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**GONZAGA COLLEGE HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE DISTRICT OF COLUMBIA BOYS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 30, 2017) — In its 32nd year of honoring the nation's best high school athletes, The Gatorade Company, today announced Harry Monroe of Gonzaga College High School as its 2016-17 Gatorade District of Columbia Boys Cross Country Runner of the Year. Monroe is the second Gatorade District of Columbia Boys Cross Country Runner of the Year to be chosen from Gonzaga College 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 Monroe as District of Columbia'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, Monroe joins an elite alumni association of past state award-winners in 12 sports, including Lukas Verzbicas (2010-11, 2009-10 Carl Sandburg, Orland Park, Ill.), Megan Goethals (2009-10, Rochester, Rochester Hills, Mich.), Jordan Hasay (2008-09, Mission College Prep., San Luis Obispo, Calif.), Donn Cabral (2007-08, Glastonbury High School, Glastonbury, Conn.) and Chris Derrick (2007-08, Neuqua Valley, Naperville, Ill.).

The 5-foot-7, 115-pound senior raced to the D.C. State Athletic Association individual championship this past season with a meet-record time of 16:19. Monroe also won the Washington Catholic Athletic Conference championship in 17:20.4. He was second at the Jesuit Championships, third at the Pacers Invitational and fourth at the Glory Days Invitational.

An Eagle Scout with the Boy Scouts of America, Monroe has volunteered locally on behalf of a food bank and a soup kitchen, and has participated in multiple service trips to assist the needy. "Harry has been a delight to coach, and his presence on the team will be sorely missed," said Gonzaga coach John Ausema. "He demonstrated leadership and the work ethic necessary to succeed as a distance runner. He really made a mark on the local cross country scene this year, competing for the top spot and finishing among the leaders in every race."

Monroe has maintained a weighted 4.22 GPA in the classroom. He 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 Player of the Year Selection Committee, 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.

Monroe joins Gatorade District of Columbia Boys Cross Country Runners of the Year Tristan Colaizzi (2015-16 & 2014-15, Georgetown Day School), Tai Dinger (2013-14 & 2012-13, St. Albans School), Mike Crozier (2011-12, Gonzaga College High School), John McGowan (2010-11 & 2008-09, Sidwell Friends School), Tom Harrison (2009-10, St. Albans School), and Nick Bax (2007-08, St. Albans School) as athletes who have won the cross country award since its inception in 2007.

As a Gatorade Player of the Year, Monroe will be able to select a national or local youth sports organization to receive a grant as part of the Gatorade Play It Forward program. Every Gatorade Player of the Year state winner receives a \$1,000 grant to donate and will have the opportunity to enter for an additional \$10,000 spotlight grant by writing a brief essay explaining why their selected organization deserves additional support. 12 spotlight grants - one for each sport - will be announced throughout the year.

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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