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**DARIEN HIGH SCHOOL STANDOUT NAMED
GATORADE CONNECTICUT 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 Alex Ostberg of Darien High School as its 2013-14 Gatorade Connecticut Boys Cross Country Runner of the Year. Ostberg is the first Gatorade Connecticut Boys Cross Country Runner of the Year to be chosen from Darien 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 Ostberg as Connecticut'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, Ostberg 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 5-foot-6, 115-pound junior raced to the Class L state championship this past season with a time of 15:34, leading the Blue Wave to the state title as a team. Ostberg finished third at the Nike Cross Nationals Northeast Regional championships and took 11th nationally at the NXN Final, in 15:31. He also won the Bethel Invitational, finished second at the New England Cross Country Championships and was third at the State Open championships.

Ostberg has maintained a 4.01 GPA in the classroom. He has volunteered locally as an emergency medical technician.

"This was the first year that Alex was actually healthy for championship season," said Darien coach Tyson Kaczmarek. "He's one of the most dedicated and hard-working athletes I have ever coached. He does all the extra things a runner can do to be their best."

Ostberg will begin his 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.

Ostberg joins Gatorade Connecticut Boys Cross Country Runners of the Year Henry Wynne (2012-13, Staples High School), Connor Rog (2011-12 & 2010-11, Fairfield College Preparatory School), John Raneri (2009-10 & 2008-09, New Fairfield), and Donn Cabral (2007-08, Glastonbury) 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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