

Allyson Felix

Allyson Felix was born on November 18, 1985 in Santa Clarita, California to a minister father and elementary school teacher mother. In the 7th grade, she tried out for her middle school's track and field team, and her excellence was quickly recognized by her school and others in the area. She became a five-time winner at the California Interscholastic Federation state meets. Allyson was quickly becoming known as a force to be reckoned with.



In high school, she was nicknamed "chicken legs" for her slender frame that held immense strength. At the same time, she was named High School Athlete of the Year for 2003 by Track and Field News and made history in Mexico City when she finished the 200-meter race in 22.11 seconds, setting a new world record.



Adidas offered Felix a scholarship to USC as a result of her incredible athletic achievement and academic potential. Felix finished her undergraduate degree in Elementary Education and continued her track and field career. Her first Olympic Games was in 2004 when she was only 18 years old, and she came home with a silver medal for the 200-meter race. Allyson went on to win several more Olympic medals and shattered records such as being the youngest athlete to compete at the World Championships and the second female to win three gold medals at a single World Championship. Felix went on to set a world record with her relay team at the 2012 Olympics and became the first American woman to win three gold medals at a single Olympics in over two decades.



Allyson Felix has amassed 7 Olympic gold medals, 3 silver, and 1 bronze, totaling 11 overall – a staggering testament of her brilliance. In 2016, Felix tied Jamaican athlete Merlene Ottey for the most decorated woman in US track and field history and, that same year, surpassed her with two additional Olympic gold medals.

Allyson and her husband welcomed their daughter, Camryn, in 2018. Her pregnancy became one of the most controversial and impactful moments in sports history and signified a fight for equality and respect for women and female athletes everywhere. In her famous op-ed for the New York Times, Allyson told the world of the inequity she faced as a pregnant athlete, dealing with enormous pay cuts and inequitable treatment from brand deals, specifically Nike, as a result of her pregnancy impacting her performance. Allyson's essay forced the world to view her, and other female athletes, as more than just machines, advocating for respect, fair pay, and the continuous uplifting of women in all circumstances.

