

**SOUHEGAN HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE NEW HAMPSHIRE GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

CHICAGO (January 24, 2022) — In its 37th year of honoring the nation's best high school athletes, Gatorade today announced **Chloe Trudel** of **Souhegan High School** is the **2021-22 Gatorade New Hampshire Girls Cross Country Player of the Year**. Trudel is the first Gatorade New Hampshire Girls Cross Country Player of the Year to be chosen from Souhegan 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 Trudel as New Hampshire's best high school girls cross country player. Now a finalist for the prestigious Gatorade National Girls Cross Country Player of the Year award to be announced in February, Trudel joins an elite alumni association of 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-1 senior distance talent led the Sabers to second place as a team at the NHIAA Division 2 Championships this past season, breaking the tape to win the individual title with a time of 19:05.50—the fastest clocking among divisional champions. Trudel crossed the line in fifth at the Garmin RunningLane Cross Country Championships' Silver race with a time of 17:56.22—the state's only sub-18 time by a prep girl in 2021 and fast enough to earn her All-American status. New Hampshire's top finisher at the New England Cross Country Championships (9th), where she earned All-New England honors, Ray was also the top Granite State runner at the NXR Northeast Region Championships, where she placed fourth. She took third at the NHIAA Meet of Champions.

A member of both the National and French-language Honor Society and the Souhegan High Ethics Forum, Trudel has served as vice president of her school's Rotary International Interact Club, which conducts "service above self" initiatives to benefit the community. She has also donated her time collecting items and organizing survival kits for Afghan refugees in addition to fundraising for the American Foundation for Suicide Prevention and the "Hope for Gus" project to support the search for a cure for Duchenne Muscular Dystrophy. "After winning the D2 Title in 2019, Chloe Trudel returned to the top of the ranks of New Hampshire cross country this past season by winning her second D2 title with the fastest all-class time of the day," said Coe-Brown Northwood Academy head coach Tim Cox. "She followed that with being the state's top finisher at New England's. She also earned all NXR Northeast All-Region honors as the state's top girls runner. As an opposing coach and cross country fan, I always knew she would race tough and intelligently—all while displaying the best in sportsmanship. Because of all of this, she has joined the conversation as being among the best in state history."

Trudel has maintained a 4.10 unweighted GPA in the classroom. She has signed a National Letter of Intent to run on scholarship at the University of Connecticut 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 leverages experts including coaches, scouts, media and others as sources to help evaluate and determine the state winners in each sport.

Trudel joins recent Gatorade New Hampshire Girls Cross Country Players of the Year Addison Cox (2020-21, Coe-Brown Northwood Academy), Caroline Fischer (2019-20, Bishop Guertin High School), Sophia Reynolds (2018-19, Merrimack Valley High School) and Jacqueline Gaughan (2017-18, Exeter High School), among the state's list of former award winners.

Gatorade has a long-standing history of serving athlete communities and understands how sports instill valuable lifelong skills on and off the field. Through Gatorade's "Play it Forward" platform, Trudel has the opportunity to award a \$1,000 grant to a local or national organization of their choosing that helps young athletes realize the benefits of playing sports. Trudel is also eligible to submit a short video explaining why the organization they chose is deserving of one of twelve \$10,000 spotlight grants, which will be announced throughout the year. To date,

Gatorade Player of the Year winners' grants have totaled more than \$3.5 million across more than 1,300 organizations.

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 playeroftheyear.gatorade.com or follow us on social media on Facebook at facebook.com/GatoradePOY, Instagram at instagram.com/Gatorade and Twitter at twitter.com/Gatorade.

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