

# Coaching Evelyn: Fast, Faster, Fastest Woman In The World

by Pat Connolly

20 May 2010 . An unusual, coachs-eye view of small, shy Evelyn Ashford, the dominant sprinter of the late 70s  
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conditions for the women running the quarterfinal 100 m race at the U.S.. Olympic Track and record of 10.76  
seconds set in 1984 belonged to Evelyn Ashford. run faster than she had ever thought possible, even without the  
help of a tailwind. FloJo was still increasing her speed by driving her arms hard and fast,. Pat Connolly Books,  
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Club She is author of Coaching Evelyn: Fast, Faster, Fastest Woman in the World (1991 HarperCollins). She was  
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World . visitor news about the events, people, and places in the worlds of sport and exercise science. Florence  
Griffith Joyner, 38, Champion Sprinter, Is Dead - NYTimes . 28 Mar 1991 . Ashfords coach describes the  
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abbreviation FloJo -- even her name was fast -- she set the Not only did Griffith Joyner run considerably faster than  
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transferred to the University of California Los Angeles, where she quickly earned a reputation as a track star. Coached by Bob Kersee, Joyner made her Olympic debut in 1984, at the Summer Olympic Suspicions soon arose regarding how the so-called worlds fastest woman achieved her victories. Evelyn Ashford. Evelyn Ashford Facts, information, pictures Encyclopedia.com