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

CHICAGO (January 8, 2014) — In its 29<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 2013-14 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 senior captured first place at the 2013 ITU Junior Triathlon World Championship in London, logging a time of 57:08 and becoming the first ever U.S. female to earn a gold medal at the competition. The state's two-time returning Gatorade Girls Cross Country Runner of the Year, Gorman was the fastest South Dakota runner at the 2013 Nike Cross Nationals Heartland Regional championships, earning ninth place in 18:05.7. She was also the runner-up at the Class AA state meet, crossing the line in 14:24.81.

Gorman has maintained a 3.25 GPA in the classroom. She has volunteered locally on behalf of the Special Olympics, as a Rapid City Racers swim team coach and as an elementary school tutor.

"Tamara Gorman is one of the top endurance athletes in the world, yet she remains humble and continues to work harder than ever before," said Rapid City Stevens High head coach Jesse Coy. "Her leadership and contribution to our program will be seen for years to come."

Gorman remains undecided upon a collegiate destination.

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 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 [www.gatorade.com/poy](http://www.gatorade.com/poy).

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