

**BARRINGTON HIGH SCHOOL STANDOUT NAMED
GATORADE RHODE ISLAND 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 Emma McMillan of Barrington High School as its 2012-13 Gatorade Rhode Island Girls Cross Country Runner of the Year. McMillan is the second Gatorade Rhode Island Girls Cross Country Runner of the Year to be chosen from Barrington 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 McMillan as Rhode Island'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, McMillan 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-8 freshman raced to the All-State Meet individual championship this past season with a time of 18:22.99, leading the Eagles to the state title as a team. A First Team All-State selection as named by the Providence Journal and Rhode Island Track Coaches Association, McMillan also led Barrington to the team championship at the Class A state meet, breaking the tape in 18:35.33. McMillan placed third at the New England Cross Country Championships in 19:07.13 and took seventh at the Nike Cross Nationals Northeast Regional championships in 18:43.6. She finished 11-0 during the regular season.

Also an accomplished swimmer, McMillan has maintained a 4.00 GPA in the classroom. A member of her school's choral ensemble, she has donated her time on behalf of her church and as a youth swimming instructor.

"Emma's trajectory as a cross country runner has been unparalleled among her peers in Rhode Island," said Barrington head coach Annmarie Marino. "This past season, she was our No. 1 runner, leading her team to an undefeated season. Emma runs for the sheer fun of the sport. Her composure as a newcomer to the sport was an example for all to see. Whether covered in mud, sweat, or red in the face from an all-out effort, Emma always wore a smile and offered an encouraging word to her teammates and competitors."

McMillan will begin her sophomore 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 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.

McMillan joins Gatorade Rhode Island Girls Cross Country Runners of the Year Molly Keating (2011-12 & 2010-11, La Salle Academy), Abigail Jones (2009-10, Barrington), Jenna Riley (2008-09, Coventry) and Jeanne Mack (2007-08, La Salle Academy) 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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