



JEFF GRUENDIKE

Class of 1996



Jeff Gruendike was a three-sport captain in cross country, indoor and outdoor track for the Blue Devils. He was a four-time Niagara Frontier League (NFL) Champion and recorded nine Top 5's in NFL Championship meets. At the Sectional level, Jeff captured another four titles and seven Top3's in his illustrious career. In addition, he set school records in the 800m and was a member of the 1600 meter relay that also stands above all others in the history of Kenmore West. Jeff holds two other school records in indoor track in the 600m and 1600m relay.

Gruendike qualified for three state championship meets in a total of five events, finishing runner-up in the outdoor 800m and Top 6 in two other events. For his efforts, Gruendike earned All-NFL honors five different seasons. He followed up his Hall of Fame career with the Blue Devils by matriculating at Fredonia State University where he competed in both cross country and outdoor track and field.

This time as a Fredonia Blue Devil Jeff was a three-time SUNYAC individual champion, a member of five SUNYAC team titles and an NCAA All-American in 1998. Gruendike coached 10 seasons at the collegiate level in both cross country and two additional years in track and field at Daemen College in Buffalo.

