

NORTH ROCKLAND HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE NEW YORK GIRLS CROSS COUNTRY RUNNER OF THE YEAR

CHICAGO (January 28, 2019) — In its 34th year of honoring the nation's best high school athletes, The Gatorade Company, today announced Katelyn Tuohy of North Rockland High School as its 2018-19 Gatorade New York Girls Cross Country Runner of the Year. Tuohy is the second Gatorade New York Girls Cross Country Runner of the Year to be chosen from North Rockland 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 Tuohy as New York'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, Tuohy 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-4 junior raced to her second consecutive Nike Cross Nationals championship this past season, breaking her own course record by clocking a 16:37.8. The 2018 Gatorade Female High School Athlete of the Year, Tuohy also won the Class A individual state championship in 17:02.1 and finished first at the NXN New York Regional championships in 17:14. Unbeaten for the second consecutive season, Tuohy hasn't lost outdoors at 5K since December of 2016. The reigning Gatorade National Cross Country Runner of the Year as well as the 2017-18 Gatorade National Track & Field Athlete of the Year, she also broke the tape first at the Section 1 championships, the Rockland County championships, the Shore Coaches Invitational and the Suffolk Officials Invitational this past fall.

Tuohy has volunteered locally on behalf of youth soccer and running programs, and the Rose Memorial Library. "The only thing harder than accomplishing these things the first time is trying to top them the next season," said North Rockland coach Brian Diglio. "Katelyn succeeded brilliantly this fall."

Tuohy has maintained an A average in the classroom. She will begin her 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 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.

Two-time winner Tuohy joins Gatorade New York Girls Cross Country Runners of the Year Kelsey Chmiel (2016-17, Saratoga Springs High School), Jessica Lawson (2015-16 & 2013-14, Corning-Painted Post High School), and Bella Burda (2014-15, Arlington 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," Tuohy 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, on Facebook at www.facebook.com/GatoradePOY or follow us on Twitter at www.twitter.com/Gatorade.