

ANKENY HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE IOWA BOYS CROSS COUNTRY RUNNER OF THE YEAR

CHICAGO (February 11, 2019) — In its 34th year of honoring the nation's best high school athletes, The Gatorade Company, today announced **Tim Sindt of Ankeny High School** as its **2018-19 Gatorade Iowa Boys Cross Country Runner of the Year**. Sindt is the first Gatorade Iowa Boys Cross Country Runner of the Year to be chosen from Ankeny 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 field, distinguishes Sindt as Iowa'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 February, Sindt joins an elite alumni association of past state award-winners in 12 sports, including Lukas Verzbicas (2010-11, 2009-10 Carl Sandburg, Orland Park High School, Ill.), Donn Cabral (2007-08, Glastonbury High School, Glastonbury, Conn.) and Chris Derrick (2007-08, Neuqua Valley High School, Naperville, Ill.).

The state's returning Gatorade Runner of the Year, the 6-foot, 143-pound senior won the Class 4A state meet for a second-straight year this past season with a time of 15:36.0, leading the Hawks to a fifth-place finish as a team. Sindt underwent heart surgery last February, but returned to the team less than seven months later. He also set a state record at the Ankeny Invitational with his winning time of 14:51.5 as the first Iowa runner to break 15 minutes in a 5K race.

A member of the Ankeny High School choir and band, Sindt has volunteered locally doing yard work for disabled neighbors, and he has donated his time at multiple charity road races and triathlons. "Tim Sindt is one of the highest-level distance runners Iowa has seen," said Matt Jaschen, head coach of Johnston High School. "He has faced some serious challenges that would cause many to accept the fate of lowered expectations. But Tim turned those challenges into opportunities, and the result was a banner senior season."

Sindt has maintained a weighted 3.50 GPA as a senior in the classroom. He has signed a National Letter of Intent to compete in cross country and track and field on scholarship at Iowa State 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. From the 12 national winners, one male and one female athlete are each named Gatorade High School Athlete of the Year. In all, 607 athletes are honored each year.

Two-time winner Sindt joins Gatorade Iowa Boys Cross Country Runners of the Year Sam Schillinger (2016-17, Cedar Falls High School), Ryan Schweizer (2015-16, Dowling Catholic High School), and Thomas Pollard (2014-15 & 2013-14, Gilbert 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," Sindt has the opportunity to award a \$1,000 grant to a local or national youth sports organization of his choosing. He 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.