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## **CAMAS HIGH SCHOOL STANDOUT NAMED GATORADE WASHINGTON 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 Alexa Efraimson of Camas High School as its 2013-14 Gatorade Washington Girls Cross Country Runner of the Year. Efraimson is the first Gatorade Washington Girls Cross Country Runner of the Year to be chosen from Camas 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 Efraimson as Washington'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, Efraimson 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 junior raced to the national title at the Nike Cross Nationals Final this past season, breaking the tape with a course-record time of 16:50.1. The 2012-13 Gatorade Washington Girls Track and Field Athlete of the Year, Efraimson also captured the Class 4A individual state cross country championship with a course-record time of 17:01.1, leading the Papermakers to second place as a team. She also won the Nike Pre-Nationals, the Nike BorderClash and the Bill Dellinger Invitational, and finished first at the NXN Northwest Regional championships in 17:27.1.

Efraimson has maintained a 3.90 GPA in the classroom. A member of DECA and the National Honor Society, Efraimson has volunteered locally as a youth soccer referee and has served meals to the needy at the Zion Lutheran Church's Lost and Found Cafe.

"In a state that has produced some extraordinary distance runners over the past decade, Alexa seems to be the best of them all," said Doug Binder, Editor-in-Chief of Dyestat.com. "She has tremendous physical ability and combines that with fierce competitive instincts. She came into the cross country season fresh off a bronze medal performance in the 1,500 meters at the World Youth Championships in the Ukraine and that result gave her a lot of confidence. After that, I think we all believed she was capable of doing anything she set her mind to."

Efraimson 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.

Efraimson joins Gatorade Washington Girls Cross Country Runners of the Year Amy-Eloise Neale (2012-13, 2010-11 & 2009-10, Glacier Peak High School), Katie Knight (2011-12, North Central High School), Alyssa Andrews (2008-09, Gig Harbor), and Andrea Nelson (2007-08, Shadle Park) 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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