

**PLYMOUTH HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE MICHIGAN BOYS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (February 10, 2020) — In its 35th year of honoring the nation's best high school athletes, The Gatorade Company today announced Carter Solomon of Plymouth High School as its 2019-20 Gatorade Michigan Boys Cross Country Runner of the Year. Solomon is the first Gatorade Michigan Boys Cross Country Runner of the Year to be chosen from Plymouth 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 Solomon as Michigan'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, Solomon 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-11, 150-pound senior raced to the Division 1 individual state championship this past season with a time of 15:01.2. The state's returning Gatorade Boys Cross Country Runner of the Year, Solomon was the national runner-up at the Foot Locker Cross Country Championships in 15:16.9, earning All-American honors in the process. He also broke the tape at the Holly Festival of Races, the KLAA Conference championships and the Detroit Mercy Titans Invitational, in addition to finishing ninth at the Foot Locker Midwest Regional championships.

Solomon has volunteered locally on behalf of Open Door Ministries. "Very few runners have been able to do what Carter has done," said Plymouth coach Jon Mikosz. "He's worked hard and has stayed humble with his success. He's one of those student-athletes that you dream about being able to coach."

Solomon has maintained an A average in the classroom. He has signed a National Letter of Intent to compete in cross country and track and field on scholarship at the University of Notre Dame 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.

Two-time winner Solomon joins Gatorade Michigan Boys Cross Country Runner of the Year Nick Foster (2017-18, Pioneer High School), Noah Jacobs (2016-17, Corunna High School), Isaac Harding (2015-16, Rockford High School) and Grant Fisher (2014-15, Grand Blanc High School), among the state's list of former award winners.

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