

THE WORLD'S FASTEST WOMAN

Florence Griffith Joyner began running as a child and she hasn't stopped since. She lifted women's track to a new level with her three gold and one silver medal-winning performances in the 1988 Summer Olympics. Her still-standing world record times in the 100- and 200-meter events have rightly earned her the title "World's Fastest Woman."

Joyner's fast track recently led her to the White House, where President Clinton named her to co-chair the President's Council on Physical Fitness and Sports.

"While the president continues to find ways to reduce our national debt, I'll be helping Americans



Record-setting sprinter Florence Griffith Joyner chairs the President's Council on Physical Fitness and Sports.

trim the fat off their diets," says Joyner. "Preventing illness is the first and best step toward reforming our health care system, and I hope to do my part by encouraging healthy eating and regular exercise among all Americans. Florence is the first woman ever appointed to this position.

A Winner from the Word "GO"

Born and raised in Los Angeles Watts section, she was the seventh of 11 children raised by a mother who stressed the values of independence and individualism. Florence started running at age seven in a program of the Sugar Ray Robinson Youth Foundation. By the time she was a teenager, she had become an outstanding long jumper and one of the top runners in California. Joyner did not limit herself to sports, however.

A straight-A student she majored in business at California State University/Northridge before earning a scholarship to study psychology at the University of California at Los Angeles (UCLA). Under UCLA coach Bob Kersee, she first qualified for the Olympic trials in

1980. Olympic Dream Comes True

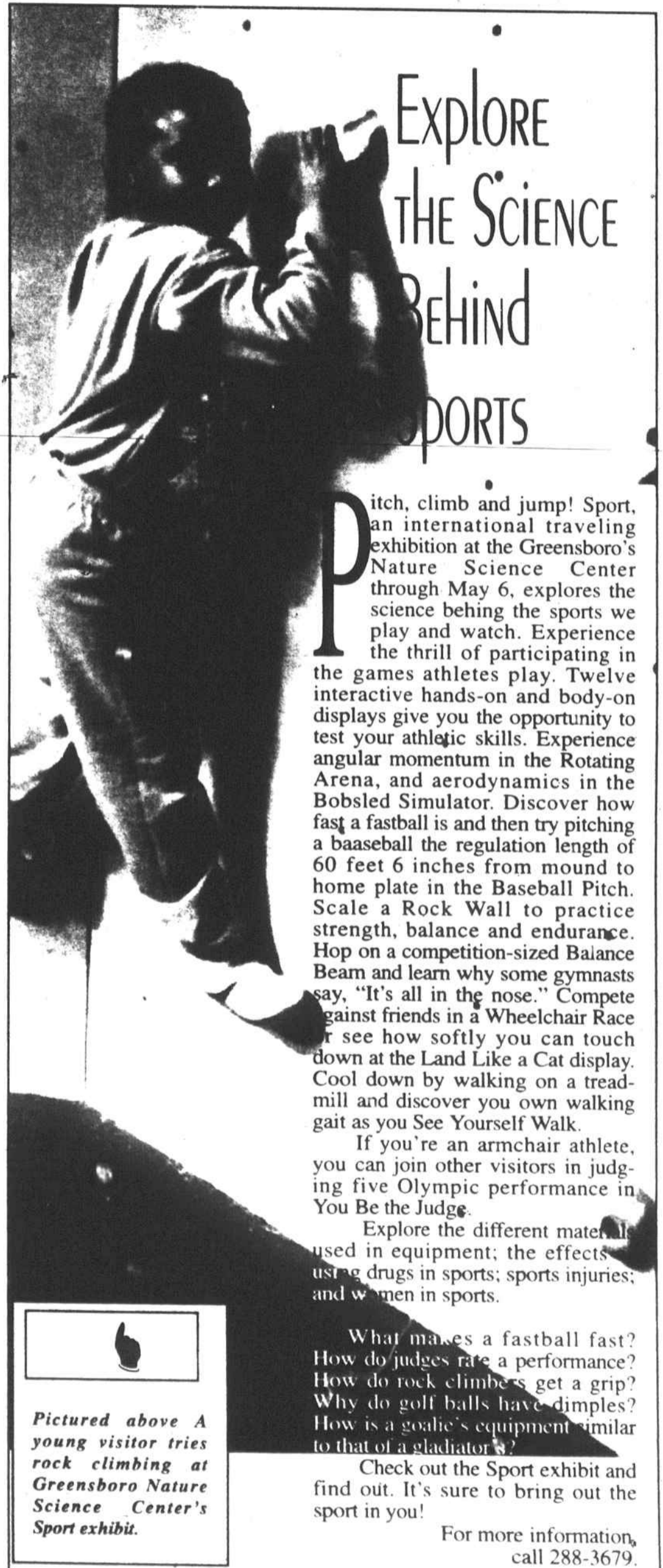
The turning point came in 1984 when Joyner earned the silver medal in the 200-meter track event at the Los Angeles Summer Olympics. In 1988 she became the first American woman to win four medals — three gold and one silver — in one Olympic year. At the same time, she dazzled the crowds with her long fingernails and flashy running garb. She was adored by the crowds. After her performance in Seoul, Korea, she received many awards: the U.S. Olympic

Committee's Sportswoman of the Year, Track and Field Magazine's Athlete of the Year, Associated

Press Sportswoman of the Year, Tass News Agency's Sports Personality of the Year, and Jesse Owens Outstanding Track and Field Athlete. In 1989, she won amateur athletics' highest honor — the Sullivan Award.

Fit to Serve Off the track, she has lent support to many worthy causes, serving as spokeswoman for organizations such as Project Eco-School, The American Cancer Society and The Multiple Sclerosis Foundation.

She also encourages goal-setting and achievement through the Florence Griffith Joyner Youth Foundation, a non-profit foundation that helps disadvantaged youth. With its emphasis on positive self-image, the Foundation has been invited to become part of the national DARE PLUS (Play Learning Under Supervision) program. Flo Jo recently completed an exercise video to help those who aren't world-class sprinters get in shape. With strong belief in God and family, Florence and her husband Al Joyner, also an Olympic gold medalist, have one daughter, Mary Ruth.



EXPLORE THE SCIENCE BEHIND SPORTS

Pitch, climb and jump! Sport, an international traveling exhibition at the Greensboro's Nature Science Center through May 6, explores the science behind the sports we play and watch. Experience the thrill of participating in the games athletes play. Twelve interactive hands-on and body-on displays give you the opportunity to test your athletic skills. Experience angular momentum in the Rotating Arena, and aerodynamics in the Bobsled Simulator. Discover how fast a fastball is and then try pitching a baseball the regulation length of 60 feet 6 inches from mound to home plate in the Baseball Pitch. Scale a Rock Wall to practice strength, balance and endurance. Hop on a competition-sized Balance Beam and learn why some gymnasts say, "It's all in the nose." Compete against friends in a Wheelchair Race to see how softly you can touch down at the Land Like a Cat display. Cool down by walking on a treadmill and discover your own walking gait as you See Yourself Walk.

If you're an armchair athlete, you can join other visitors in judging five Olympic performances in You Be the Judge.

Explore the different materials used in equipment; the effects of using drugs in sports; sports injuries; and women in sports.

What makes a fastball fast? How do judges rate a performance? How do rock climbers get a grip? Why do golf balls have dimples? How is a goalie's equipment similar to that of a gladiator's?

Check out the Sport exhibit and find out. It's sure to bring out the sport in you!

For more information, call 288-3679.



Pictured above A young visitor tries rock climbing at Greensboro Nature Science Center's Sport exhibit.