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**LOS ALAMOS HIGH SCHOOL STANDOUT NAMED
GATORADE NEW MEXICO 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 Colin Hemez of Los Alamos High School as its 2013-14 Gatorade New Mexico Boys Cross Country Runner of the Year. Hemez is the second Gatorade New Mexico Boys Cross Country Runner of the Year to be chosen from Los Alamos 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 Hemez as New Mexico'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, Hemez 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, 140-pound senior raced to the Class 4A individual state championship this past season with a time of 15:54.4, leading the Hilltoppers to the state title as a team. Hemez also earned victories at the District 2 Championships and the ATC Everybody Invitational, and finished second at the UNM Lobo Invitational.

Hemez has maintained a 4.22 GPA in the classroom. President of his school's chapter of the National Honor Society, he has volunteered locally on behalf of the Los Alamos Environmental Club, and helped organize the inaugural field day at Aspen Elementary School.

"Colin is an exceptional runner, student and person," said Los Alamos co-coach Kathy Hipwood. "His progression from back-of-the-pack seventh-grader in the middle school program to eventual state champion is the result of his incredible self-motivation and dedication to his craft."

Hemez 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.

Hemez joins Gatorade New Mexico Boys Cross Country Runners of the Year Luis Martinez (2012-13 & 2011-12, Sue Cleveland High School), Neil Longenbaugh (2010-11, Albuquerque Academy), Kyle Pittman (2009-10, Los Alamos), Bryce Palmer (2008-09, Eldorado), and Ben Johnson (2007-08, Albuquerque Academy) 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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