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**HIGHLAND HIGH SCHOOL STANDOUT NAMED
GATORADE IDAHO BOYS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 20, 2011) — In its 26th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPN RISE, today announced Dallin Farnsworth of Highland High School as its 2010-11 Gatorade Idaho Boys Cross Country Runner of the Year. Farnsworth is the first Gatorade Idaho Boys Cross Country Runner of the Year to be chosen from Highland 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 Farnsworth as Idaho'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, Farnsworth 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-10, 135-pound junior raced to the Class 5A individual state championship this past season with a time of 19:01.92, breaking the tape more than 20 seconds ahead of his next-closest competitor. A two-time First Team All-State selection, Farnsworth captured fifth place at the 2010 Nike Cross Nationals Northwest Regional championships in 15:45.2 and earned 33rd as part of a talent-rich field at the 2010 Nike Cross Nationals Final, crossing the line in 16:59.1.

Farnsworth has maintained a 3.75 GPA in the classroom. A devoted member of his church community, he has volunteered locally on behalf of the Boy Scouts of America.

"Dallin Farnsworth is as self-motivated an athlete as you'll ever find," said Highland High head coach Chris Belcher. "He's constantly striving to excel and make himself into a better runner."

Farnsworth will begin his senior 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.

Farnsworth joins Gatorade Idaho Boys Cross Country Runners of the Year Cody Helbling (2009-10, Lake City), Barak Watson (2008-09, Columbia), and Eric Fitzpatrick (2007-08, Boise) 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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