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**SIDWELL FRIENDS SCHOOL STANDOUT NAMED
GATORADE DISTRICT OF COLUMBIA 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 Megan Wilson of Sidwell Friends School as its 2013-14 Gatorade District of Columbia Girls Cross Country Runner of the Year. Wilson is the second Gatorade District of Columbia Girls Cross Country Runner of the Year to be chosen from Sidwell Friends 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 Wilson as District of Columbia'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, Wilson 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-10 senior won the District of Columbia State Athletic Association Championships this past season with a time of 19:46, leading the Fighting Quakers to second place as a team. Wilson also broke the tape at the Maymont Cross Country Festival, the Lake Forest Cross Country Festival and the Maryland/D.C. Private School Championships. She placed 20th at the Foot Locker Northeast Regional championships.

Wilson has maintained an A average in the classroom. A devoted member of her church youth group, she has volunteered locally on behalf of Habitat for Humanity.

"Megan's talent, work ethic, leadership and dedication are a coach's dream," said Sidwell head coach Gaby Grebski. "Her improvement in just one year of running has sky-rocketed."

Wilson has verbally committed to an athletic scholarship at Stanford University beginning in the fall of 2014.

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.

Wilson joins Gatorade District of Columbia Girls Cross Country Runners of the Year Emily Kaplan (2012-13, Georgetown Visitation Preparatory School), Polly Terzian (2011-12, National Cathedral School), Grace Carr (2010-11, Georgetown Visitation Preparatory School), Marisa Repka (2009-10, Sidwell Friends School), Moira Ryan (2008-09, Georgetown Visitation Preparatory School), and Juashaunna Kelly (2007-08, Roosevelt) 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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