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TELSTAR REGIONAL HIGH SCHOOL STANDOUT NAMED GATORADE MAINE 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 Josef Holt-Andrews of Telstar Regional High School as its 2013-14 Gatorade Maine Boys Cross Country Runner of the Year. Holt-Andrews is the first Gatorade Maine Boys Cross Country Runner of the Year to be chosen from Telstar Regional 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 Holt-Andrews as Maine'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, Holt-Andrews 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-1 senior distance runner raced to the Class C individual state championship with a time of 17:00.87 this past season. Also the Runner of the Year as named by the Portland Press Herald, Holt-Andrews took third place at the New England Cross Country Championships in 15:12.90. He placed fifth at the Foot Locker Northeast Regional championships in 15:36.8, and then captured All-American honors with a 10th-place finish at the national Foot Locker Cross Country Championships in 15:30.

Holt-Andrews has maintained an A-minus average in the classroom. He has donated his time as a peer tutor and youth running instructor.

"I've watched his confidence and personal growth really take off over the past four years," said Nick Scott, head coach of rival Boothbay Region High. "He has always been a very talented runner, but even amid his success appeared hungry for more. Each of his four years, he has steadily increased his athletic abilities and capped off his senior cross-country season in an absolutely tremendous way. As an opposing coach, I have the highest respect for Josef."

Holt-Andrews remain 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.

Holt-Andrews joins Gatorade Maine Boys Cross Country Runners of the Year Daniel Curts (2012-13, Ellsworth High School), Matt McClintock (2011-12 & 2010-11, Madison Area Memorial High School), Will Geoghegan (2009-10 & 2008-09, Brunswick), and Nick Williams (2007-08, Poland Regional) 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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