

Dara Torres

The Olympic gold-medal swimmer on honesty and hanging with LeBron

1 STAR POWER I like NBA basketball—the Cavaliers, the Mavericks, and the Lakers—because I got to meet LeBron, Jason Kidd, and Kobe in Beijing. They sat with us at the swimming events and ate with us at the Olympic Village. LeBron and I shared the cover of *Time*. He signed my copy and I signed his. I also enjoy tennis, and I've met Rafael Nadal and Serena Williams. Even though I'm in awe meeting those people, I realize that we're all doing the same thing: just being competitive and playing sports. We're all athletes.

2 WATER BABIES I definitely connected with the water right away as a kid. My mom got us in the pool when we were infants to teach us to be water-safe. That's exactly why I got my daughter into the pool when she was 3 months old. She's 3 years old now and can swim unassisted and turn her head and breathe, depending on what kind of mood she's in.

3 OPEN BOOKS Opening up about myself in my autobiography, *Age Is Just a Number*, was cathartic. A lot of times you see what's glamorized on TV, not the real person. I wanted people to see that athletes are human too. We have ups and downs.

4 THE SPORTING LIFE I loved growing up in Beverly Hills. I was never really Beverly Hills-ish. I liked swimming in Culver City and being outdoors. I was a rough-and-tumble kind of girl, not a high heels-and-skirts girl.

Walking on Water
Forty-two-year-old
Torres insists
she's only human.



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