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HELENA HIGH SCHOOL STANDOUT NAMED GATORADE MONTANA BOYS CROSS COUNTRY RUNNER OF THE YEAR

CHICAGO (January 15, 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 Aidan Reed of Helena High School as its 2014-15 Gatorade Montana Boys Cross Country Runner of the Year. Reed is the first Gatorade Montana Boys Cross Country Runner of the Year to be chosen from Helena 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 Reed as Montana'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, Reed 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 5-foot-7, 120-pound junior raced to the Class AA individual state championship with a time of 15:22.81 this past season, leading the Bengals to fifth place as a team. A two-time Class AA All-State honoree, Reed clocked a 14:51.30 at the Butte Invitational and 15:58.40 at the Great Falls Invitational, which respectively ranked as the state's fastest three-mile and 5K times of the season. He finished 100th at the Nike Cross Nationals Northwest Regional championships in 18:07.90.

Reed has maintained a 3.93 GPA in the classroom and has served in his school's student government as president of the sophomore class in 2013-14. A contributor to the student newspaper and a participant in the Montana Model United Nations, he has volunteered as part of an anti-drug campaign and on behalf of the Montana Historical Society in addition to donating his time maintaining Helena High's cross country trail.

"Aidan's work ethic is second-to-none," said Ed Darfler, head coach of rival Capital High. "He is always working to improve and willing to help other runners improve their racing skills. I would be honored to have him on my cross country team, not for his running ability, but for the leadership, poise and confidence that is a part of who he is. Aidan is an outstanding ambassador for Montana boys cross country."

Reed will begin his senior year of high school 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.

Reed joins Gatorade Montana Boys Cross Country Runners of the Year Jason Holmes (2013-14, Bozeman High School), Zach Perrin (2012-13, Flathead High School), Jakob Woodland (2011-12, Bozeman High School), Jacob Turner (2010-11, Sentinel High School), Mike Asay (2009-10, Manhattan), Drew Coco (2008-09, Whitefish), and Patrick Casey (2007-08, Laurel) 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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