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Contact: Jason Belenke (312-729-3631)

**VESTAVIA HILLS HIGH SCHOOL STANDOUT NAMED
GATORADE ALABAMA BOYS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 16, 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 Mac Macoy of Vestavia Hills High School as its 2013-14 Gatorade Alabama Boys Cross Country Runner of the Year. Macoy is the first Gatorade Alabama Boys Cross Country Runner of the Year to be chosen from Vestavia Hills 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 Macoy as Alabama's best high school boys cross country runner. Now a finalist for the prestigious Gatorade National Boys Cross Country Runner of the Year award to be announced in January, Macoy 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.), Kevin Garnett (1992-93, Maudlin HS, S.C.), Abby Wambach (1997-98, Our Lady of Mercy, N.Y.) and Mark Sanchez (2004-05, Mission Viejo HS, Calif.).

The 6-foot senior distance runner raced to a second consecutive Class 6A individual state championship with a time of 15:44.50 this past season, leading the Rebels to second place as a team. The two-time Birmingham News Metro Boys Cross Country Runner of the Year, Macoy's time of 15:03.34 at the Florida State University Invitational marked Alabama's fastest 5K time of the fall. He captured 10th place at the 2011 Class 6A state meet as a sophomore.

Macoy has maintained a 3.83 GPA in the classroom. A certified Lifeguard as well as a member of his school's student government and youth leadership group, he has volunteered extensively as a peer tutor and on behalf of his church's youth group, Urban Purpose, the Fellowship of Christian Athletes and American Cancer Society's Relay for Life.

"It's clear that Mac is a special runner and athlete," said Vestavia Hills head coach Brett Huber. "As his coach, I have seen these traits for the past several years, day in and day out. His attention to details each day is one aspect that separates him from his own teammates and his competition. In my 20 years of coaching, he stands out among my best athletes because he really plans his steps and looks ahead, setting goals and imagining how he will accomplish them."

Macoy has verbally committed to an athletic scholarship at the University of Florida beginning 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.

Macoy joins Gatorade Alabama Boys Cross Country Runners of the Year Payton Ballard (2012-13, Mountain Brook High School), Griffin Lee (2011-12, John Carroll Catholic High School), Brandon Hazouri (2010-11, Spain Park High School), Nathan Lewis (2009-10, Cold Springs), and Patrick McGregor (2008-09 & 2007-08, Hoover) 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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