

FOR IMMEDIATE RELEASE

Contact: Matt Schiffman (312-729-3672)

**BOISE HIGH SCHOOL STANDOUT NAMED
GATORADE IDAHO GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 8, 2015) — In its 30th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Emily Hamlin of Boise High School as its 2014-15 Gatorade Idaho Girls Cross Country Runner of the Year. Hamlin is the first Gatorade Idaho Girls Cross Country Runner of the Year to be chosen from Boise 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 Hamlin as Idaho'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, Hamlin 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-4 senior raced to a Class 5A individual state championship this past season with a time of 18:14.7, leading the Braves to a third-place finish as a team. The 2013-14 Gatorade Idaho Girls Track & Field Athlete of the Year, Hamlin earned seventh place at the Nike Cross Northwest Regional championships, crossing the line in 19:25. She went on to compete at the NXN Final, where she finished 75th in 18:56.

Hamlin has maintained a 3.87 GPA in the classroom. A member of her school's Humanitarian Club, she has volunteered locally on behalf of the Boise Rescue Mission Ministries and the Foothills Christian Church.

"Emily Hamlin is a wonderful kid and a very accomplished athlete," said Greg Harm, head coach at Eagle High. "I believe she was the best Idaho girls cross country runner in 2014."

Hamlin has verbally committed to an athletic scholarship at the University of Washington 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.

Hamlin joins Gatorade Idaho Girls Cross Country Runners of the Year Sam McKinnon (2013-14, Mountain View High School), Sierra Manzer (2012-13, Melba High School), Emily Nist (2011-12, Bishop Kelly High School), Kinsey Gomez (2010-11 & 2009-10, Coeur d'Alene High School), Liz Brandon (2008-09, Eagle), and Nicole Nielsen (2007-08, Borah) 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.

###