

Contact: Kelsey Rhoney (312-729- 3685)

**ST. JOHN'S PREPARATORY SCHOOL STUDENT-ATHLETE NAMED
GATORADE MASSACHUSETTS BOYS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (February 12, 2018) — In its 33rd year of honoring the nation's best high school athletes, The Gatorade Company, today announced Tristan Shelgren of St. John's Preparatory School as its 2017-18 Gatorade Massachusetts Boys Cross Country Runner of the Year. Shelgren is the first Gatorade Massachusetts Boys Cross Country Runner of the Year to be chosen from St. John's Preparatory 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 field, distinguishes Shelgren as Massachusetts'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, Shelgren 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 6-foot, 155-pound senior won the Division I state meet this past season with a course-record time of 15:15.82, breaking the tape 22.12 seconds ahead of his next-closest competitor and leading the Eagles to a 10th-place finish as a team. Shelgren also won the Foot Locker Northeast Regional championships by 4.2 seconds and then finished 39th at Foot Locker nationals. He was named the 2017 Runner of the Year by the Boston Globe, Boston Herald and Salem News.

Shelgren has volunteered locally on behalf of the Ashland Farm assisted living community as well as with the Coast to the Cure Bicycle Ride, which is a fundraiser to help fight neurofibromatosis. He has also donated his time for the past three academic years as the cross country team representative at St. John's Prep Open House events for prospective students. "Tristan not only won races, he dominated them," said Bryan Dunn, head coach of Xaverian High. "At the state meet, Tristan led from the beginning and the rest of the field gave up after a mile and could not keep up."

Shelgren has maintained a weighted 3.65 GPA in the classroom. He has signed a National Letter of Intent to run cross country on scholarship at the University of North Carolina 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 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.

Shelgren joins Gatorade Massachusetts Boys Cross Country Runners of the Year Marcelo Rocha (2016-17, Peabody High School), Viraj Deokar (2015-16, Middlesex School), Quinn Cooney (2014-15, Chelmsford High School), Mohamed Hussein (2013-14, Northfield Mount Hermon School), Jonathan Green (2012-13, St. John's High School), Wesley Gallagher (2011-12, Pembroke High School), John Murray (2010-11, Shrewsbury High School), Patrick McGowan (2009-10, Mansfield), Mike Moverman (2008-09, Oliver Ames), and Robert Gibson (2007-08, Brookline) as athletes who have won the cross country award since its inception in 2007.

As a Gatorade Player of the Year, Shelgren 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 the conversation on Twitter #GatoradePOY. 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 <http://playeroftheyear.gatorade.com/>.

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