



E. McGrath SFSU

Apolo Ohno

Japanese/European American

Speed Skater

Apolo Ohno (1982-) watched Olympic speed skating when he was twelve. He loved how skaters raced around the ring, with their hands leaning lightly on the ice for balance. To get Apolo to skating practice, his father had to drive him to a far away town with an ice rink. Apolo's father worried about his son getting into trouble while he worked long hours to support them and to pay for skating lessons. Apolo struggled with the sport, but eventually won eight Olympic medals in speed skating. After seeing how his father made sacrifices for him, Apolo also wanted to help others. He has volunteered time and has raised money for Special Olympics, young athletes, the elderly, and victims of natural disasters.