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*America's longest-running program  
recognizing excellence in high school athletics*

**Winter Park Trinity Preps Vinal, Tallahassee Chiles Gowan  
Named Florida Dairy Farmers 2009 Cross Country Coaches-of-the-Year**

GAINESVILLE (Dec. 21) – Kenneth Vinal of Winter Park Trinity Prep and Scott Gowan of Tallahassee Chiles were named the 2009 Florida Dairy Farmers Cross Country Coaches-of-the-Year following a final round of balloting by a statewide panel of high school cross country coaches.

Coach Vinal was named Boys' Coach-of-the-Year and Coach Gowan was honored as the girls' winner after leading their teams to state championships.

Vinal, who was earlier chosen as the Class 1A Coach-of-the-Year, finished ahead of finalists Jorge Fleitas (Miami Columbus), Andrew Wills (Tallahassee Leon) and Zach Spain (Jacksonville Bishop Kenny) for the award honoring the top boys' cross country coach in the state. His team scored 48 points on its way to capturing the 1A state title.

Gowan, the Class 3A Girls' Coach-of-the-Year, finished ahead of finalists Tony Ryan (Jacksonville Bolles), Doug Butler (Melbourne Holy Trinity) and Carole Shepardson (Winter Park), to win the girls' coaching honor. His team scored 40 points on its way to repeating as the Class 3A state champion.

The Florida Dairy Farmers Sports Awards program exemplifies Dairy Farmers, Inc.'s commitment to the state's youth. While honoring the state's top athletes and coaches in all 26 FHSSA-sanctioned sports for the 18<sup>th</sup> consecutive year, the program also emphasizes to young people the importance of keeping dairy products a primary part of their diet in their overall nutrition plan.