

**FOR IMMEDIATE RELEASE**

**Contact: Lauren Rollins (312-729-3607)**

**ARCADIA HIGH SCHOOL STANDOUT NAMED  
GATORADE CALIFORNIA BOYS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 20, 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 Ammar Moussa of Arcadia High School as its 2010-11 Gatorade California Boys Cross Country Runner of the Year. Moussa is the first Gatorade California Boys Cross Country Runner of the Year to be chosen from Arcadia 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 Moussa as California'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 January, Moussa 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-6 senior raced to his second consecutive Division 1 individual state championship this past season with a time of 14:43, leading the Apaches to the state title as a team. Moussa placed fourth at the Nike Cross Nationals Final in 16:16.3, helping Arcadia become the first California team to win a national cross country crown. Moussa also won the USA Track & Field Junior Olympic Cross Country Championships, the Woodbridge Invitational, the Stanford Invitational, the Clovis Invitational and the team sweepstakes race at the Mt. SAC Invitational.

Moussa has maintained a 3.18 GPA in the classroom. He has volunteered locally at a homeless shelter and as a nurse's assistant at an area medical center.

"I don't believe there's another athlete in the country who was capable of that kind of sustained excellence, week in and week out," said Arcadia head coach Jim O'Brien. "He carved himself out a legacy ... I could not be more proud of an athlete, and I've been coaching for over 30 years."

Moussa has verbally committed to an athletic scholarship at the University of Colorado beginning 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.

Two-time winner Moussa joins Gatorade California Boys Cross Country Runners of the Year Chris Schwartz (2008-09, Foothill), and German Fernandez (2007-08, Riverbank) 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).

###