

AMERICAN FORK HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE UTAH BOYS CROSS COUNTRY RUNNER OF THE YEAR

CHICAGO (February 11, 2019) — In its 34th year of honoring the nation's best high school athletes, The Gatorade Company, today announced **Luke Grundvig of American Fork High School** as its **2018-19 Gatorade Utah Boys Cross Country Runner of the Year**. Grundvig is the fourth Gatorade Utah Boys Cross Country Runner of the Year to be chosen from American Fork High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes Grundvig as Utah's best high school boys cross country runner. Now a finalist for the prestigious Gatorade National Boys Cross Country Runner of the Year award to be announced in February, Grundvig joins an elite alumni association of past state award-winners in 12 sports, including Lukas Verzbicas (2010-11, 2009-10 Carl Sandburg High School, Orland Park High School, Ill.), Donn Cabral (2007-08, Glastonbury High School, Glastonbury, Conn.) and Chris Derrick (2007-08, Neuqua Valley High School, Naperville, Ill.).

The 6-foot-3, 160-pound senior raced to the Class 6A individual state championship this past season with a time of 15:17.7, leading the Caveman to the state title as a team. Grundvig also posted victories at the Region 4 championships and the Pre-Foot Locker Invitational. He took eighth at the Nike Cross Nationals Southwest Regional championships and finished 40th nationally at the NXN Final, pacing American Fork to a seventh-place as a team.

A devoted member of his church community, Grundvig has volunteered locally as an Eagle Scout with the Boy Scouts of America. "Since he started running on the team in 10th grade, Luke has made continuous improvement," said American Fork coach Timo Mostert. "I'm confident that he'll continue to improve the rest of his senior year, and throughout his college career."

Grundvig has maintained a 3.98 GPA in the classroom. He has signed a National Letter of Intent to compete in cross country and track and field on scholarship at Brigham Young 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. From the 12 national winners, one male and one female athlete are each named Gatorade High School Athlete of the Year. In all, 607 athletes are honored each year.

Grundvig joins Gatorade Utah Boys Cross Country Runners of the Year Aidan Troutner (2017-18, Timpview High School), Casey Clinger (2016-17 & 2015-16, American Fork High School), and Conner Mantz (2014-15 & 2013-14, Sky View High School) as athletes who have won the cross country award since its inception in 2007.

As a part of Gatorade's cause marketing platform "Play it Forward," Grundvig has the opportunity to award a \$1,000 grant to a local or national youth sports organization of his choosing. He is also eligible to submit an essay to win one of twelve \$10,000 spotlight grants for the organization of choice, which will be announced throughout the year.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit www.Gatorade.com/POY, on Facebook at www.facebook.com/GatoradePOY or follow us on Twitter at www.twitter.com/Gatorade.

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