

**CANYON CREST ACADEMY STUDENT-ATHLETE NAMED
GATORADE CALIFORNIA GIRLS CROSS COUNTRY RUNNER OF THE
YEAR**

CHICAGO (January 27, 2020) — In its 35th year of honoring the nation's best high school athletes, The Gatorade Company today announced **Carlie Dorostkar of Canyon Crest Academy** as its **2019-20 Gatorade California Girls Cross Country Runner of the Year**. Dorostkar is the first Gatorade California Girls Cross Country Runner of the Year to be chosen from Canyon Crest Academy.

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 Dorostkar 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, Dorostkar 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-6 senior raced to the Division 1 individual state championship this past season with a time of 16:45.4. Dorostkar placed sixth nationally at the Nike Cross Nationals in 17:36.4, earning All-American status. She broke the tape first at the Mt. Carmel Invitational, the Dana Hills Invitational and the San Diego Section championship, while finishing second at the Mt. SAC Invitational.

Dorostkar has donated her time locally to San Diego's Female Athlete Volunteers service group. "Carlie is the type of athlete who only comes around once in a generation," said Canyon Crest coach Andrew Corman. "Over the past four years, she's improved about 40 to 60 seconds every year, which was very impressive considering how good she was last year."

Dorostkar has maintained a 4.0 GPA in the classroom. She 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 and 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.

Dorostkar joins recent Gatorade California Girls Cross Country Runner of the Year Kristin Fahy (2018-19, La Costa Canyon High School), Claudia Lane (2017-18 & 2016-17, Malibu High School), Cate Ratliff (2015-16, Santa Cruz High School) and Fiona O'Keeffe (2014-15, Davis High School), among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Dorostkar 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.