

**SAUCON VALLEY HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE PENNSYLVANIA GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

**CHICAGO** (January 16, 2025) — In its 40<sup>th</sup> year of honoring the nation’s most elite high school athletes, Gatorade today announced **Virginia Kraus** of **Saucon Valley High School** is the **2024-25 Gatorade Pennsylvania Girls Cross Country Player of the Year**. Kraus is the first Gatorade Pennsylvania **Girls Cross Country** Player of the Year to be chosen from Saucon Valley High School.

Gatorade Player of the Year is the top honor in high school sports, celebrating the nation’s best high school athletes for their success on the field, in the classroom and in the community. The award distinguishes Kraus as Pennsylvania’s best high school girls cross country athlete, and she joins an impressive group of alumni that spans CEOs, coaches and star athletes such as Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, Ca.), Katelyn Tuohy (2017-18, 2018-19 & 2019-20, North Rockland High School, N.Y.) and Addison Ritzenhein (2023-24, Niwot High School, Co.).

The 5-foot junior finished eighth at the Foot Locker national championships this past season, clocking a time of 18:04.6 to earn Second Team All-America honors. Kraus also won the Foot Locker Northeast Regional meet last fall with a personal-best 17:34.40. She also won the PIAA Class 2A state meet in 18:18.0, one of her four race victories in 2024.

Kraus has volunteered locally as a counselor at the DaVinci Science Center. She has also donated her time as an aide at the Center for Animal Welfare, maintaining trail systems in local parks in association with Valley Mountain Bikers. “Already a three-time state champion, Virginia Kraus’s junior season absolutely raised the ceiling on her résumé,” said Rich Gonzalez of PrepCalTrack. “Her five-meet postseason stretch included course records at the league and district level, an all-class best clocking at the state meet, a regional championship and, finally, an All-American performance at nationals. It’s the type of season peak most top runners can only dream of, yet she lived it.”

Kraus has maintained a weighted 4.28 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 across 12 different high school sports – 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.

Kraus joins recent Gatorade Pennsylvania Girls Cross Country Players of the Year Logan St. John Kletter (2023-24, Mt. Lebanon High School), Jolena Quarzo (2022-23, Brownsville Area High School) and Mia Cochran (2021-22 & 2020-21, Moon Area 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, the Gatorade Player of the Year program has provided more than \$5.6 million in grants to winners across more than 2,000 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](http://playeroftheyear.gatorade.com) or follow us on social media on Instagram at [instagram.com/Gatorade](https://www.instagram.com/Gatorade), Facebook at [facebook.com/GatoradePOY](https://www.facebook.com/GatoradePOY) and X(Twitter) at [x.com/Gatorade](https://x.com/Gatorade).

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