



Rudy Winkler '13

Rudy is a 2013 graduate of Averill Park High School. Rudy graduated from Cornell University in 2017 where he majored in information science and earned his Master's of Business and Science with a concentration in cyber security from Rutgers University in 2019. He currently resides in Washington, DC with his fiancé Olivia Foster. Rudy is a professional track & field athlete.

At Averill Park Rudy was a member of the outdoor track & field team for four years and the indoor track & field team for three years. As a freshman Rudy established a new school record of 160'2" in discus. He was the Section 2 Group 2 and Section 2 State Qualifier champion in discus and went on to place 9th in Division I at the NYSPHSAA Championships. In addition, he placed 2nd in shot put at the Section 2 Group 2 Championships. In his sophomore year Rudy was the New Balance High School National Champion in both the weight throw and the hammer throw. This qualified him for All-American status in both events. He established the current school discus record of 183'5" (NYS sophomore record & 7th all-time in Section 2 history). Rudy won the prestigious Eddy Meet in both shot put and discus. He was Section 2 Group 2 champion and Section 2 State Qualifier champion in shot put and discus and ultimately the NYS Federation champion in discus. He represented the USATF in the World Youth Championships in Lille, France.

As a junior and senior Rudy competed independently. As a junior he was the New Balance High School National Champion for weight throw and hammer throw, achieving All-American status for both. He represented USATF in the World Junior Championships in Barcelona, Spain. As a senior he again was the New Balance High School National Champion for the weight throw and repeated his All-American status. Rudy established a new United States High School All-Time #1 mark (currently #2) in the hammer throw. He won the USATF Pan Am Games Qualifier to represent USATF and finished 2nd at the Pan Am Games.



At Cornell Rudy was recognized as a 1st team All-American four times. As a sophomore Rudy was named MVP of the field events at the Ivy League's Indoor Track & Field Championships and earned USTFCCCA All-Academic and Academic All-Ivy honors. Rudy won Ivy League championships in both the weight throw and hammer throw. He broke the school record in the hammer throw and qualified for the USATF Outdoor Championships.

He finished his junior season by winning the 2016 United States Olympic Trials with a heave of 251'10" and competed in the 2016 Rio de Janeiro Olympics, where he finished 18th. Rudy won the Ivy League championship in the hammer throw and was the NCAA DI runner-up. He was named 1st team All-Ivy, MVP of Field Events and Northeast Region Field Athlete of the Year. Rudy also took the weight throw title at the Ivy League Championships. He earned USTFCCCA All-Academic and Academic All-Ivy honors.

As a senior Rudy won the NCAA Division I Outdoor Track & Field championship in the hammer throw following a toss of 243'2". He was the Ivy League champion in both the weight throw and hammer throw. Rudy placed 4th in the weight throw at the NCAA Division I Championships. In the summer he placed 4th in the hammer throw at the USATF Championships and qualified for the IAAF World Championships.

Rudy's collegiate career continued post-graduate at Rutgers University. He won the Big 10 championship in the hammer throw with a mark of 242'3", breaking the Rutgers record for a third time and setting a Big 10 Championship record in the process. This performance earned him 1st team All-Big 10 status. In addition, Rudy was named the USTFCCCA Mid-Atlantic Region Field Athlete of the Year.

Rudy maintains an active competition schedule as a full-time athlete competing in the hammer throw. He competed in the 2020 Tokyo Olympics where he placed 7th and it was at the United States Olympic Trials where Rudy established a new all-time United States record of 82.71 meters in the hammer throw. Rudy was inducted into the Greater Capital Region Track & Field and Cross Country Hall of Fame as part of the inaugural Class of 2018.

