Hicham El Guerrouj is a retired Moroccan middle-distance runner who is considered one of the greatest middle-distance runners of all time. He is a two-time Olympic gold medalist and holds the world records for the 1500 meters, mile, and 2000 meters. El Guerrouj was born on September 14, 1974, in Berkane, Morocco. He grew up in a small village and began running at a young age, often running to and from school, which was several kilometers away. El Guerrouj's breakthrough came in 1994 when he won the 1500 meters at the IAAF World Junior Championships. This victory propelled him onto the international stage and marked the beginning of his illustrious career. In 1996, El Guerrouj narrowly missed out on a medal at the Atlanta Olympics, finishing fourth in the 1500 meters. This disappointment only fueled his determination, and he went on to dominate the middle-distance events in the years that followed. One of El Guerrouj's most iconic races came in 1998 when he broke the world record for the mile, running a time of 3:43.13. This record stood for almost 20 years before being broken in 2017. At the 2004 Athens Olympics, El Guerrouj achieved a historic double, winning gold in both the 1500 meters and the 5000 meters. This feat solidified his status as one of the greatest middle-distance runners in history. Throughout his career, El Guerrouj set multiple world records and won numerous world championship titles. His dominance on the track and his graceful running style made him a beloved figure in the world of athletics. After retiring from competitive running in 2006, El Guerrouj has remained involved in the sport as a goodwill ambassador for the International Association of Athletics Federations (IAAF) and as a member of the International Olympic Committee. In addition to his athletic achievements, El Guerrouj is known for his philanthropic work. He has been involved in various charitable initiatives, particularly those focused on education and youth development in Morocco. El Guerrouj's impact on the sport of athletics extends beyond his performances on the track. His dedication, sportsmanship, and humility have made him a role model for aspiring athletes around the world.