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## **KENAI CENTRAL HIGH SCHOOL STANDOUT NAMED GATORADE ALASKA GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 8, 2015) — In its 30<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 Allie Ostrander of Kenai Central High School as its 2014-15 Gatorade Alaska Girls Cross Country Runner of the Year. Ostrander is the first Gatorade Alaska Girls Cross Country Runner of the Year to be chosen from Kenai Central 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 Ostrander as Alaska'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, Ostrander 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-1 senior raced to the national title at the Nike Cross Nationals Final this past season, breaking the tape in 17:19 after finishing second in the NXN Northwest Regional championships qualifier. Ostrander won the Class 4A individual state championship for the third consecutive season with a course-record time of 17:06. She also won the Palmer Invitational, the Kodiak Invitational, the Tsalteshi Invitational, the Frank Dieckgraeff Invitational and the Region III championship. Since the inception of the award in 2007, Ostrander becomes one of only eight girls distance racers nationwide to claim Gatorade State Cross Country Runner of the Year honors in all four years of high school.

Ostrander has maintained a 4.0 GPA in the classroom. Manager of her school's coffee shop, she has volunteered locally on behalf of a food bank and has served as a mentor for incoming freshmen.

"Ostrander started as a phenom and she got better and stronger every year," said Marcus Dunbar, head coach at Kodiak High. "She's gone three complete seasons unbeaten in Alaska and she totally dominated this year. She never jogged or coasted either; she was always going against the clock and pushing as hard as she could." Ostrander 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.

Four-time winner Ostrander joins Jenette Northey (2010-11, Service High School), Kailey Wilson (2009-10, Kenny Lake School), and Leah Francis (2008-09 & 2007-08, Juneau-Douglas) 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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