



Mariel Zagunis

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4-Time Olympic Medalist
4-Time Olympian



- Most decorated fencer in the history of USA Fencing
- Inducted into FIE (International Fencing) Hall of Fame in 2013
- First U.S. Fencer to medal at three Olympic Games
- 5-Time World Champion
- 23-Time World Championship Medalist
- 2012 U.S. Olympic Team Flag Bearer (London)
- Youngest U.S. fencer to win a gold medal at a Senior World Championships (age 15 in 2000)
- Only U.S. fencer to win four World Championship titles in one season
- First U.S. fencer to have four World Championship gold medals
- 2009 FIE Chevalier Feyerick Trophy recipient for sportsmanship and fair play
- Named Notre Dame's Athlete of the Decade in 2010

Hometown: Beaverton, OR
Birthdate: March 3, 1985
Height: 5'8"
Married: September 2014
TW: @marielzagunis
Education: Univ. Notre Dame



- In 2004, Mariel was a last moment replacement athlete in the Olympic competition - she went on to win the gold medal. It was the first gold medal for an American fencer in over 100 years.
- Mariel is the most decorated fencer in U.S. history...by far.
- Mariel is a recipient of the Chevalier Feyerick Trophy, presented by the International Fencing Federation to the person that best represents sportsmanship and fair play as a role model for fencing's future – the first American ever to receive this honor.
- In 2012, Mariel created the Mariel Zagunis Women's Sabre Fund, supporting future athletes in the sport of fencing.

Carpe Diem

In the countdown to the 2004 Olympic Games, as a young but decorated fencer, Mariel stood by and agonized, as it appeared her long awaited Olympic dream had slipped away and she would be forced to wait four more years for another try. She was the highest ranked American fencer not to qualify for the Olympic Team. Then, in a stroke of good fortune, just weeks before Team USA embarked on the trip to Athens, opportunity knocked for Mariel when Nigeria declined to send its team to The Games. She seized the moment - one that would change her life – and in Athens she pieced together a remarkable string of victories to win the Olympic gold medal.

Four years, and countless trips to award podiums around the world later, Mariel returned to the Olympic Games, this time in Beijing, to defend her title. She did, and then some, capturing her second individual Olympic gold medal and adding a bronze medal in the team competition.

On the eve of the 2012 London Olympic Games, Mariel was bestowed one of the greatest honors awarded at the Olympic Games. She was elected by her Team USA teammates to carry the American flag into the Opening Ceremonies. At those Games, Mariel's attempt at a golden three-peat fell short, losing a dramatic semi-final match to finish fourth.

Inspired by the disappointment in London, Mariel has continued to refine her craft and remains one of the very top fencers in the world. In the 2014 & 2013 seasons Mariel won an astounding 19 medals at international competitions, including nine gold medals. In 2013 she was inducted into the International Fencing Federation's Hall of Fame.

At the Rio 2016 Olympic Games, Mariel achieved another remarkable feat and became the first American fencer to win a medal in three different Olympic Games. Mariel dominated in the team competition and lost just two bouts en route to winning the Olympic Bronze Medal and the fourth Olympic Medal of her career.

A native of Beaverton, OR, Mariel has the Olympics in her blood. Both of her parents were rowers, who competed at the 1976 Games in Montreal. She first picked up a sabre (sword) at ten years old and began competing against the best in the world at just 14. In 2001, she was Cadet World Champion (under 17), Junior World Champion (under 20) and Junior Team World Champion all at the same time, an historic first. She's won everything there is to win in fencing, most more than once.

The middle sister of two brothers who also fence, Mariel spends her free time experimenting in the kitchen, playing tennis and volunteering at a local food bank.

