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**CENTRAL HIGH SCHOOL STANDOUT NAMED
GATORADE NEW HAMPSHIRE GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 10, 2013) — In its 28th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Elizabeth Conway of Central High School as its 2012-13 Gatorade New Hampshire Girls Cross Country Runner of the Year. Conway is the first Gatorade New Hampshire Girls Cross Country Runner of the Year to be chosen from Central 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 Conway as New Hampshire'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, Conway 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-7 senior raced to the Division 1 individual championship this past season with a time of 18:45, leading the Little Green to fifth place as a team. Also the two-time Runner of the Year as named by both the New Hampshire Cross Country Coaches Association and Union Leader, Conway recorded a second straight runner-up finish at the Meet of Champions in 18:32.9, placed fourth at the New England Championships in 19:09.01 and finished 13th at the Nike Cross Nationals Northeast Regional championships in 19:06.70.

Also an accomplished violinist and skier, Conway has maintained an A average in the classroom and ranks No. 1 in her graduating class. A member of the World Language, Tri-M Music and National Honor societies, she has performed ballet in a local production of The Nutcracker and served as managing editor of her school newspaper. Also an active member of her church community, she has volunteered on behalf of the Special Olympics.

"She's phenomenal," said Larry Martin, head of the New Hampshire Cross Country Coaches Association. "Distance running requires an extraordinary amount of focus, so the most amazing thing about her is that she did it while she's No. 1 in her class, an All-State violinist, the lead in the Nutcracker at the Palace Theater and the editor of her school newspaper. Everything she does, she's No. 1."

Conway 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 the Gatorade high school sports leadership team in partnership with [USA TODAY High School Sports](#), 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.

Conway joins Gatorade New Hampshire Girls Cross Country Runners of the Year Courtney Hawkins (2011-12, Milford High School), Chloe Maleski (2010-11, Keene High School), Heidi Caldwell (2009-10 & 2008-09, Hanover) and Georgia Griffin (2007-08, Hanover) 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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