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**BISHOP KELLY HIGH SCHOOL STANDOUT NAMED
GATORADE IDAHO GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 12, 2012) — In its 27th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPN HS, today announced Emily Nist of Bishop Kelly High School as its 2011-12 Gatorade Idaho Girls Cross Country Runner of the Year. Nist is the first Gatorade Idaho Girls Cross Country Runner of the Year to be chosen from Bishop Kelly 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 Nist as Idaho'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, Nist 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.), 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 her third Class 4A individual state championship in four years this past season with a time of 18:34.98, leading the Knights to the state title as a team. A four-time First Team All-State selection, Nist earned 11th place at the Foot Locker West Regional championships, crossing the line in 18:41, and qualified for the Foot Locker Cross Country Championships, where she took 37th with a time of 18:35. She also placed 12th at the Nike Cross Northwest championships in 18:49.

Nist has maintained a 4.0 GPA in the classroom. A member of the National Honor Society, she has volunteered locally on behalf of the YMCA, the Ronald McDonald House and as an elementary school tutor.

"I have seen many examples of Emily Nist's talent and have always been impressed by her diligence and perseverance," said Bishop Kelly head coach Tom Shanahan. "From the outset, I worked closely with her on a day-to-day basis and I witnessed tremendous growth and development. Her teammates marvel at her work ethic, discipline, determination and courage."

Nist has verbally committed to an athletic scholarship at Syracuse University 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 HS 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.

Nist joins Gatorade Idaho Girls Cross Country Runners of the Year Kinsey Gomez (2010-11 & 2009-10, Coeur d'Alene High School), Liz Brandon (2008-09, Eagle), and Nicole Nielsen (2007-08, Borah) 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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