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Lou Gehrig: A Legacy of Baseball Greatness

Lou Gehrig, often called the "Iron Horse," is one of the most legendary figures in the history of baseball. Born on June 19, 1903, in New York City, he grew up to become a sports icon and a symbol of perseverance. Lou Gehrig showed an interest in sports from a young age. He excelled in both baseball and football while attending Columbia University. His talent on the baseball field caught the attention of the New York Yankees, and he joined the team in 1923 at the age of 19.

Play and Achievements

Gehrig quickly made a name for himself as a powerful and consistent hitter. He was known for his incredible work ethic and dedication to the game. Gehrig's most famous achievement came when he played in 2,130 consecutive games, a record that stood for 56 years. This streak earned him the nickname "Iron Horse" because of his durability and reliability on the field.

During his career with the Yankees, Gehrig helped lead the team to six World Series championships. He was named the American League Most Valuable Player (MVP) twice and became a seven-time All-Star. Gehrig was not only a prolific hitter but also an excellent first baseman. His combination of power and skill made him one of the most dominant players of his era.

Milestones

One of the most memorable moments in Lou Gehrig's career occurred on July 4, 1939, when the Yankees held a special ceremony at Yankee Stadium to honor him. Gehrig had been diagnosed with amyotrophic lateral sclerosis (ALS), a disease that would later become known as "Lou Gehrig's Disease." During the ceremony, he delivered a heartfelt speech in which he called himself "the luckiest man on the face of the earth" despite his illness. This speech remains one of the most iconic moments in baseball history.

Legacy

Tragically, Lou Gehrig's battle with ALS forced him to retire from baseball in 1939. He passed away on June 2, 1941, at the age of 37. However, his legacy lives on in many ways. The disease that took his life now bears his name, and efforts to raise awareness and find a cure continue to this day.

Gehrig's impact on the game of baseball is immeasurable. He set numerous records during his career, including a career batting average of .340 and 493 home runs. In 1936, he became one of the first five players inducted into the Baseball Hall of Fame. The Lou Gehrig Award is given annually to a player who best exemplifies his character and integrity both on and off the field. Additionally, Gehrig's legacy extends beyond baseball. His courage in the face of adversity and his dedication to the sport have inspired countless people around the world. His speech on July 4, 1939, is a testament to his positive outlook and resilience in the face of adversity.

