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**BETHESDA-CHEVY CHASE HIGH SCHOOL STANDOUT NAMED
GATORADE MARYLAND 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 Nora McUmbler of Bethesda-Chevy Chase High School as its 2014-15 Gatorade Maryland Girls Cross Country Runner of the Year. McUmbler is the second Gatorade Maryland Girls Cross Country Runner of the Year to be chosen from Bethesda-Chevy Chase 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 McUmbler as Maryland'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, McUmbler 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-5 senior raced to the Class 4A individual state championship this past season with a time of 18:28, leading the Barons to a second-place finish as a team. A 2014 Washington Post Fall First Team All-Met selection, McUmbler earned seventh place at the Nike Cross Nationals Southeast Regional championships, crossing the line in 17:46.6.

McUmbler has maintained a 3.02 GPA in the classroom. She has volunteered locally on behalf of a childcare facility and Shepherd's Table for the needy.

"Girls cross country in our area is the best it has ever been and Nora McUmbler is the dominant racer," said Rob Burke, head coach at Clarksburg High. "Every other athlete makes their race plans off of her, and when she is on, no one can beat her."

McUmbler 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.

McUmbler joins Gatorade Maryland Girls Cross Country Runners of the Year Ellie Gonzalez (2013-14, The Catholic High School of Baltimore), Caroline Beakes (2012-13, Bethesda-Chevy Chase High School), Hannah Oneda (2011-12, Winters Mill High School), Maura Linde (2010-11, Century High School), Jessie Rubin (2009-10, Thomas S. Wootton), Anna Bosse (2008-09, Walter Johnson), and Louise Hannallah (2007-08, Winston Churchill) 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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