Murray, Lenda (1962-) Encyclopedia Article

Murray, Lenda (1962-)

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Bodybuilder Lenda Murray became the first black Ms. Olympia in 1990 and then tied predecessor Cory Everson's record by winning the title five more times. An outstanding athlete in high school, Murray was an all-city sprinter and a cheerleader at her Detroit high school. She continued her cheerleading at Western Michigan University, where she earned a degree in political science and became the first African American to be chosen as the university's homecoming queen. Murray has been a televangelist for exercise on various cable television shows, and she has done color commentary on bodybuilding events for ESPN. She has also been featured in national magazines such as *Vanity Fair, Ebony, Mademoiselle,* and *Sports Illustrated.*