

STROKES OF GENIUS

Famous for her fitness and focus, swimmer Dara Torres has competed in five Summer Games over the past 26 years. Her dedication has paid off with 12 Olympic medals.

Q: Have you always been really conscious of your health and conditioning?

A: Always. One of the reasons I didn't drink when I was younger is because I knew what it did to you. I'd see some of the swimmers at morning practice after a night of drinking, the way they looked and felt, and I really wanted to swim fast. I didn't want to be in that state the other athletes were in if they'd gone out and partied.

To learn more about Dara's A.L.L. Star dedication, visit:

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