

:ONE-ON-ONE:

Apolo Anton Ohno

Whether you know him as the most decorated American Winter Olympic athlete of all time (with eight medals) or the 2007 winner of ABC's "Dancing With the Stars," one thing's for sure: Apolo Anton Ohno can move. And now the short-track speedskating and samba virtuoso has a marathon under his belt: Jared, the SUBWAY guy, challenged Apolo, a "Famous Fan" of the sandwich company, to run the ING New York City Marathon in November. We met the 29-year-old Seattle native in Chicago, two days before he ran his first half marathon as part of his training. Over double turkey on honey oat with cheddar, lettuce, tomato, peppers, spinach, oil and vinegar (his favorite!), we talked high school sports, tough love and...dinosaurs?

ESPNHS >>> Has it been hard transitioning from skating to running? **APOLO ANTON OHNO >>>** Very difficult! My races are usually 41 seconds long; now I run for hours. [Before marathon training], I joked that I always looked like a little T-Rex: tiny on top with huge strong quads. I've become more balanced.

ESPNHS >>> Were you involved in high school sports? **AAO >>>** Nothing organized, but I swam,

and played basketball and football. Then I saw this cool, weird sport in the 1994 Olympics: speedskating. I picked it up really fast and was invited to a junior development program in New York at age 14. That same year, I was ranked No. 1 in the U.S.

ESPNHS >>> But there were a few bumps along the way, right? **AAO >>>** I was making bad decisions in high school. My dad saw I had this raw talent for speedskating and said,



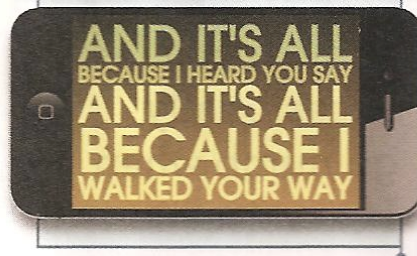
"You're going to [the Olympic Training Center in Lake Placid,] New York." He dropped me off at the airport; I immediately called a friend to come pick me up and spent two weeks hanging out. So my dad gets a phone call from the program in Lake Placid, asking if I was still coming. And my dad, in his thick Japanese accent, said, "What? You lost my son?!" But I lost myself. He found me and flew me out to New York himself. After three months, I loved it. Sports saved my life.

—LESLIE GOLDMAN

:DOWNLOAD THIS NOW:

Shazam Encore

You and your teammates can finally sing along, "Glee"-style, to your fave pregame, pump-it-up playlist without flubbing the words. Tag whatever song is playing (there are more than 25,000 to choose from), using the new-and-improved Shazam Encore app, and its LyricPlay feature will display the scrolling lyrics in real time on your iPhone, iPod touch or iPad screen—just like karaoke! (\$5.99, itunes.com)—LINDSEY EMERY



Ohno? Oh yes! After winning "Dancing With the Stars" (above) and a record eight Winter Olympic speedskating medals, Apolo became a marathon man.

