



# Jim Ryun

TRACK AND FIELD LEGEND, CONGRESSMAN, AUTHOR, EDUCATOR



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## RYUN, Jim

a former Representative from Kansas: born in Wichita, Sedgewick County, KS. April 29, 1947; graduated from Wichita East High School, Wichita, KS., 1965.

B.A., University of Kansas in Photojournalism, Lawrence, KS., 1970; president, Jim Ryun Sports, Inc.; silver medalist, Olympic Games, 1968; product consultant; motivational speaker.

Elected as a Republican to the One Hundred Fifth Congress; became a Member of the One Hundred Fourth Congress under the provisions of Kansas State Law (K.S.A. 25-3503[d]) on November 27, 1996, re-elected to the One Hundred Sixth Congress and to the three succeeding Congresses (November 27, 1996 - January 3, 2007).

Jim Ryun was a member of the Armed Services, Budget and Financial Service committees. Jim served as a citizen-statesman with a commitment to honesty and integrity.

Jim Ryun achieved national acclaim as a track and field star while a high school student in Wichita, Kansas.

In 1965 Jim set the male High School Mile Record of 3:55.3 – a record that stood for 36 years.

He was the first high school athlete to run the mile in under 4 minutes.







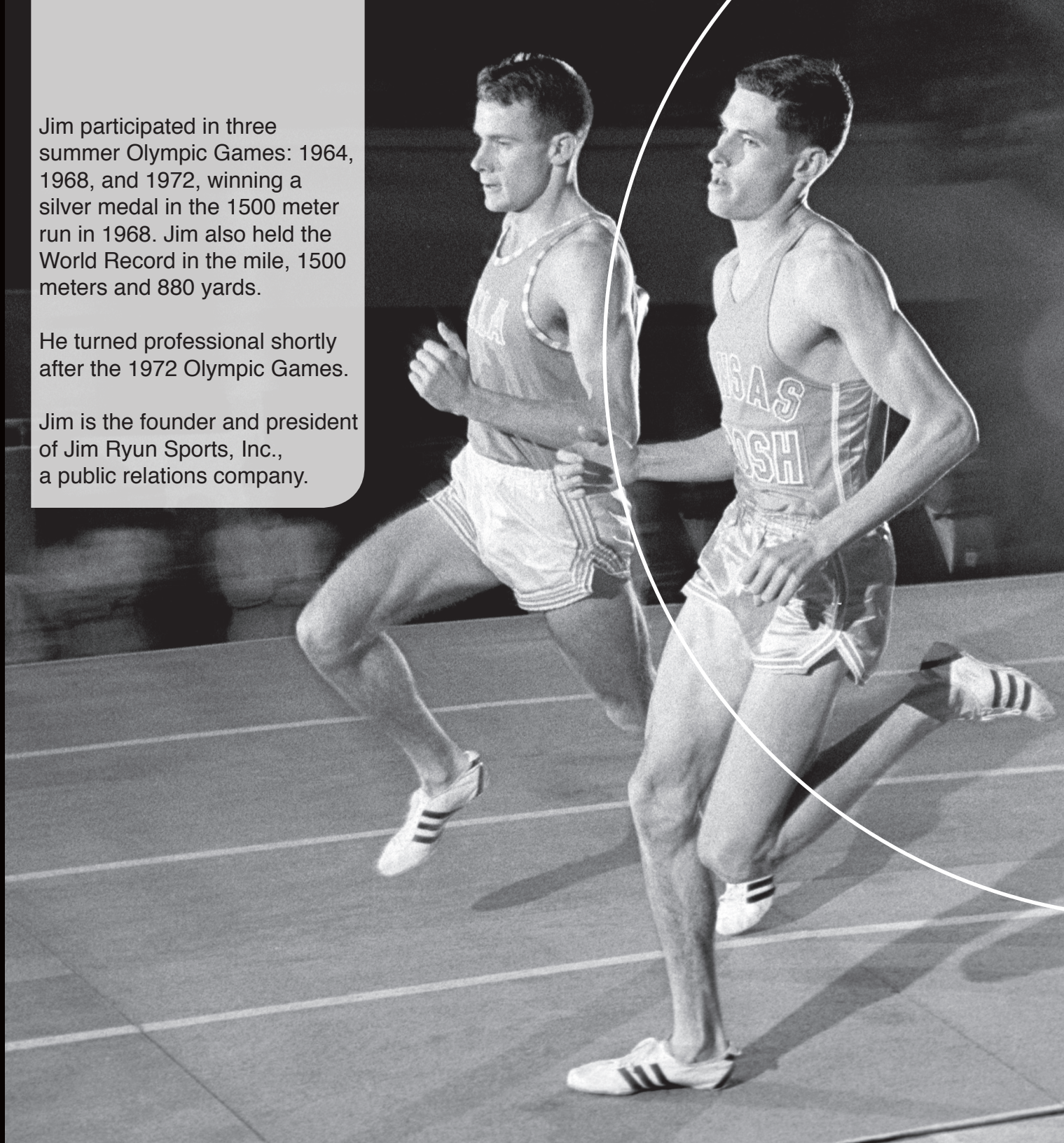
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Jim participated in three summer Olympic Games: 1964, 1968, and 1972, winning a silver medal in the 1500 meter run in 1968. Jim also held the World Record in the mile, 1500 meters and 880 yards.

He turned professional shortly after the 1972 Olympic Games.

Jim is the founder and president of Jim Ryun Sports, Inc., a public relations company.





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Since 1973, Ryun and his family have hosted the Jim Ryun Running Camp every summer for young as well as adult runners held in San Diego, CA (UCSD), in Harrisonburg, VA (Eastern Mennonite University), as well as Greeley, CO (UNC).

*Official website: [www.ryunrunning.com](http://www.ryunrunning.com).*

Jim and his sons, Ned and Drew, have co-authored three books: *Heroes Among Us*, *The Courage to Run*, and *In Quest of Gold - The Jim Ryun Story*.

Married in January of 1969, Jim and Anne Ryun live in Washington, D.C. They have four adult children, and twelve grandchildren. Jim and Anne are members of Falls Church Anglican in Falls Church, VA.





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## HIGH SCHOOL ATHLETIC ACHIEVEMENTS

In 1964 Ryun became the first high school runner to break four minutes for the mile, running 3:59.0 as a junior at Wichita East High School in Wichita, Kansas.

Jim Ryun established the high school and U.S. open mile record 3:55.3 as a senior in 1965, a record that stood as the high school record for 36 years until broken by Alan Webb's 3:53.43 in 2001.

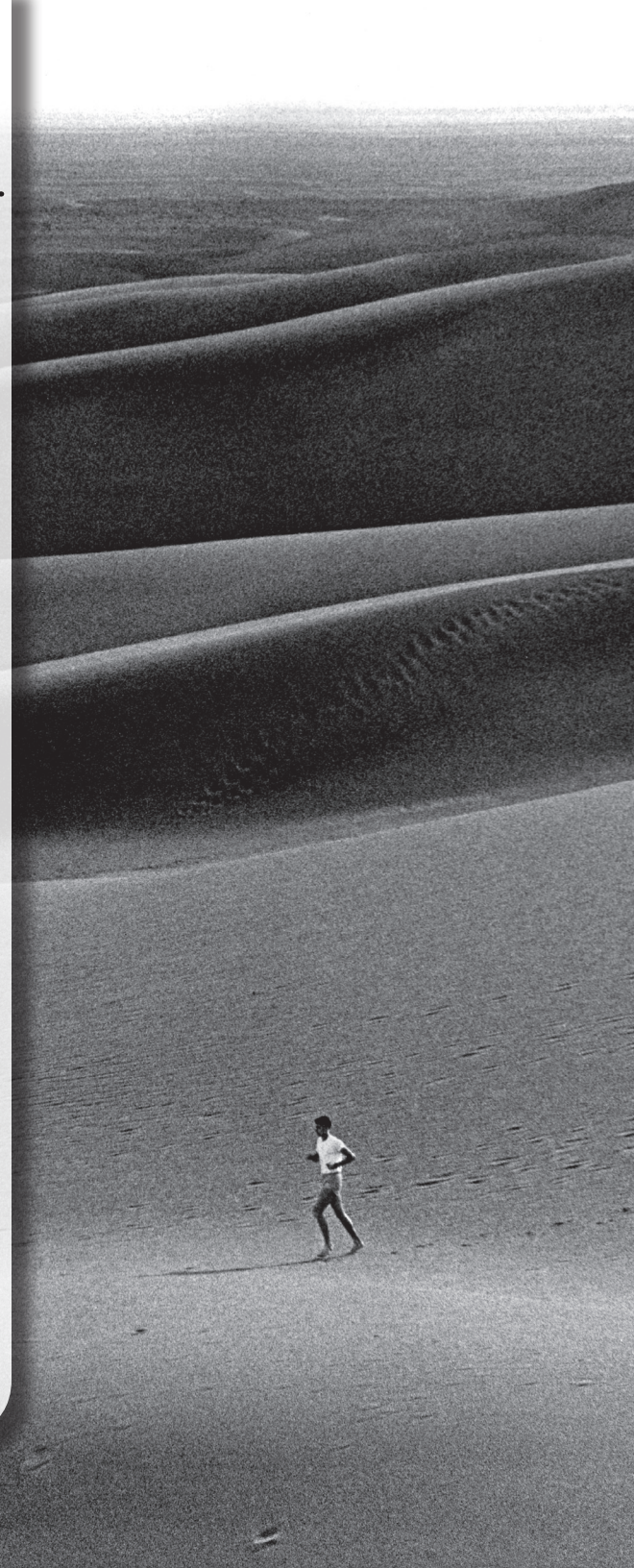
It is also the last time an American male high school athlete broke an open American record in a major outdoor track and field event. In this record race he beat the reigning Olympic champion and former world record holder Peter Snell of New Zealand.

His 3:58.3 to win the mile at the 1965 Kansas High School State Meet is still the record for the fastest time ever in a race that includes only high school competitors.

Today, Jim Ryun still holds five of the six fastest mile times in U.S. high school history (all sub-four minute), with Alan Webb's record race holding the other spot.

With five sub-four minute miles he is the only high school athlete in history with more than two such times. (Alan Webb has two, and Marty Liquori and Tim Danielson have one each.) He is the only athlete to run a four minute mile as a high school junior.

After his junior year he qualified for the 1964 Summer Olympics in the 1500. He made it to the semifinal round, where he was eliminated.





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As a high school senior he was voted the fourth best miler in the world by the experts at Track & Field News. ESPN.com has him rated as the number 1 high school athlete of all time, beating out people such as Tiger Woods and LeBron James.

## POST HIGH SCHOOL ATHLETIC CAREER

In 1966, at age nineteen, Ryun set world records in the mile and the half-mile runs, and received Sports Illustrated magazine's "Sportsman of the Year" award, as well as the James E. Sullivan Award as the nation's top amateur athlete, the ABC's Wide World of Sports Athlete of the Year, and was voted Track & Field News' Athlete of the Year as the world's best track & field athlete.

In all, Jim has graced the covers of Sports Illustrated (seven times), Newsweek, and sport magazines as well as various other publications.



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Ironically, Ryun did all of this before he was permitted to run for the school he attended, University of Kansas, since NCAA rules at the time did not allow freshmen to compete in NCAA competition.

In 1967 Ryun ran a world record in the indoor half mile (1:48.3) and outdoors lowered his world-record time in the mile from 3:51.3 to 3:51.1, a record that stood for almost eight years. That same year he set the world record for the 1500 meters in 3:33.1, running his last lap in a blazing 53.3 seconds and his final 1,200 meters in an amazing 2:46.6.

In NCAA competition Ryun was the 1967 NCAA outdoor mile champion. He was also the NCAA indoor mile champion in 1967, 1968, and 1969, and in 1968 doubled back to win the 1968 NCAA indoor two-mile (3 km) championship race (handing Gerry Lindgren his only NCAA championship loss). Ryun's 1969 win in the mile helped the Kansas Jayhawks win the NCAA indoor track championship that year.

With his University of Kansas teammates he also anchored a world record in the sprint medley relay (3:15.2) and twice in the distance medley relay (9:33.8 at the Drake Relays in 1967 and then 9:33.0 at the Kansas Relays in 1969, Ryun's 3:57.6 anchor leg for the mile being his last collegiate race on his home track).



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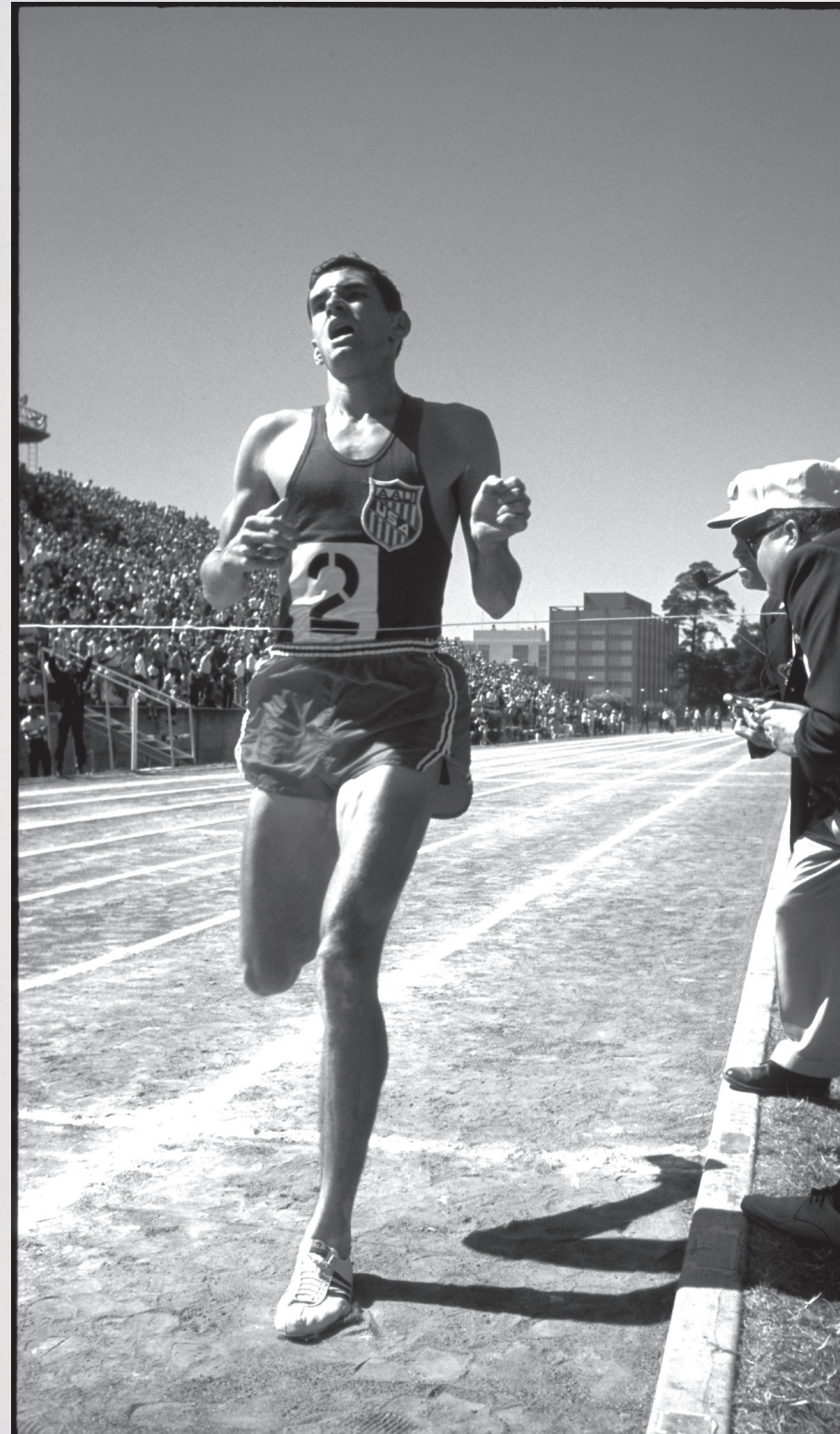


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Today, nearly 50 years after he set them, Ryun still holds the American junior (19 and under) records at 880 yd (1:44.9), 800 m (1:44.3), 1,500 m (3:36.1), and two miles (8:25.1). In all, he broke the American record for the mile four times: once as a high school senior (3:55.3 on 27 June 1965), twice as a college freshman (3:53.7 on 4 June 1966 & 3:51.3 on 17 July 1966), and once as a college sophomore (3:51.1 on 23 June 1967).

Ryun participated in the 1964, 1968, and 1972 Summer Olympics. Having completely recovered from mononucleosis in the spring of 1968, he won a silver medal in the 1500 meters that autumn in the high altitude of Mexico City, losing to Kip Keino from Kenya, whose remarkable race remained the Olympic 1,500-meter record for 16 years. Before the race Ryun had thought that a time of 3:39 would be good enough to win in the high altitude of Mexico City. He ended up running faster than that with a 3:37.8, but Keino's 3:34.9 was too tough to beat at that altitude.

Years later, in 1981, he told Tex Maule in an interview for *The Runner Magazine*, "We had thought that 3:39 would win and I ran under that. I considered it like winning a gold medal; I had done my very best and I still believe I would have won at sea level."





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Ryun was attacked by some writers who believed he had let his nation down. “Some even said I had let down the whole world. I didn’t get any credit for running my best and no one seemed to realize that Keino had performed brilliantly.” In the 1972 Munich, Germany Games, he was tripped and fell down during a 1500-meter qualifying heat. Although the International Olympic Committee (IOC) acknowledged that a foul had occurred and tapes from a German television station clearly demonstrated that Ryun was tripped, U.S. appeals to have Ryun reinstated in the competition were denied by the IOC.

Ryun’s 1500-meter world record, run in the Los Angeles Memorial Coliseum during the US vs. British Commonwealth meet in July 1967, was one of Ryun’s greatest running performances. Track and Field News reported that “after 220 yards of dawdling, a record seemed out of the question.” However, after 440 yards, which Ryun, in third, passed in 60.9 seconds, Kip Keino took the lead and ran the next lap in 56 seconds (the fastest second lap ever run at the time).

Ryun, just behind, passed the 880-yard mark in 1:57.0. At 1320 yards the two were side by side in 2:55.0. Ryun pulled away to finish in 3:33.1, a record that stood for seven years. With a last 440 yards of 53.9 and a last 880 yards of 1:51.3, Corder Nelson of Track and Field News called it “the mightiest finishing drive ever seen,” and said of Ryun’s performance, “This was most certainly his greatest race.”

Ryun’s final season as an amateur in 1972 included the third-best mile of his career (at the time, also the third fastest in history: a 3:52.8 at Toronto, Canada on July 29), a 5,000-meter career best (13:38.2 at Bakersfield, CA on May 20), and an inspiring win in the 1,500 meters at the U.S. Olympic Trials. He left amateur athletics after 1972 and for the next two years ran professionally on the International Track Association circuit. After this, he retired from track competition altogether. In 1980 he began running various road races for charity purposes, eventually achieving a 10k best of 31:36.

