

**LONE PEAK HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE UTAH 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 **Eliza Arrington of Lone Peak High School** as its **2019-20 Gatorade Utah Girls Cross Country Runner of the Year**. Arrington is the first Gatorade Utah Girls Cross Country Runner of the Year to be chosen from Lone Peak 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 Arrington as Utah’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, Arrington 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 junior raced to the Class 6A individual state championship this past season with a time of 17:55.7, leading the Knights to the state title as a team. Arrington also won the Murray Invitational and the Region 4 championships. She took second at the Nike Cross Nationals Southwest Regional championships in 17:18.83 and finished 26th nationally at the Nike Cross Nationals Finals, leading Lone Peak to an impressive fourth-place finish as a team.

A devoted member of her church youth group, Arrington has volunteered locally tutoring special needs students. “Eliza doesn’t fully understand the amazing runner that she will be one day,” said Lone Peak coach Courtney Meldrum. “She’s humble and she’s been a delight to work with and coach.”

Arrington has maintained a 3.32 GPA 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 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.

Arrington joins recent Gatorade Utah Girls Cross Country Runner of the Year Anna Martin (2018-19, Lehi High School), Sadie Sargent (2017-18, North Summit High School), Whitney Rich (2016-17, Bingham High School), Courtney Wayment (2015-16, Davis High School) and Lucy Biles (2014-15, Herriman High School), among the state’s list of former award winners.

As a part of Gatorade’s cause marketing platform “Play it Forward,” Arrington 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.

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