



About Mary Lou Retton

Mary Lou Retton catapulted to international fame by becoming the first woman to win the All-Around Gold Medal in Women's gymnastics at the 1984 Olympic Games in Los Angeles, becoming the first American woman ever to win a gold medal in gymnastics. She also won silver medals for Team and Vault, and bronze medals for Uneven Bars and Floor Exercise. Her five medals were the most won by any athlete at the 1984 Olympic Games. To this day she remains the only American ever to win the Olympic All-Around Title.

Other victories include being the only woman to win three American Cups, the only American to win Japan's prestigious Chunichi Cup, two U.S. Gymnastics Federation American Classics, and the All-Around title at both the 1984 National Championships and U.S. Olympic Team Trials. Retton retired from competitive gymnastics in 1986.

Today, she continues to touch the lives of millions. A national sports survey found Retton to be the most popular athlete in America. In January 2008, Tyson Foods, Inc. announced a partnership with Retton in support of the company's Gold Medal Mom program. Retton, a mother of four, will serve as a spokesperson and an official judge for Tyson's Gold Medal Mom contest, which aims to identify the American mom most worthy of the title "Gold Medal Mom." Retton also will help create awareness of Tyson's commitment to supplying quality protein to U.S. Olympic athletes and hopefuls, and families as part of the U.S. Olympic Committee's Performance Nutrition platform, which translates Olympic-level nutrition to mom's table. This platform ensures that all individuals—whether training for the Olympic Games or studying for a math test—achieve optimal performance.

Beyond the Tyson partnership, Retton is in great demand as a motivational speaker and corporate spokesperson and also travels the world as a "Fitness Ambassador" promoting the benefits of proper nutrition and regular exercise. Retton serves as national chairperson and sits on the Board of Governors of the Children's Miracle Network. She was a commentator for NBC at the 1988 Olympic Games and wrote a daily column for *USA Today* at the 1992 and 1996 Olympic Games. At the 1996 Olympic Games in Atlanta, Retton also served as an on air reporter for Gannett Broadcasting's NBC affiliates, the largest NBC affiliate group in the United States. In addition, she co-hosted the weekly television series "Road to Olympic Gold."