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**GRANT HIGH SCHOOL STANDOUT NAMED
GATORADE OREGON 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 Ella Donaghu of Grant High School as its 2013-14 Gatorade Oregon Girls Cross Country Runner of the Year. Donaghu is the first Gatorade Oregon Girls Cross Country Runner of the Year to be chosen from Grant 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 Donaghu as Oregon'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, Donaghu 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-4 sophomore raced to the Class 6A individual state championship this past season with a time of 18:01. Donaghu finished third at the Nike Cross Nationals Northwest Regional championships in 17:59.7 and was ninth at the NXN Final with a time of 17:49.7. She also won the Pier Park Invitational, the Northwest Classic and the Three Rivers League championship.

Donaghu has maintained a 4.0 GPA in the classroom. A mentor for younger runners, she has volunteered locally on behalf of a soup kitchen and a homeless shelter, and participates in the Friends First Club, which helps integrate special needs students at her school.

"Ella is a once-in-a-generation athlete," said Grant coach Doug Winn. "The fact that she broke 17 minutes in a 5K cross country race blows my mind. She's by far the most impressive athlete I have ever coached."

Donaghu will begin her junior 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.

Donaghu joins Gatorade Oregon Girls Cross Country Runners of the Year Sara Tsai (2012-13 & 2011-12, South Eugene High School), Annamarie Maag (2010-11 & 2009-10, Jesuit High School), and Taylor Wallace (2008-09 & 2007-08, Henley) 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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