

## **LA COSTA CANYON HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE CALIFORNIA GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 28, 2019) — In its 34<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company, today announced Kristin Fahy of La Costa Canyon High School as its 2018-19 Gatorade California Girls Cross Country Runner of the Year. Fahy is the first Gatorade California Girls Cross Country Runner of the Year to be chosen from La Costa Canyon 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 Fahy as California'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 February, Fahy joins an elite alumni association of past state award-winners in 12 sports, including Lukas Verzbicas (2010-11, 2009-10 Carl Sandburg High School, Orland Park, Ill.), Megan Goethals (2009-10, Rochester High School, Rochester Hills, Mich.), Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.) and Chris Derrick (2007-08, Neuqua Valley High School, Naperville, Ill.).

The 5-foot-2 senior raced to the Division 2 state championship this past season with a time of 17:22.6. Fahy won the Foot Locker West Regional championship in 17:52.8 and placed 25th nationally at the Foot Locker Cross Country Championships. She also broke the tape first at the Stanford Invitational, the Mt. SAC Invitational, the Mt. Carmel Invitational and the San Diego Section finals.

Fahy has volunteered locally as president of her chapter of the Fellowship of Christian Athletes. "Last year, Kristin collapsed about 200 yards from [the state championship finish line while leading] and she felt so bad for her team, like she let everyone down," said La Costa Canyon coach Bill Vice. "She never talked about it this fall, and to do what she did this year was special. She has a great inner drive and she has so much potential to do even more."

Fahy has maintained a 4.0 GPA in the classroom. She has signed a National Letter of Intent to compete in cross country and track and field on scholarship at Stanford University 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.

Fahy joins Gatorade California Girls Cross Country Runners of the Year Claudia Lane (2017-18 & 2016-17, Malibu High School), Cate Ratliff (2015-16, Santa Cruz High School), Fiona O'Keeffe (2014-15, Davis High School), and Sarah Baxter (2013-14, Simi Valley High School) as athletes who have won the cross country award since its inception in 2007.

As a part of Gatorade's cause marketing platform "Play it Forward," Fahy has the opportunity to award a \$1,000 grant to a local or national youth sports organization of her choosing. She is also eligible to submit an essay to win one of twelve \$10,000 spotlight grants for the organization of choice, which will be announced throughout the year.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit [www.Gatorade.com/POY](http://www.Gatorade.com/POY), on Facebook at [www.facebook.com/GatoradePOY](http://www.facebook.com/GatoradePOY) or follow us on Twitter at [www.twitter.com/Gatorade](http://www.twitter.com/Gatorade).