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**BARRINGTON HIGH SCHOOL STANDOUT NAMED
GATORADE RHODE ISLAND 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 Emma McMillan of Barrington High School as its 2013-14 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 sophomore distance runner won the state's open championships with a course-record time of 17:42.87 this past season, leading the Eagles to second place as a team. The state's returning Gatorade Girls Cross Country Runner of the Year, McMillan also captured sixth place at the New England Cross Country Championships in 17:55.60. A two-time First Team All-State selection as named by the Providence Journal and Rhode Island Track Coaches Association, she placed fourth at the Nike Cross Nationals Northeast Regional championships in 18:31.1, and then finished 45th at the Nike Cross Nationals Final in 18:19.80. McMillan took second at the Class A championships in 18:04.84.

McMillan has maintained a 4.21 weighted GPA in the classroom. An accomplished swimmer and member of her school's choral ensemble, she has donated her time on behalf of her church and as a youth swimming instructor.

"She runs for the sheer fun of the sport—her composure is an example for all," said Barrington head coach Annmarie Marino. "Her light, young, musical attitude brings a light-hearted atmosphere to a sport that can at times be extremely difficult. Whether covered in mud, sweat, or red in the face from an all-out effort, she always wore a smile and had encouraging words to offer her teammates and her competitors."

McMillan 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.

Two-time winner 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 www.gatorade.com/poy.

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