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**RAPID CITY STEVENS HIGH SCHOOL STANDOUT NAMED
GATORADE SOUTH DAKOTA GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 13, 2011) — In its 26th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPN RISE, today announced Tamara Gorman of Rapid City Stevens High School as its 2010-11 Gatorade South Dakota Girls Cross Country Runner of the Year. Gorman is the first Gatorade South Dakota Girls Cross Country Runner of the Year to be chosen from Rapid City Stevens 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 Gorman as South Dakota'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, Gorman 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-5 freshman raced to the Class AA individual state championship this past season with a time of 14:40.22. A two-time Rapid City Journal Best of the West selection, Gorman was also the fastest South Dakota runner at the 2010 Nike Cross Nationals Heartland Regionals championships, capturing fifth place in 18:02.23. She later earned 30th place out of 199 competitors at the 2010 Nike Cross Nationals Final, crossing the line in 19:37.9.

Gorman has maintained an A average in the classroom. An accomplished triathlete, she has volunteered locally as a youth tutor as well as at her school's book fairs and at elementary school carnivals.

"Tamara Gorman is extremely coachable and an outstanding teammate," said Rapid City Stevens head coach Jesse Coy. "Though just a freshman, she is the leader for the entire cross country program through her example of unmatched hard work and exceptional attitude."

Gorman will begin her sophomore 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. 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.

Gorman joins Gatorade South Dakota Girls Cross Country Runners of the Year Madeleine Takahashi (2009-10, Sturgis Brown), Seanna Kautz (2008-09, Roosevelt), and Mariah Hofer (2007-08, Yankton) 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.

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