Lady of Mercy, N.Y.) and Mark Sanchez (2004-05, Mission Viejo HS, Calif.).

The 5-foot-4 senior raced to her second consecutive Class 5A state title this past season with a time of 18:12, leading the Panthers to second place as a team. The state's returning Gatorade Girls Cross Country Runner of the Year, Lakowske also captured fourth place at the national Foot Locker Cross Country Championships in 17:29, earning All-American status.

Lakowske has maintained a 4.14 GPA in the classroom. Also a talented artist, Lakowske plays saxophone in her school's jazz band and has volunteered locally at the Boulder Humane Society.

"She had knee surgery and it took her a long time to recover," said Boulder High head coach Monique Guidry. "But she had a pretty extraordinary finish to the season. I've never coached a runner like her before. She has an aerobic system that is so far superior to most people."

Lakowske remains undecided upon a collegiate destination.

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. The selection process is administered by ESPN RISE and the Gatorade high school sports leadership team, which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

Two-time winner Lakowske joins Gatorade Colorado Girls Cross Country Runners of the Year Allie McLaughlin (2008-09, Air Academy) and Kaitlin Hanenburg (2007-08, The Classical Academy) as athletes who have won the cross country award since its inception in 2007.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow us on Twitter. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners, and the announcement of the Gatorade National Player of the Year, visit [playeroftheyear.gatorade.com](http://playeroftheyear.gatorade.com).

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