

**PIONEER HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE MICHIGAN GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

CHICAGO (January 22, 2024) — In its 39th year of honoring the nation’s most elite high school athletes, Gatorade today announced **Rachel Forsyth** of **Pioneer High School** is the **2023-24 Gatorade Michigan Girls Cross Country Player of the Year**. Forsyth is the third Gatorade Michigan Girls Cross Country Player of the Year to be chosen from Pioneer High School.

The award, which celebrates the nation’s top high school athletes for excellence on the field, in the classroom and in the community, distinguishes Forsyth as Michigan’s best high school girls cross country player. From CEOs and coaches to star athletes, Gatorade Player of the Year winners showcase the power of sport, touting an all-star group of alumni that includes Irene Riggs (2022-23, 2021-22 & 2020-21, Morgantown High School, Morgantown, W. Va.), Katelyn Tuohy (2019-20, 2018-19 & 2017-18, North Rockland High School, Thiels, N.Y.) and Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.).

The 5-foot-6 senior took bronze at the national Foot Locker Cross Country Championships and finished fifth at the Nike Cross Nationals Final this past season, earning All-American honors against both of the country’s elite prep race fields in 2023. Ranked No. 5 nationally in the MileSplit 50, Forsyth was the nation’s only prep girl to finish in the top five at both national title meets. She also won both the Foot Locker Midwest Regional and the NXN Midwest regional, finishing the season with a 12-2 meet record and unbeaten against in-state runners. A two time state champion, Forsyth won the MHSAA LP Division 1 state title, helping the Pioneers to second place as a team, and clocked a personal-best 16:07.50 at regionals.

A member of her school’s a capella choir, she has volunteered locally on behalf of Pioneers Action Club and the University of Michigan. “Rachel Forsyth’s season puts her in the conversation for National Player of the Year, and she was clearly the class of Michigan,” said Rich Gonzalez of PrepCalTrack. “The Wolverine State perennially has a lot of high school talent and 2023 was no different, but no one was in Forsyth’s class this past season.”

Forsyth has maintained a 3.88 GPA in the classroom. She has signed a national letter of intent to run on scholarship at Michigan State University 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.

Forsyth joins recent Gatorade Michigan Girls Cross Country Players of the Year Helen Sachs (2022-23, West Ottawa High School), Arianne Olson (2021-22, West Ottawa High School), Abby VanderKooi (2020-21, Western Michigan Christian High School) and Zofia Dudek (2019-20, Pioneer High School), among the state’s list of former award winners.

As part of Gatorade’s commitment to breaking down barriers in sport, every Player of the Year also receives a grant to donate to a social impact partner. To date, Gatorade Player of the Year winners’ grants have totaled more than \$4.9 million across more than 1,600 organizations.

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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