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**STEVENS HIGH SCHOOL STANDOUT NAMED  
GATORADE SOUTH DAKOTA GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 10, 2013) — In its 28<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Tamara Gorman of Stevens High School as its 2012-13 Gatorade South Dakota Girls Cross Country Runner of the Year. Gorman is the first Gatorade South Dakota Girls Cross Country Runner of the Year to be chosen from Stevens 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 Gorman as South Dakota'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, Gorman 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 junior completed an undefeated cross country season this past season and earned a bronze medal at the 2012 ITU Junior Triathlon World Championship in New Zealand, becoming the first ever American female to medal at the event. The returning Gatorade South Dakota Girls Cross Country Runner of the Year, Gorman earned 11th place at the Foot Locker Midwest Regional championships with a time of 17:44 and took 15th at the 2012 Nike Cross Nationals Heartland Regional championships, crossing the line in 18:40.6

Gorman has maintained a 3.5 GPA in the classroom. She has volunteered locally as a Rapid City Racers swim team coach, an elementary school tutor and on behalf of the Special Olympics.

"Tamara Gorman's competitive desire and ability has proven her to be one of, if not the best runner I've seen in South Dakota in my 33 years of coaching," said Dale Pepper, head coach at Douglas High. "She is a very dedicated athlete and it would be difficult to find anyone as good as her."

Gorman will begin her senior year of high school 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 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.

Gorman joins Gatorade South Dakota Girls Cross Country Runners of the Year Alex Hess (2011-12, Roosevelt High School), Madeleine Takahashi (2009-10, Sturgis Brown), Seanna Kautz (2008-09, Roosevelt) and Mariah Hofer (2007-08, Yankton) 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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