

Who was Wilma Rudolph?

Wilma Rudolph was a famous American athlete who ran fast on the track and became a champion in the Olympics. She was born on June 23, 1940, in Tennessee, USA.

Early Challenges

When Wilma was a child, she had polio, a disease that affected her leg. Many people thought she wouldn't walk or run well, but she stayed determined. She wore a leg brace for a while and practiced daily to build strength.

How she became a runner

With the help of her family, teachers, and doctors, Wilma began to walk and then to run. She joined a local track club and practiced hard, focusing on sprinting (short, fast races).

Great achievements

- She became the first American woman to win three gold medals in a single Olympics (1960, Rome).
- Her wins helped many girls and women believe they could be Olympic athletes too.
- She earned the nickname "The Tornado" for her amazing speed on the track.

Why Wilma Rudolph matters

Wilma showed courage and perseverance. She proved that with hard work, support from coaches and family, and belief in yourself, you can overcome big challenges and achieve great things.

Fun facts

- She was nicknamed "Skeeter" as a child before becoming famous.
- She won gold in the 100 meters, 200 meters, and the 4x100 meter relay at the 1960 Rome Olympics.