



The Delta Barracudas

Present

Barbara J Bedford Miller

2000 Olympic Gold Medalist

May 2, 2009



Barbara Jane Bedford (also known as "B.J.") Miller was born on November 9, 1972, in Hanover, New Hampshire, where she grew up. She was introduced to swimming by her three older brothers, whom she aspired to be like. B.J. graduated from the Peddie School in Hightstown, NJ, and later earned a BFA from the University of Texas in Art History. She has completed the coursework for her master's degree from Colorado State University and will earn a MS in journalism and technical communication next year (thesis pending).

B.J.'s story is one of perseverance and determination. As a seven-time U.S. National champion in the 50 free (1), and 100 (5) and 200 (1) meter backstrokes, B.J. qualified for her first Olympic Trials at the tender age of 14 in 1988. She competed in a total of four Olympic Trials before she was able to earn the coveted title of "Olympian." B.J. was a top-ranked competitor in the 2000 Olympic Trials, where, after nearly 13 years of falling short of her goal, she won the 100 meter backstroke. In Sydney, Australia, at the Games following the Trials, she earned a Gold Medal and on her way to breaking the world record in the 4 x 100 meter medley final.

Prior to the 2000 Olympics, Bedford won the Bronze Medal in the 1994 World Championships, becoming the 11th fastest woman in history in the 100 meter backstroke. That same year, B.J. won two gold medals and a silver medal at the Goodwill Games. She also captured three gold medals for swimming in the women's 100 and 200 meter backstroke at the 1995 Pan Am Games held in Mar del Plata, Argentina.

She currently resides in Fort Collins, CO, with her husband and two children. She loves being a mother and does manage to work an eight hour day. B.J. works for Impact Sports as the Director of Swim Revenue.



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