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

CHICAGO (January 23, 2012) — In its 27<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPNHS, today announced Dallin Farnsworth of Highland HS as its 2011-12 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 HS.

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 senior placed third at the Foot Locker West Regional championships this past season with a time of 15:41, earning a spot in the national Foot Locker Cross Country Championships, where he finished 11th in 15:29. The 2010-11 Gatorade Idaho Boys Cross Country Runner of the Year, Farnsworth took third at the Nike Cross Nationals Northwest Regional championships, crossing the line in 15:43.3 and won his second straight Class 5A individual state championship this past season with a time of 15:40.58.

Farnsworth has maintained a 3.88 GPA in the classroom. An accomplished vocalist in his school's concert choir, he has volunteered locally on behalf of multiple community service initiatives in association with his church youth group.

"Dallin Farnsworth has excelled in the sport in Idaho the past two seasons," said Dave Mills, head coach of rival Boise High. "He is a fine young man and a true competitor with many great things ahead of him."

Farnsworth 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 ESPNHS 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](http://playeroftheyear.gatorade.com).

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