



Florence Griffith Joyner

December 21, 1959 - September 21, 1998

Mission Viejo, California

Florence Griffith Joyner - born Florence Delorez Griffith, known worldwide as Flo-Jo - American sprinter who still holds the women's world records in the 100 and 200 meters, died in her sleep in Mission Viejo, California, on September 21, 1998, after an epileptic seizure. She was thirty-eight. Born December 21, 1959, in Los Angeles, she trained under Bob Kersee, married fellow Olympian Al Joyner, and arrived at the 1988 Seoul Olympics as a glamorous force whose painted nails and one-legged racing suits never distracted from the stopwatch.

In Seoul she won gold in the 100, the 200, and the 4x100 relay, plus silver in the 4x400. The 100-meter mark of 10.49 seconds, set at the U.S. Olympic Trials in Indianapolis, and the 200-meter mark of 21.34 seconds in Seoul have outlasted generations of challengers. Before the world records she had already been a UCLA Bruin and a silver medalist in the 200 at the 1984 Los Angeles Games. After Seoul she stepped away from competition, designed clothes, worked television, and remained a public face of American track.

The sudden death at thirty-eight shocked a sport that still measures itself against her times. Mission Viejo was a quiet suburban ending for an athlete whose racing silhouette had become international shorthand for speed. Officials and rivals remembered not only the records but the work that made them look inevitable.

She died in Mission Viejo on September 21, 1998. The records remain on the books; film of Seoul still looks impossible.

Griffith Joyner's gift was theatrical excellence - style that never diluted the science of pure speed. Notice Nearby

keeps the death date so September 21 remembers the Los Angeles sprinter who rewrote what women's sprinting could look like and how fast it could be.

Services

Died in Mission Viejo, California, September 21, 1998. Olympic champion sprinter; world-record holder in the women's 100m (10.49) and 200m (21.34); three gold medals at the 1988 Seoul Olympics.

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