



# USAIN BOLT

**Regarded as the fastest person ever timed**

**The first man to hold both the 100 metres and 200 metres world records**

Usain Bolt to share with the audience what has made him the undisputed fastest man in the world. He will present on his discipline, influences, training regime, and vision to make the world a better place and a roadmap of how everyone can be a world champion.

As early as age 14, Bolt was wowing fans of sprinting with his lightning speed, and he won his first high school championships medal in 2001, taking the silver in the 200-meter race.

At the age of 15, Bolt took his first shot at success on the world stage at the 2002 World Junior Championships in Kingston, Jamaica, where he won the 200-meter dash, making him the youngest world-junior gold medalist ever. Bolt's feats impressed the athletics world, and he received the International Association of Athletics Foundation's Rising Star Award that year and soon was given the apt nickname "Lightning Bolt."

Jamaican sprinter Usain Bolt is arguably the fastest man in the world, winning three gold medals at the 2008 Olympic Games in Beijing, China, and becoming the first man in Olympic history to win both the 100-meter and 200-meter races in record times. Bolt won his fourth Olympic gold medal in the men's 100-meter race at the 2012 Summer Olympic Games in London, beating rival Yohan Blake, who took silver. Bolt ran the race in 9.63 seconds, a new Olympic record, making him the first man in history to set three world records in a single Olympic Games competition. The win marked Bolt's second consecutive gold medal in the 100. Bolt went on to compete in the men's 200, claiming his second consecutive gold medal in that race. He is the first man to win both the 100 and 200 at consecutive Olympic Games, as well as the first man to ever win back-to-back gold medals in double sprints.

