



ON THE FAST TRACK

Apolo Anton Ohno can set a U.S. winter record by winning a sixth career Olympic medal in Vancouver.

Do you get nervous before a competition?

I wouldn't say nervous. More anxious than anything. That's a natural, healthy feeling. If I'm too relaxed, then it doesn't feel like a competition.

What drew you to short-track speedskating?

It's so intense. The preparation involved is insane. And it's so dynamic and fast. It's got everything an American would want in a sport.

Staying healthy is so important for your performance. Is it tough to be disciplined about keeping fit and watching what you put into your body?

I throw myself into being as healthy as possible. I can have an awesome time with my friends without alcohol. Some people feel they need it to loosen up, but in reality, you just need time to be...

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