

**FOR IMMEDIATE RELEASE**

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**42 Runners Named to Powerade All-Metro High School Cross Country Team***Annual Atlanta Track Club Banquet to Be Held Virtually in 2020 Due to COVID-19*

**NOVEMBER 10, 2020 – ATLANTA --** The Atlanta area’s best cross country runners will be honored virtually by Atlanta Track Club this month. The Club announced the 2020 Powerade All Metro High School Cross Country Team today which features 42 athletes from 26 schools. First, second and third team rosters will be named during an online ceremony broadcast on Atlanta Track Club’s YouTube channel at 8 p.m. on Friday, November 20.

A list of all honorees – 21 boys and 21 girls - is included at the end of this news release. It features seven athletes who won individual state titles at last weekend’s GHSA Cross Country State Championship Meet.

In addition, the Club will announce the Most Outstanding Boys and Girls Athletes at the virtual banquet. Coaches and the public will vote for the award. Public voting is open today through Friday on 11Alive’s website.

“This season created new challenges for high school runners,” said Rich Kenah, Atlanta Track Club’s Executive Director. “Despite lost practice times and reduced opportunities to compete, the young athletes on this year’s Powerade All Metro Cross Country team stood on every start line with confidence and positivity and crossed the finish line with personal bests, course records and state championships.”

The Powerade All Metro Cross Country Banquet is Atlanta Track Club’s longest running tradition, dating back to the Club’s founding in 1964. The Club also hosts the Powerade All Metro Track & Field Banquet in June.

**Powerade All Metro Girls Team**

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| **Name** | **School** | **Grad Year** | **Class** |
| Allie Wardle | Brookwood High School | 2023 | 7A |
| Cara Joyce | Atlanta International School | 2022 | 1A Private |
| Carmel Yonas | South Forsyth High School | 2023 | 7A |
| Claire Shelton | Dunwoody High School | 2024 | 7A |
| Elle Mezzio  | Riverwood International Charter School | 2021 | 6A |
| Gabby Parsons | Union Grove High School | 2022 | 5A |
| Grace Von Biberstein | St. Pius X | 2023 | 5A |
| Hannah Miniutti | Blessed Trinity High School | 2021 | 5A |
| Hannah Schemmel | St. Pius X | 2023 | 5A |
| Hayden Puett | Holy Innocents Episcopal School | 2021 | 1A Private |
| Johna Grisik | Marist School | 2022 | 4A |
| Katie Hamfeldt | Blessed Trinity High School | 2022 | 5A |
| Lorel Golden | Pope High School | 2022 | 6A |
| Makena Gates | Creekview High School | 2021 | 6A |
| Makenna Calbert | Etowah High School | 2022 | 7A |
| Mary Brady | St. Pius X | 2021 | 5A |
| Morgan Grace Sheffield | Denmark High School | 2024 | 7A |
| Ruby Little | Marist School | 2024 | 4A |
| Sarah Burwell | Walton High School | 2021 | 7A |
| Sophie Boice | Pope High School | 2021 | 6A |
| Sydney Lamberson | Lovett School | 2021 | 2A |

Powerade All Metro Boys Team

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| **Name** | **School** | **Grad Year** | **Class** |
| Adam Wade | Blessed Trinity High School | 2021 | 5A |
| Andrew Todd  | Parkview High School  | 2021 | 7A |
| Christian Gonzalez | Decatur High School | 2022 | 5A |
| Collin Jones | Carrollton High School | 2021 | 6A |
| Edward Blaha | Pace Academy | 2022 | 2A |
| Eoin McNally | Decatur High School | 2021 | 5A |
| Ethan Ashley | Denmark High School | 2022 | 7A |
| Hayden Marshall | Milton High School | 2021 | 7A |
| James May | Marietta High School | 2022 | 7A |
| Joe Sapone | Holy Innocents Episcopal School | 2023 | 1A Private |
| Joe Urbanowicz | Lovett School | 2021 | 2A |
| Kamari Miller | Marietta High School | 2021 | 7A |
| Matthew Fernando | Westminster Schools | 2022 | 3A |
| Mac Howie | Wesleyan School | 2021 | 1A Private |
| Matthew Moore | East Coweta High School | 2021 | 7A |
| Patrick Pitts | Lovett School | 2021 | 2A |
| Ryan Boyle | St. Pius X | 2022 | 5A |
| Sully Shelton | Harrison High School | 2021 | 7A |
| Will Bray | Brookwood High School | 2021 | 7A |
| Will Jennings | Carrollton High School | 2023 | 6A |
| Zackary Truitt | Landmark Christian School | 2021 | 1A Private |

**About Atlanta Track Club**

Atlanta Track Club is a nonprofit committed to creating an active and healthy Atlanta. Through running and walking, Atlanta Track Club motivates, inspires and engages the community to enjoy a healthier lifestyle.

With more than 30,000 members, Atlanta Track Club is the second largest running organization in the United States. In addition to the AJC Peachtree Road Race ([peachtreeroadrace.org](http://www.peachtreeroadrace.org/)) – the largest 10K running event in the world, the Publix Atlanta Marathon, PNC Atlanta 10 Miler and Invesco QQQ Thanksgiving Day Half Marathon, Atlanta Track Club directs more than 30 events per year. Through the support of its members and volunteers, Atlanta Track Club also maintains a number of community initiatives including organizing and promoting the Kilometer Kids youth running program to metro Atlanta youth, honoring high school cross country and track and field athletes through Atlanta Track Club’s All-Metro Banquets and supporting the Grady Bicycle EMT program. For more information on Atlanta Track Club, visit [atlantatrackclub.org](http://www.atlantatrackclub.org/).