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Contact: Matt Schiffman (312-729-3672)

**KENAI CENTRAL HIGH SCHOOL STANDOUT NAMED
GATORADE ALASKA GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 8, 2014) — In its 29th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Allie Ostrander of Kenai Central High School as its 2013-14 Gatorade Alaska Girls Cross Country Runner of the Year. Ostrander is the first Gatorade Alaska Girls Cross Country Runner of the Year to be chosen from Kenai 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 Ostrander as Alaska'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, Ostrander 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-1 junior raced to the Class 4A individual state championship this past season with a time of 17:49.5. The state's two-time returning Gatorade Girls Cross Country Runner of the Year, Ostrander also won the Skyview Invitational, the Palmer Invitational, the Region III championship and Oregon's George Fox Classic.

Ostrander has maintained a 4.0 GPA in the classroom. The junior class treasurer in her school, she has volunteered on behalf of a local food bank and youth sports programs.

"She never lets down, never gives anything but 110 percent, never makes excuses," said Maria Calvert, Kenai Central assistant coach. "I'm confident that she will make her mark not only in the Alaska high school record books, but in college as well."

Ostrander will begin her senior 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.

Three-time winner Ostrander joins Gatorade Alaska Girls Cross Country Runners of the Year Jenette Northey (2010-11, Service High School), Kailey Wilson (2009-10, Kenny Lake School), and Leah Francis (2008-09 & 2007-08, Juneau-Douglas) 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 www.gatorade.com/poy.

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