

## **“The world won't forget me” – Usain Bolt**

by Ronald Lacy, journalist / writer for [RML Ventures Tips and Information Articles](#)

"Lightning" Usain Bolt, as his fellow countrymen call him, is the fastest man to ever run the 100 and 200 meter races. Exploding on the scene in 2008 and primarily during the 2008 Summer Olympics in Beijing, China as the premier sprinter of the day, he is leaving a legacy that will be hard to beat or repeat by anyone other than Mr. Bolt, himself. I'm saying thank you "Usain Bolt", for allowing me to witness something I will never forget; to paraphrase the statement "the world won't forget me" Usain Bolt uttered after setting his second world record at the 2009 World Championships in Berlin, Germany. Although still a youngster (23) in the sport of track and field, he has a tremendous upside and I believe his objective of not wanting to be forgotten, may already have been accomplished.



Photograph - August 14, 2008 by Michael Steele / Getty Images AsiaPac.

The previous person to set the world record for the 100 meters race before Usain Bolt set his mark was Asafa Powell of Jamaica at 9.74 seconds. Usain Bolt set the new mark at 9.69 during the 2008 Summer Olympics. Although Tyson Gay did set a new American record of 9.71 during the 2009 World Championships finals race and bettering Asafa Powell's world record setting time of 9.74 by 3/100ths of a second (.03), Usain Bolt has run 13/100ths of a second (.13) faster than Tyson Gay's new American record. That feat alone in my book puts his status as dominant; although, he hasn't had the number of races or years in the sport that typically characterizes dominance. If being forgotten is what Mr.

Bolt seeks to avoid, he need only remember that “the world rarely sees who the previous world record holder was”.

The stats indicated that Usain Bolt ran the curve in the 200 meter finals race in 9.7 seconds to set the world record of 19.19 seconds, at the 2009 World Championships. If you look at it with the understanding that he put 2 world record 100 meter races together in one race of 9.60 / 9.59, you have to believe that he has more in the tank to go faster than 9.58 seconds, he set as the new 100 meter world record during the 2009 World Championships. In fact, 9.39 plus 9.70 gets 19.19 seconds. I truly believe he has more in the tank; just think about it, the average 100 meter split was 9.595 seconds.

How much quicker can Usain Bolt get out of the blocks? How much quicker can he get to his top speed out of the blocks? Will his top speed improve? Are those his final marks? Only "Lightning" Usain Bolt will be able to answer those questions. Will his final marks be enough to make him the fastest man the world will ever know, in either or both those events? Only time will be able to answer that question.

The silver medalist, Alonso Edward of Panama, could do no better than two back to back 9.9 100's average times in that 200 meter race, which was well off the blistering two 9.595 100's that Usain Bolt averaged to set the 19.19 mark. Other than Usain Bolt, no other man has averaged better than two 9.8 100's in the 200 meter race. No one other than "Lightning" Usain Bolt has run under 9.7 for 100 meters and no one other than "Lightning" Usain Bolt has run under 9.6 for 100 meters; that's dominance.

No matter how you look at it, Usain Bolt is already at the top of his sport and is one awesome display of athletic dominance over any competitor. Now, no other track and field event dictates the winner of the event before the event takes place, as will the 100 and 200 meter races, with Usain Bolt scheduled to be in the race. It has happened before and chances are, it will happen again; however, unless a sprinter comes along with the quickness of an antelope and the speed of a cheetah, Usain Bolt has the opportunity to solidify himself as the fastest man this planet will ever know. I believe too, that the height of that sprinter will be an important factor when / if someone other than Usain Bolt breaks either of those world records; 6'3" to 6'4" maybe 5", but anything is possible. In summary, he will have to possess an amazing start, with powerful leg drive, a similar stride in length to Usain Bolt's with a faster leg turnover ratio and an extra gear or two to keep accelerating through every inch of the race.

Although with the utmost respect and admiration for Usain Bolt, I myself am from the USA and will always root for any American racing against Usain Bolt to beat him and his record. In America he would be Usain "Lightning" Bolt, but I'm certain that no country could be any prouder of him and accomplishments than his homeland, Jamaica. I will never forget the American track and field greats of the past that dominated their events during their time and even held the record that maybe only Usain Bolt could break. Of course, Carl Lewis, Michael Johnson and Edwin Moses are a few of the male athletes of track and field I think of when I think of dominance; which I believe "Lightning" Usain Bolt will experience, as long as he is healthy and continues to compete.

Of those great competitors, only Michael Johnson still holds the world record (43.18) for the 400 meters race he dominated. That is the most comparable dominate timed results over any competitor in a race of 400 meters or less, to the new 100 and 200 meter records set by Usain Bolt. Usain Bolt erased Michael Johnson's 12 year mark of 19.30 in the 200 meters race from the record books. Jeremy Warner (9.86) is the only other competitor to ever enter the 9.8 average per 100 meters in the 400 meter race along with Michael Johnson (9.80). Although, I don't believe Jeremy Warner (personal best of 43.45) or LaShawn Merrit (43.75 personal best; 2008 Olympic and 2009 World Champion) will ever surpass that average / record, "sorry fellows", I do believe Usain Bolt could better that 9.8 average and break the 43.18 mark set by Michael Johnson.

As a formal hurdler (70's) I appreciated even 1/100<sup>th</sup> (.01) of a second improvement on my personal best. The world record in the hurdles is 12.87 seconds, set in 2008 by Cuba's Dayron Robles. The previous record was set in 2006 by China's Liu Xiang. That's only 1/100<sup>th</sup> (.01) of a second better performance than any other competitor has run. Compare Usain Bolt's 13/100<sup>th</sup> of a second faster than the performance of the next fastest competitor's time and the hurdler would have to run 12.74 to be as dominant.

Every time Usain Bolt's personal best improves now; it will be a world record. Whether we ever see anyone else in that same position is unknown, but this is one amazing planet we live on, with amazing people. "Lightning" Usain Bolt's time is now and with his focus and passion to be the fastest man the world will ever know, he presents a pretty good argument. I believe because it is Usain Bolt's objective, he may / have set the marks and be the fastest man that the world will ever know and the track and field athlete that the world will never forget.

For now, America's best has some work to do. Shawn Crawford, Wallace Spearmon, Tyson Gay and other current American sprinters have the fire; "but they won't be slaying that dragon", as Shawn Crawford says when referring to Usain Bolt, "until they grow wings".

Usain Bolt says he always competes as hard as he can and that was truly evident at the 2009 World Championships, without being pushed to excel by great competition like Tyson Gay and Asafa Powell, I'm not sure the world would have witnessed that speed. In the 200 meter race, I believe that ending and determination was "all" Usain Bolt; however, a great curve runner like Shawn Crawford being in lane 8 to push him to run a great curve and a good finisher like Wallace Spearmon to challenge him to the end, had to have helped some in that effort. The same holds true if there every will be a predecessor to Mr. Bolt's world records; he will need other competitors that can push him beyond the limitations of mortal man.

Consider this a tip Mr. Bolt and wait until your sprint times are consistently more humanlike in speed before adding either the long jump or 400 meter race to your list of events to conquer. Yes, you would be among the greats like Jesse Owens and Carl Lewis to compete in such events; however, do you think it will matter to the potential predecessor of Usain Bolt's records, if still standing 100 years from now, about Carl

Lewis' career. Jesse Owens feats were great and back then even amazing, but the only reason Jesse Owens is remembered as much today is because he proved to a communist leader that believed human superiority (athletic or otherwise) was based solely on skin color, in his own country, that his beliefs were incorrect. The long jump comes with its own physical demands. If you are up for the challenge and certain it won't interfere with your current goal or your current goal has already been solidified, go for it. Yes, you will continue to dominate the sprints as far as accumulating victories, but the toll that the physical demand of long jumping will take may quickly bring your sprinting efforts back to that of mortal man; no more superhuman times may be registered.

As of August 2009, the oldest individual track event record is still by Toshihiko Seko of Japan for the 25,000 meters and 30,000 meters races March 22, 1981; almost 28 ½ years. In an event of one lap or less to the finish, the oldest record is a mere 17 years; in the 400 meter hurdles race, set by Kevin Young of USA on August 6, 1992.

In Switzerland, a week after the 2009 World Championships, the world witnessed more humanlike results from Usain Bolt. Although admittedly tired from the 2009 World Championships, I believe Mr. Bolt would have pushed himself harder if the situations / competitive times were the same. With that said, we hope you will add the long jump and reconsider adding the 400 meter race to your list of events. It will be entertaining.

The predecessor to potentially break a record may only know of the owner of the record he is trying to break. When Usain Bolt calls it quits, I believe his "final" records will be around for a long time; if not, making him the fastest man the world will ever know.

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**About the Author:** Ronald Lacy is a journalist / writer for RML Ventures Tips and Information Articles, as well as an entrepreneur, web designer / web presence specialist and software engineer. Although this is more my personal commentary of sprinter "Lightning" Usain Bolt's track and field accomplishments, visit [RML Ventures Tips and Information Articles](http://www.rmlventures.com) to view thousands of informative articles available from knowledgeable and experienced field and industry experts, craftsmen and hobbyist on over 150 topics. Whether you're looking for information on a product or service before you buy or just getting informed on a topic of interest; get informed, visit [RML Ventures Tips and Information Articles](http://www.rmlventures.com) today; <http://www.rmlventures.com>.