

**RAHWAY HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE NEW JERSEY BOYS CROSS COUNTRY PLAYER OF THE YEAR**

CHICAGO (January 30, 2023) — In its 38th year of honoring the nation's best high school athletes, Gatorade today announced **Micah Lawson** of **Rahway High School** is the **2022-23 Gatorade New Jersey Boys Cross Country Player of the Year**. Lawson is the first Gatorade New Jersey Boys Cross Country Player of the Year to be chosen from Rahway 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 Lawson as New Jersey's best high school boys cross country player. Now a finalist for the prestigious Gatorade National Boys Cross Country Player of the Year award to be announced in January, Lawson joins an elite alumni association of state award-winners, including Parker Wolfe (2020-21, Cherry Creek High School, Greenwood Village, Colo.), Nico Young (2019-20, Newbury Park High School, Newbury Park, Calif.), Megan Goethals (2009-10, Rochester High School, Rochester Hills, Mich.) and Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.).

The 5-foot-11, 145-pound senior broke the tape at the Meet of Champions with a time of 15:33 at Holmdel Park. One week earlier, Lawson won the individual title at the Group 3 state meet. His victory paced the Indians to an 11th-place finish as a team.

Lawson has volunteered his time as a member of his church's youth group, the Royal Rangers, in addition to donating his time to his school's Thanksgiving and Christmas drives. "Micah Lawson grabbed top billing at the Group 3 championships, winning by 39 seconds and then broke the tape at the Meet of Champions six seconds ahead of his next-closest competitor," said PrepCalTrack editor Rich Gonzalez. "Both meets were at Holmdel Park, where he posted the top time from those two weekends."

Lawson has maintained a B average in the classroom. He 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 & 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.

Lawson joins recent Gatorade New Jersey Boys Cross Country Players of the Year Marco Langon (2021-22, Bridgewater-Raritan High School), Vidhur Polam (2020-21, South Brunswick High School), Liam Murphy (2019-20, Allentown High School), and Jack Stanley (2018-19, West Morris Mendham High School), among the state's list of former award winners.

Being a Gatorade Player of the Year means paying it forward for the next generation. Through Gatorade's Play it Forward initiative, every Player of the Year receives a grant to give to one of Gatorade's social impact partners, supporting Gatorade's ambition to fuel the future of sport. To date, Gatorade Player of the Year winners' grants have totaled more than \$3.5 million across more than 1,300 organizations.

For nearly 40 years, Gatorade has honored high school athletes at the top of their game as teammates, supporting their communities and achieving academic success. From CEOs and coaches to star athletes and community leaders, Gatorade Player of the Year winners showcase the power of sport.

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.