Title IX Fitness Trail
Celebrating 50 years of equal opportunities in education

Being well means taking care of our whole selves, including our physical, mental and emotional well-being.

This Title IX Fitness Trail will challenge us physically as we do various exercises.

It will challenge us mentally as we work to correctly answer trivia questions about a part of history that has been underrepresented. Knowledge is power.

It will support our emotional well-being as we recognize and celebrate some inspiring achievements by some famous and should-be-famous Americans. Knowing our history gives us perspective.
1

What has Title IX done?
A) Insured that anyone, regardless of gender, can pursue an education in whatever field of study interests them.
By prohibiting schools from treating students differently on the basis of sex, **Title IX allows** both men and women to equally take advantage of any course of study regardless of gender stereotypes about traditionally “male” or “female” coursework or professions.

In effect, women can now sign up for plumbing, welding, engineering and other classes that were restricted. And males can sign up for nursing, teaching and other traditionally “female” classes.

Yes, and…Do 9 burpees for Title IX! Then try another answer too — because that’s not all that Title IX does.
B) Prohibited schools from firing teachers or expelling students because they are pregnant.
Prior to the passage of Title IX, teachers would routinely be fired from their jobs and students would be kicked out of school if they were going to have a baby. Because Title IX prohibits gender-based discrimination, any school that receives federal funding can no longer do this.

Yes, and...Do 10 wall push-ups in recognition of this push back on an unjust system. Then try another answer too — because that’s not all that Title IX does.
C) Resulted in women earning college degrees at approximately the same rate as men.
More women are attending college and earning degrees than ever before. For example, when Title IX was signed in 1972, women earned just seven percent of all law degrees and nine percent of all medical degrees. Now they earn nearly half of all law and medical degrees.

Women’s participation in a career in technical education (CTE) programs leading to nontraditional careers has increased from close to 0% in 1972 to over 25% nationally.

Do 10 front kicks in honor of all of the barriers that so many women had to knock down in order to normalize having degrees and careers in so many different fields. Then try another answer too — because that’s not all that Title IX does.
D) Made a world of difference in girls’ and women’s access to opportunities to pursue sports.
In 1971–1972, fewer than 30,000 women participated in college sports. In 2010–2011 that number exceeded 190,000 — about six times the pre-Title IX rate.

In 1972, women received only two percent of schools’ athletic budgets, and athletic scholarships for women were nonexistent. In 2009–2010, women received 48 percent of the total athletic scholarship dollars at Division 1 schools.

Jog in place for 30 seconds and then jump (blast off) as high as you can in honor of this explosion in access and participation in sports. Yes, and…try another answer too — because that’s not all that Title IX does.
Prior to the passage of Title IX, how many girls participated in sports?
A) 2 out of 5
2 in 5 girls play sports *today*. Prior to the passage of Title IX in 1972, that number was much lower.

**Do 2 sets of 5 push-ups. Then try again.**
B) 1 in 10
There were some amazing and inspiring women athletes prior to the passage of Title IX (like Wilma Rudolph pictured here), but the number of girls participating in sports was far less than 1 in 10.

Run in place as fast as you can, in honor of Wilma Rudolph. Then try again.
C) 1 in 19
While there were opportunities for girls to participate in sports, it was not as culturally accepted for girls to play. The number of girls who played was less than 1 in 19.

Do 19 jumping jacks. Then try again.
D) 1 in 27
The number of girls who played sports prior to the passage of Title IX was 1 in 27. At many schools, the only sport available for girls was cheerleading.

Do your best star jump in honor of the one girl in 27 who played sports prior to 1972.
What is Maria Pepe known for?
A) Being the first girl to play Little League baseball.
The first girl to play Little League baseball was Kathryn Johnston Massar, who cut her hair and signed up as a boy under a nickname, “Tubby” Johnston. She played for one season in 1951 in Corning, NY. When the National Little League Organization found out, they made an official rule excluding girls from playing — a rule that remained in effect until 1974 when another young girl who wanted to play decided to do something about it.

Hold a warrior pose for 51 seconds in honor of this brave pioneer! Then try again.
B) Filing a lawsuit against Little League Baseball.
Maria Pepe tried out for her local Little League team in Hoboken, NJ in 1972 when she was 11 years old. She made the team and averaged .300 at bat while pitching and playing right field and third base. The National Little League Organization threatened her coaches that if they didn’t drop her from the team, they would revoke the charter for Little League in Hoboken. Her coaches reluctantly had to drop her from the team. The National Organization for Women (NOW) filed a lawsuit on her behalf. She ultimately won but by the time the judgment was made, she was too old to play. But her bravery and willingness to stand up for what she believed in has benefited thousands of girls since 1974.

Wind up and throw your best imaginary pitch in honor of Maria Pepe and your correct answer!
C) Being enshrined in the Little League Hall of Excellence.
Krissy Wendell-Pohl was enshrined in the Little League Hall of Excellence in 2004. From littleleague.org: The Peter J. McGovern Little League Museum Hall of Excellence was established to recognize Little League graduates who have become outstanding citizens and role models as adults. When considering a person for enshrinement into the Hall of Excellence, playing ability is never a factor, even though some have advanced to outstanding athletic careers. Krissy Wendell-Pohl was an outstanding women's hockey player and is currently a scout for the Pittsburgh Penguins.

Do 6 boxer squat punches and then try a different answer.
D) Being the first girl to earn a win and to throw a shutout in Little League World Series history.
Mo'ne Ikea Davis (born June 24, 2001) is an American former Little League Baseball pitcher and current Hampton University softball player from Philadelphia, Pennsylvania. She was one of two girls who played in the 2014 Little League World Series and was the first girl to earn a win and to throw a shutout in Little League World Series history. She was the 18th girl overall to play and the sixth to get a hit. She was also the first Little League baseball player to appear on the cover of *Sports Illustrated* as a Little League player.

Do 9 lunges — one for each perfect inning. Then try a different answer.
Who was the first woman to run the Boston Marathon?
A) Bobbi Gibb
Roberta Louise "Bobbi" Gibb (born November 2, 1942 in Cambridge, Massachusetts) is the first woman to have run the entire Boston Marathon (1966). She is recognized by the Boston Athletic Association as the pre-sanctioned era women's winner in 1966, 1967, and 1968. At the Boston Marathon, the pre-sanctioned era comprised the years from 1966 through 1971, when women, who under AAU rules could not compete in the Men's Division, ran and finished the race. In 1996 the B.A.A. retroactively recognized as champions the women who finished first in the Pioneer Women's Division Marathon for the years 1966–1971.

Gibb's run in 1966 challenged prevalent prejudices and misconceptions about women's athletic capabilities. In 1967, she finished nearly an hour ahead of Kathrine Switzer. In 1968 Gibb finished first among five women that ran the marathon. It was not until late 1971, pursuant to a petition to the Amateur Athletic Union by Nina Kuscsik, that the AAU changed its rules and began to sanction women's division marathons. Kuscsik won the initial AAU-sanctioned women's division race at Boston in 1972.

Jog a victory lap to the nearest door and back again in honor of this pioneer and your correct answer!
B) Kathrine Switzer
Kathrine Virginia Switzer (born January 5, 1947) is an American marathon runner, author, and television commentator. In 1967, she became the first woman to run the Boston Marathon as an officially registered competitor*. During her run, race manager Jock Semple assaulted Switzer, trying to grab her bib number and stop her from competing. After knocking down Switzer's trainer and fellow runner Arnie Briggs when he tried to protect her, Semple was shoved to the ground by Switzer's boyfriend, Thomas Miller, who was running with her, and she completed the race.

The AAU banned women from competing in races against men as a result of her run, and it was not until 1972 that the Boston Marathon established an official women’s race.

*While she was the first to officially register and run, she was not the first woman to complete the Boston Marathon.

Bend and touch your toes. Hold the stretch while you count slowly to 10 — something Jock Semple, race manager, may have benefited from before behaving in this way — captured in this photo. Then try again.
C) Joan Benoit Samuelson
Joan Benoit Samuelson (born May 16, 1957) is an American marathon runner who was the first women’s Olympic Games marathon champion, winning the gold medal at the 1984 Summer Olympics in Los Angeles.\(^2\) She held the fastest time for an American woman at the Chicago Marathon for 32 years after winning the race in 1985. Her time at the Boston Marathon was the fastest time by an American woman at that race for 28 years. She was inducted into the Maine Women’s Hall of Fame in 2000.

Bobbi Gibb, first woman to complete the Boston Marathon, sculpted the 12-inch bronze figurines of a pony-tailed girl running that were given as trophies to Joan Benoit Samuelson, Julie Brown, and Julie Isphording, the top three women marathoners at the US Olympic trials in 1984. Samuelson has commented on her trophy, stating: "There are only three in the world. It's irreplaceable."

Pose like a statue on a trophy and hold for 26 seconds. Then try again!
D) Nina Kucsik
Nina Kucsik formally petitioned the Amateur Athletic Union to allow women to officially compete in marathons. Finally, after several years with multiple women running unofficially, the AAU changed its rules and began to sanction women’s division marathons. Kucsik won the initial AAU-sanctioned women's division race at Boston in 1972.

Do one lunge with reach and twist on each side — in honor of Nina Kucsik, who simultaneously reached for her goals while pushing back on rules that were unfair! Then try again.
5

Who was the first Black woman to win an Olympic gold medal?
A) Alice Coachman
Track and field star Alice Coachman made history at the 1948 Olympic Games, becoming the first Black woman to win an Olympic gold medal. Coachman was born on November 9, 1923, in Albany, Georgia. One of 10 children, Coachman was raised in the heart of the segregated South, where she was often denied the opportunity to train for or compete in organized sports events. Instead, Coachman improvised her training, running barefoot in fields and on dirt roads, using old equipment to improve her high jump.

Following the 1948 Olympic Games, Coachman finished her degree. And although she was formally retired from athletic competitions, Coachman’s star power remained: In 1952, the Coca-Cola Company tapped her to become a spokesperson, making Coachman the first African American to earn an endorsement deal. Later in life, she established the Alice Coachman Track and Field Foundation to help support young athletes and provide assistance to retired Olympic veterans. At the 1996 Summer Olympic Games in Atlanta, she was honored as one of the 100 greatest Olympians in history.

Jump as high as you can and click your heels together to celebrate Alice Coachman and your correct answer.
B) Wilma Rudolph
Wilma Rudolph was disabled by polio as a child and learned to walk again at the age of 12. Just 8 years later, she won 3 gold medals and set 3 world records at the first televised Olympic Games in Rome. (Although she was an amazing athlete — and a champion of social justice issues — she was not the first Black woman to win an Olympic medal for the USA.)

Do 60 arm circles and try again.
C) Debi Thomas
Debra Janine Thomas (born March 25, 1967) is an American former figure skater and physician. She is the 1986 World champion, the 1988 Olympic bronze medalist, and a two-time U.S. national champion. Her rivalry with East Germany's Katarina Witt at the 1988 Calgary Olympics was known as the Battle of the Carmens. In 1988, Thomas became the first African American athlete to earn a medal in the Winter Olympics when she took the bronze in women’s figure skating.

Do 3 jump turns in honor of Debi Thomas’ 3rd place finish and then try again.
D) Vonetta Flowers
In 2002, Vonetta Flowers of Birmingham, Alabama, became the world’s first Black athlete to win Olympic gold at a Winter Games. In Salt Lake City, Flowers, 28, sprinted on ice while pushing a 450-pound bobsled with her teammate Jill Bakken inside, before jumping in, and winning gold in the bobsled — less than two years after she picked up the sport.

Do 2 star jumps for this star athlete’s amazing accomplishment and then try again.
6

What athletic event was known as The Battle of the Sexes?
A) The 1967 Boston Marathon
Kathrine Virginia Switzer is an American marathon runner, author, and television commentator. In 1967, she became the first woman to run the Boston Marathon as an officially registered competitor. During her run, race manager Jock Semple assaulted Switzer, trying to grab her bib number and stop her from competing.

Run in place for 26 seconds in honor of Katherine Switzer’s historic 26-mile run. Then try again.
B) The Ultimate Pro-Elite Mixed Challenge
The sport of Ultimate Frisbee is one of a few sports where men and women compete together. Some others are horse racing, equestrian, sailing, motorbike racing and darts. But none of these sports refer to themselves as The Battle of the Sexes.

**Jump up in the air as high as you can to catch an imaginary frisbee. Then try again.**
C) The fight for equal pay in USA Soccer
Professional women athletes often make far less money than men, despite having equal success. However, this is not known as The Battle of the Sexes.

Do 11 jumping jacks and try again.
D) A tennis match between Billie Jean King and Bobby Riggs
The Battle of the Sexes was an internationally televised match in 1973 held at the Houston Astrodome between 55-year-old Bobby Riggs and 29-year-old Billie Jean King, which King won in three sets. The match was viewed by an estimated 50 million people in the United States and 90 million worldwide. King's win is considered a milestone in public acceptance of women's tennis.

Return 3 imaginary forehand shots and 3 imaginary backhand shots. Then raise your arms in triumph for your correct answer.
Babe Didrikson Zaharias was born in 1911 and died in 1956. Despite never getting to experience the benefits of Title IX, she was able to excel at what sport?
A) Golf
Didrikson became America's first female golf celebrity and the leading player of the 1940s and early 1950s. In order to regain amateur status in the sport, she could compete in no other sports for three years. She gained back her amateur status in 1942. In 1945, she had participated in three more PGA Tour events, missing the second cut of the first of them, and making the cut of the other two; as of 2018, she remains the only woman to have achieved this.

She won 17 straight women's amateur victories, a feat never equaled by anyone. By 1950, she had won every golf title available. Totaling both her amateur and professional victories, Zaharias won a total of 82 golf tournaments.

Charles McGrath of The New York Times wrote of Zaharias, "Except perhaps for Arnold Palmer, no golfer has ever been more beloved by the gallery." In 1948, she became the first woman to attempt to qualify for the U.S. Open, but her application was rejected by the USGA. They stated that the event was intended to be open to men only.

Yes, And... Tee up for a drive, then swing and try another answer too, because this isn’t the only sport she excelled at.
B) Baseball
In March 1934, Didrikson pitched a total of four innings in three Major League spring training exhibition games:

- On March 20, she gave up one walk and no hits in one inning for the Philadelphia Athletics against the Brooklyn Dodgers. On March 22 she pitched the first inning for the St. Louis Cardinals against the Boston Red Sox. It was reported that "Under tutelage of Burleigh Grimes, Dizzy Dean, and others she has learned to stand on the rubber, wind up like a big leaguer and throw a rather fair curve." The Red Sox scored three runs against Didrikson in the inning before she got Boston third baseman Bucky Walters to fly out to future Hall of Famer Joe Medwick in left field to end the inning. She was relieved at the start of the second inning by Cardinal pitcher Bill Hallahan. 400 fans were in attendance.

- On March 25 she played for the New Orleans Pelicans against the Cleveland Indians, pitching two scoreless innings and lining out in her only plate appearance.

Didrikson also spent time with the House of David barnstorming team and is still recognized as the world record holder for the farthest baseball throw by a woman.

Yes, And…Pitch 3 imaginary fastballs over the imaginary plate in honor of this amazing athlete. Then try another answer, too, because this wasn’t the only sport she excelled at.
C) Basketball
Didrikson's first job after high school was as a secretary for the Employers' Casualty Insurance Company of Dallas, though she was employed only in order to play basketball as an amateur on the company's "industrial team," the Golden Cyclones. As a side note, the competition was then governed by the Amateur Athletic Union (AAU).

Yes, And… Do 29 jumping jacks for the graduating class of 1929. Then try another answer, too, because basketball wasn’t the only sport she excelled at.
D) Track and Field
Didrikson set four world records, winning two gold medals and one silver medal for track and field in the 1932 Los Angeles Olympics. In the 80-meter hurdles, she equaled the world record of 11.8 seconds in her opening heat. In the final, she broke her record with an 11.7 clocking, taking gold. In the javelin, she also won gold with an Olympic record throw of 43.69 meters. In the high jump, she took silver with a world record-tying leap of 1.657 metres (5.44 ft). Fellow American Jean Shiley also jumped 1.657 metres, and the pair tied in a jump-off when the bar was raised to 1.67 metres (5.5 ft). Shiley was awarded the gold after Didrikson was ruled to have used an improper technique.

Didrikson is the only track and field athlete, male or female, to win individual Olympic medals in separate running, throwing and jumping events.

Yes, And…Do 4 star jumps, one for each of her world records. Then try another answer, too, because this wasn’t the only sport that she excelled at.
Which of the following is NOT an achievement of basketball player Lusia Harris?
A) She scored the first points in women’s basketball history in the Olympics.
Harris was a member of Team USA in the 1976 Summer Olympics in Montreal, the first time women’s basketball was part of the Games. She scored the first points and was a silver medalist.

**Take your best jump shot at an imaginary hoop. Then try again.**
B) She is the only WNBA player to win the Most Valuable Player Award in her rookie year.
This distinction belongs to Candace Parker of the Chicago Sky!

Break out your best moves and do a 10-second celebration dance for discovering the correct answer!
C) She was a 7th round NBA draft pick for the New Orleans Jazz.
Harris, the only woman officially drafted by the NBA, was drafted by the New Orleans Jazz in the seventh round in 1977 but didn’t try out for the team because she was pregnant at the time.

Jump up to grab your rebound and try again!
D) She was the subject of a short film titled *The Queen of Basketball*. 
Lusia Harris, seated in this picture attending the Tribeca Film Festival in 2021, is the subject of the short film *The Queen of Basketball*, which is on Netflix.

**Do 21 jumps with an invisible jump rope. Then try again.**
What was Nancy Lieberman’s nickname?
A) Grandmama
That nickname belonged to Larry Demetric Johnson (born March 14, 1969) is an American former professional basketball player who spent his career as a power forward with the Charlotte Hornets and the New York Knicks of the National Basketball Association (NBA). In 2008, Johnson was inducted into the Southern Nevada Sports Hall of Fame. He was then inducted into the College Basketball Hall of Fame on November 24, 2019. He earned his nickname by playing his own grandmother in a commercial for Converse.

Do an unhurried, slow motion push-up. Then try again.
B) Dame Time
Damian Lamonte Ollie Lillard Sr. (born July 15, 1990) is an American professional basketball player for the Portland Trail Blazers of the National Basketball Association (NBA). He played college basketball for the Weber State Wildcats and earned third-team All-American honors in 2012. After being selected by Portland with the sixth overall pick in the 2012 NBA draft, Lillard was unanimously voted the NBA Rookie of the Year.

Nicknamed "Dame Time" for his history of making big shots in the clutch, he has received six NBA All-Star selections and is one of two players in Trail Blazers franchise history, along with Clyde Drexler, to become a six-time All-Star. In October 2021, Lillard was honored as one of the league's greatest players of all time by being named to the NBA 75th Anniversary Team.

Do 21 jumping jacks and try again.
C) Lady Magic
Nancy Elizabeth Lieberman (born July 1, 1958), nicknamed "Lady Magic," is an American former professional basketball player and coach in the Women's National Basketball Association (WNBA) who is currently a broadcaster for the Oklahoma City Thunder of the National Basketball Association (NBA) as well as the head coach of Power, a team in the BIG3 which she led to its 2018 Championship. Lieberman is regarded as one of the greatest figures in American women's basketball.

In 2000, she was inducted into the Nassau County Sports Hall of Fame. Lieberman is a member of the Naismith Memorial Basketball Hall of Fame,[6] the Women's Basketball Hall of Fame, the St. Louis Jewish Sports Hall of Fame, and the Virginia Sports Hall of Fame.

Lieberman was among the very first generation to benefit from Title IX. In her words, she grew up "just a poor, skinny, redheaded Jewish girl from Queens." She lost her great grandparents to the Holocaust. Entering college in 1976, just 4 years after the passage of Title IX, she attended Old Dominion University, where she took the team to 4 straight championships.

Do 9 knee-to-opposite-elbow touches in honor of “Lady Magic” and all of the magic that Title IX helped her make in the sport she loves!
D) Band-Aid
Joseph Chevious (born July 3, 1967) is a retired American professional basketball player who played the Forward (basketball) position, and played three seasons in the National Basketball Association after being selected by Houston Rockets in the first round (16th pick overall) of the 1988 NBA draft. Chevious played at Missouri from 1984–88 and led the Tigers to three NCAA Tournament appearances and a Big Eight regular-season and tournament title. Chevious played in the NBA from 1988 to 1991 for the Cleveland Cavaliers. His best season came when he appeared in 81 games and averaged 9.3 points per game. He was nicknamed Band Aid because he wore one for luck.

Do 3 squat jumps for Big Number 3 and try again.
Mia Hamm was born in 1972, the year that Title IX was signed into law. She is among the very first generation to enjoy the full benefits of Title IX. What other “first” is she noted for?
A) Being the youngest member of the US National Soccer Team.
Hamm distinguished herself at age 15 as the youngest member of the U.S. National Soccer Team.

Yes, And...Hold a warrior pose for 20 seconds, then try another answer too, because this isn’t the only first.
B) She was part of the first video game to feature female athletes only.
In 2000, the video game, *Mia Hamm Soccer 64*, was released for *Nintendo 64*. It was the first game to feature female athletes only and sold a "relatively high" 42,886 copies in the United States.

Yes, And…Do 9 victory jumps for Number 9 and then try another answer too, because this was not her only “first.”
C) She played in (and won) the first ever Women’s World Cup.
1991 FIFA Women's World Cup

"Take your victories, whatever they may be, cherish them, use them, but don't settle for them. There are always new, grander challenges to confront, and a true winner will embrace each one." —Mia Hamm

In 1991, Hamm was named to the roster for the inaugural FIFA Women's World Cup in China under North Carolina coach Anson Dorrance. At 19 years old, she was still the youngest player on the team. During the team's first match of the tournament, Hamm scored the game-winning goal in the 62nd minute, leading the U.S. to a 3–2 win over Sweden. After defeating Germany 5–2 during the semi-final, the U.S. faced Norway in the final. In front of 63,000 spectators, the U.S. clinched the first World Cup championship title after a 2–1 win.

Do 19 jumping jacks and try another answer too, because this is not the only “first” for her.
D) Founding America's first professional women's soccer league.
In 2000, Hamm co-founded the Women's United Soccer Association (WUSA), America's first professional women's soccer league. She played for the WUSA's Washington (D.C.) Freedom for three years.

Do a v-sit for victory, but then check another answer too, because this isn’t her only “first”!