

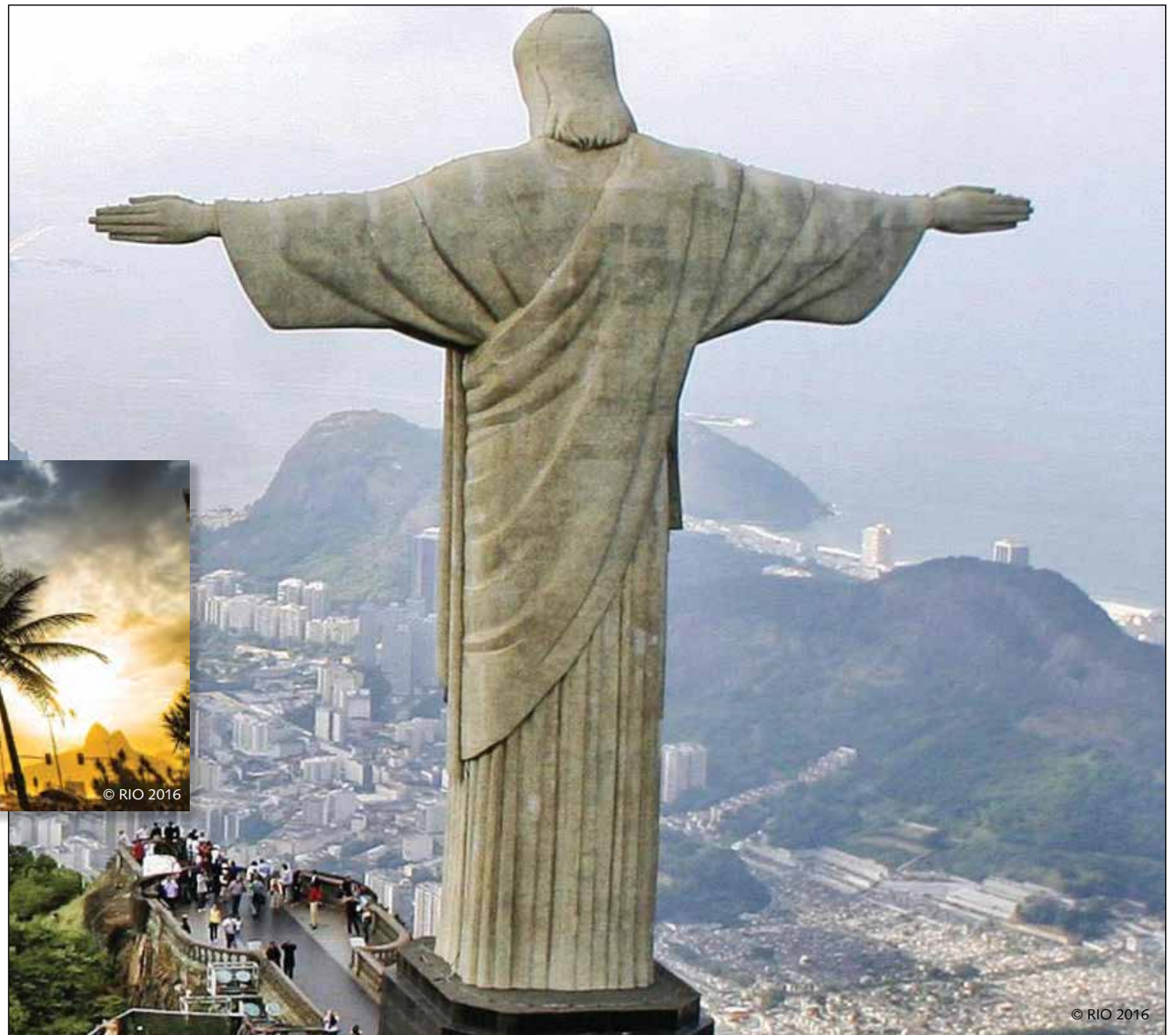
Rio

2016 GUIDE TO THE GAMES
The People, Places and Stories to Watch in Brazil



ABOUT RIO

City to Serve up its Signature Beauty, Culture and Celebration Style



If you've traveled south to Rio de Janeiro, you understand its importance to Brazil as an absolute hotspot for tourism. An expansive seaside city, Rio is such an international draw because of its beautiful beaches and vibrant city center.

But in August of 2016, Rio will be known for its performance as the host city of the Summer Olympic Games (Aug. 5- 21; Paralympic Games scheduled for Sept. 7-18). How will the bustling city bursting with culture and personality handle the extra attention and influx of world-

wide tourists? If its history is any indication, it will be a grand host to the largest sporting event in the world.

A CELEBRATION FIT FOR THE OLYMPICS

Rio is no stranger to rolling out the red carpet. Every year, its raucous Carnival festival features parade floats, flamboyant costumes and tourists from across the globe. The second largest city in Brazil, Rio is known for its ability to throw a great party.

With a slew of cultural and historical attractions, Rio has implemented the infrastruc-

ture necessary to welcome large crowds. This includes accommodations, lodging and destinations within the center of the city. Rio served as a host city for the 2014 FIFA World Cup, welcoming millions of fans from around the world.

THE CLIMATE AND LANDSCAPE

Rio is hot for most of the year, and rain is frequent from December through March. August is generally a dry, hot month, making it a perfect place for athletes to strut their stuff in the sum-

mer sun.

Olympians may get a few breaks, as the coastal areas are cooler than those situated inland. This is due to the cooling breeze blowing in from the Atlantic Ocean. No matter the temperature, fans of the Olympics will be treated to a gorgeous setting. Sprawling vegetation and rolling rainforests will serve as the perfect backdrop to an international event of this magnitude.

SOCIAL IMPROVEMENTS

According to the country of Brazil's website, major efforts

have been made to minimize social inequality and modernize the economy of Rio. Special initiatives are underway to advance these goals, and hopefully hosting an attraction as large as the Olympics will only help the city and country achieve these objectives.

Opportunities for jobs or volunteering also may help inject some economic prosperity within the city of Rio. Many of the 100,000 people directly involved in delivering the games — including 70,000 volunteers — will be from the Rio area.

OPENING CEREMONY

Celebration May be Scaled Back but Still Reflect Country's Culture

Olympic opening ceremonies typically feature flashy displays, such as this scene from Sochi in 2014.



Do you enjoy watching the Summer Olympic Games opening ceremonies nearly as much as the athletic events? You may be in for a treat this summer. No one throws a party quite like Rio de Janeiro, so experts predict one of the most vibrant, culturally focused opening ceremonies in recent memory.

But officials have made it clear that if you're looking for uber-expensive props and graphic effects, you may be disappointed. Rio is getting back to the basics, especially during a time when its socio-

economic situation is drawing major attention in today's global economy.

Just because it may not rival London or Beijing in terms of expense, however, doesn't mean the opening ceremony will be any less extravagant. Rio has an expanse of history and cultural diversity from which to draw to put on one of the best shows the Olympics has ever seen.

WHEN & WHERE?

The opening ceremony of the 2016 Olympics will take

place on the evening of Friday, Aug. 5 in Maracanã Stadium. The proceedings will include welcoming speeches, hoisting of the flags and the parade of athletes with an artistic spectacle to showcase Rio's vivacious culture.

The creative directors for the ceremony are two Brazilian-renowned film directors, giving fans hope that their expectations will be met.

A STRIPPED DOWN CEREMONY?

Brazil has been mired in a

recession, making this a challenging time to adequately host an Olympics event of this magnitude. The planning committee for the opening ceremony has estimated that the Rio event will cost about one-10th of what London spent on its grand summer kickoff in 2012.

There will be no complex aerial equipment or disappearing stages. The focus will be on the performers and their lively costumes — sure to be comprised of bright colors and unique features.

THE STADIUM

The Maracanã Stadium played host to the 2014 World Cup, showing off its new one-tier seating bowl. There have been many other changes made to the stadium to get it ready for global events such as the Olympics.

Fans also may notice a new roof that covers 95 percent of the seats in the stadium.

These changes have all been part of a larger effort to improve the facilities at the forefront of the Olympic experience.

A LOOK AT THE VENUES

Rio and Surrounding Areas to Welcome Athletes, Spectators



Just as unique as the athletes battling it out for gold medal supremacy at the 2016 Summer Olympic Games, the 32 host venues have distinct personalities and stories all their own.

Rio de Janeiro is home to those venues, with another five football co-host cities across Belo Horizonte, Brasília, Manaus, Salvador and São Paulo.

Here is a quick look at a few of the most well-known stadiums set to host individual and team events in August:

Maracanã Stadium: The

legendary Maracanã stadium will host the decisive matches of the Olympics soccer tournaments and two of the Games' most-watched events: the opening and closing ceremonies. The stadium was recently modernized for the 2014 World Cup, so fans should be in for a treat.

Olympic Stadium: Built for the 2007 Pan American Games, the Olympic Stadium will be home to an assortment of athletic events and

one of the stages for the soccer tournament. Temporary extra seating expanded the capacity and the running track was completely updated ahead of the games.

Sambódromo: Usually the traditional setting for parades during Carnival, the Sambódromo will host archery and the marathon for the games. Recent upgrades to the facility included structural improvements and brand new stands.

TIPS FOR ATTENDING THE GAMES

Planning to attend the Olympics? The International Olympic Committee has these tips:

- Do not forget your tickets and check the date, time and place of competitions on the website before leaving (www.rio2016.com).
- Check the weather forecast and prepare accordingly.
- Arrive early, because if the session has already started,

you may have to wait for a break to enter.

- Avoid carrying bags to speed up your entrance.
- Identify children with bracelets made available at the public information desks.
- Look for the Rio 2016 team members wearing green — they are there to help you.
- No smoking at venues.
- Download the official app to stay tuned to everything that happens during the Games.

TEAM REFUGEE

Displaced Athletes Given a Team of Their Own to Realize Olympic Dreams



President Bach was joined by two members of the Refugee Olympic Team as they visited what will be their rooms in the Olympic Village. Popole Misenga and Yolande Bukasa Mabika are judokas from the Democratic Republic of Congo, and are living in Brazil after being granted refugee status.

Hoping to bring attention to the refugee crises impacting countries and human beings across the world, the 2016 Summer Olympic Games will feature a first-of-its-kind Refugee Olympic Team. The unit is set to march with the Olympic flag immediately before host nation Brazil at the opening ceremony.

When the team was announced in June, International Olympic Committee President Thomas Bach issued in a statement: “These refugees have no home, no team, no flag, no national anthem. We will offer them a home in the Olympic Village together with all the athletes of the world. ... These refugee athletes will show the world that

despite the unimaginable tragedies that they have faced, anyone can contribute to society through their talent, skills and strength of the human spirit.”

WHO'S WHO?

Here are the 10 athletes representing the Refugee Olympic Team:

- Rami Anis (male), Syria, swimming;
- Yiech Pur Biel (male), South Sudan, 800-meter;
- James Nyang Chiengjiek (male), South Sudan, 400-meter;
- Yonas Kinde (male), Ethiopia, marathon;
- Anjelina Nada Lohalith (female), South Sudan, 1500-meter;

- Rose Nathike Lokonyen (female), South Sudan, 800-meter;

- Paulo Amotun Lokoro (male), South Sudan, 1500-meter;

- Yolande Bukasa Mabika (female), Democratic Republic of the Congo, judo;

- Yusra Mardini (female), Syria, swimming; and

- Popole Misenga (male), Democratic Republic of the Congo, judo.

THE TEAM'S DREAM

These athletes may not have had a chance to participate in past Olympics. The 2016 addition of a refugee team has opened the door to many top-tier athletes to make a

name for themselves on the grand stage.

Wondering how the logistics of an all-refugee team will work? Here are some details on what the team will experience at the games, according to the IOC:

- The team will be housed in the Olympic Village like all the other teams;

- The team will get its own welcome ceremony at the Olympic Village;

- The team uniforms will be provided by the IOC; and

- For all official representations of the team, the Olympic flag will be raised and the Olympic Anthem will be played.

HEALTH AND POLITICAL CONCERNS

Climate, Culture Shine Against Backdrop of Health, Political Concerns



While the Summer Olympic Games are among the most anticipated sporting events across the world every four years, the 2016 edition is being overshadowed by some serious issues facing the host country, Brazil.

Health concerns, political corruption and team doping allegations have swept the sporting world as athletes and fans weigh the risks involved with participating in this year's Olympics.

THE ZIKA VIRUS

A 2016 report published in the Harvard Public Review stated that unless the

Olympics were postponed, the games could cause a “full-blown public health disaster” due to the mosquito-borne Zika virus. Many health officials have identified Brazil as a primary hotspot for Zika, a disease that causes severe birth defects in infants and high fever and muscle pains in adults.

A couple of the main issues addressed in the report include Rio de Janeiro's proximity to the disease and the increase of tourism, which will present risks of spreading the virus to other countries.

The Centers for Disease Control and Prevention has

released a list of travel precautions to take if you're planning on attending the games:

- Talk to your doctor or other health care provider about vaccines and medicines recommended for Brazil.
- Make sure you are up-to-date on routine vaccines, including measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), polio and flu. Other recommended vaccines may include hepatitis A, typhoid, hepatitis B, yellow fever and rabies.
- Consider purchasing travel health and medical evacuation insurance.

- Pack a travel health kit.

POLITICAL TURMOIL AND CORRUPTION

Aside from the Zika virus, there are political and corruption scandals being uncovered as the games kick off. Brazilian President Dilma Rousseff was impeached and suspended May 12. She is accused of using illegal accounting techniques to hide large federal budget deficits, although she has repeatedly denied wrongdoing. Rousseff's impeachment trial will conclude in the middle of the Summer Olympic Games, according to the country's

Senate impeachment commission.

DOPING ISSUES

Athletes from Russia and Kenya hoping to compete in the Olympics will be individually evaluated for doping by international federations and certified by their home country's sports federation, according to the International Olympic Committee. This requirement was built in response to an International Association of Athletics Federations ban blocking Russia's track and field athletes from competing in this year's games.

RUGBY IS BACK!

Sport's Return Welcomed After Nearly a Century of Absence



Some things are worth waiting 92 years for; rugby appears to be one of them. Since 1924, it has been absent from the Summer Olympics program. Fans of this fast-paced, action-packed sport are rejoicing this year as Rio welcomes back rugby as an official Olympic event.

Twelve nations are set to go for gold in both the men's and women's competitions. According to the International Olympic Committee, the two rugby sevens competitions at Rio 2016 will be held over the first week of the games at the Deodoro Stadium.

The teams will be drawn into three pools of four in the first round, with three points being awarded for a win, two for a draw and one for a defeat.

The top two teams in each group will then qualify for the quarter-finals along with the two best third-placed sides, and the eight qualifiers will be ranked from one to eight on the basis of their performance in the pool phase. The women's final is set for

Aug. 8, with the men's taking place three days later.

WHAT IS RUGBY?

In a rugby sevens team — which is the type of structure this year's Olympics will follow — there are three forwards and four backs. These teams are smaller than traditional ones, making for a faster, more exciting game. As for on-the-field action, rugby requires a combination of strength and speed to move a ball into an opponent's territory. The sport employs full contact, and players wear little to no protective gear. The most unique aspect of rugby is the scrum, which features players huddled up in

a giant pile of bodies to restart play following minor infractions during the match.

OLYMPIC HISTORY

According to the International Olympic Committee, rugby appeared at Paris 1900 in its 15-team format, ending with the host nation claiming rugby's first gold medal.

The sport then returned to London in 1908 and Antwerp in 1920, when the United States beat France, 8-0, for the gold. The Americans took another gold medal in 1924 in Paris.

Just at the height of its popularity, rugby disappeared from the Olympic program.

MAJOR U.S. STORYLINES

Following a Strong London Performance, Team USA Pins its Hopes on Big Names

You've got your Team USA T-shirt and you've already coordinated taking some vacation days from work. You're planning a viewing party and are memorizing the rosters of your favorite teams. You are an Olympic super fan. This is your time.

As Americans swell up with pride watching their home country Olympians perform in Rio de Janeiro, there are dozens of exciting storylines to follow. Here are a few to keep your eye on:

Overall performance: The last time we saw a U.S. Summer Olympics team perform, it cruised to more overall medals and more gold medals than any other country in London — 104 total medals to be exact. This

was well ahead of China, which secured 88 as the runner-up. Many experts predict that with the return of golf, Team USA could be on track to reach the top of the gold medal list yet again.

U.S. men's basketball: The U.S. men's basketball team enters the Olympics as a heavy favorite to win its third straight Summer Olympic Games gold medal. An impressive list of veteran Olympians and fresh faces will try to send head coach Mike Krzyzewski home a gold medal winner once again in his final Olympics. The team starts preliminary round play against China on Aug. 6.

U.S. women's basketball: As the men look to grab a third straight gold medal, the women's team will attempt to reign supreme at the games. The squad has a 41-game winning streak in Olympic play with no losses since 1992. Going for its sixth straight gold medal, the women are looking to set the record for traditional women's team sports.

U.S. men's volleyball: A strong mix of vet-

erans — including two gold medalists — join a host of eight newcomers on the U.S. men's volleyball team set to kickoff action Aug. 7 against Canada. Leading the way will be outside hitter Reid Priddy (his fourth Olympics appearance) and middle blocker David Lee (his third), both of whom won gold medals at the 2008 Olympic Games in Beijing.

Phelps' last dip: U.S. men's swimmer Michael Phelps is looking to pad his record as the most decorated Olympian in history. Already with a record 22 medals and 18 golds, Phelps says these are his last Summer Olympics Games.

Breaking the drought: According to the International Olympic Committee, badminton is one of just three summer sports in which the U.S. has never won an Olympic medal. If you're curious, the others are team handball and table tennis. Who knew? This year's mixed doubles team of Jamie Subandhi and Phillip Chew is looking put U.S. badminton on the map.



OLYMPIAN INTERVIEW

RIGHT ON TARGET

Vincent Hancock Seeks Third Straight Gold in Men's Skeet Shooting



COURTESY OF VINCENT HANCOCK

The only Olympic athlete to ever win back-to-back Olympic gold in skeet shooting, Vincent Hancock has made his mark on the grandest of stages. The International Shooting Federation calls him “The Best Shooter in the World.” He hopes to bolster his reputation even further in Rio.

“God has given me a talent to do well in the sport I love and to make a difference in the lives of many people,” he said. “I stay focused on that and let the rest fall into place.”

Hancock was born in 1989 in Port Charlotte, Fla., and grew up in Eatonton, Ga. Now a resident of Fort Worth, Texas, with two young daughters, he trains and teaches, saying “I take pride in the number of people I can influence in a positive direction.”

Hancock has been training two to four hours per day leading up to Rio. Winning two gold medals and adding young children to his life have played a role in him scaling back his preparations compared to

past Olympics.

“When I was younger I shot way more. I was shooting seven days a week,” he said. “Now I really don’t need that much training to keep my fundamentals sharp.”

SIGNATURE ACHIEVEMENT

When asked which career accomplishment sticks out in his mind, Hancock doesn’t hesitate.

“Everybody kind of expected me to win in my first Olympics (2008 in Beijing) because I was ranked number one in the world and was coming off a world record,” Hancock said. “I had a bad year



coming into London in 2012 and felt like I was coming in almost as an afterthought. That made it that much sweeter to win gold.”

He looks forward to the competition in Rio — even if it is a bit stressful to perform in front of millions on the world stage.

“It’s fun, but you definitely try to fight back the nerves,” he said. “I’d be lying if I said you don’t get shaky out there. It’s like nothing you’ve ever felt before and you just try to stay as focused as possible.”

MILITARY MAN

In 2006, Hancock joined the Army and completed basic training at Fort Sill, Okla. From there, he received his Advanced Individual Training and earned a Military Occupational Specialty as a motor vehicle operator.

“I joined as a 17-year-old kid and came out a grown-up man,” he said.

“The military makes you understand respect, honor and discipline. Sometimes as a young kid you think you know more than you do. In the Army I learned that life was bigger than me.”

Hancock later served in the U.S. Army Marksmanship Unit, and has earned the National Defense Service Medal, Global War on Terrorism Service Medal, Army Service Ribbon, Distinguished International Shooter Badge and Accessions Support Brigade Soldier of the Quarter.

“Representing the Olympics and having the military background just humbles you,” he said. “It makes you proud to be an American.”

A PLATFORM FOR SUCCESS

Hancock uses his Olympic success as a platform to encourage and empower young shooters. “When I was growing up we didn’t have a lot of youth organizations out there,” he said. “Now I think shooting is the fastest growing sport I’ve seen. People and especially youth are starting to understand how fun of a sport it is to be involved with.”

Hancock has had something to do with that growth.

“I want to see it get even bigger,” he said. “Traditionally, the average American skeet shooter is a 57-year-old man. That’s changing drastically with the youth movement. We’ve got to figure out how to make it sustainable for people to make great careers out of shooting. We’re getting there.”

Another gold medal in Rio would certainly help advance Hancock’s goal.

Vincent Hancock

CAREER HIGHLIGHTS

- Holds every Olympic, World and National Record
- 2008 & 2012 Olympic Gold Medalist
- 3x World Champion
- 2 x Championship of the Americas, Gold Medalist
- 16 x World Cup or WCH Medalist
- 2 x Pan American Games Gold Medalist
- 4 x National Champion
- 2015 ISSF Male Athlete of the Year
- 2015 USA Shooting Male Athlete of the Year
- 2015 Finalist for USOC’s Athlete of the Year Award



“God has given me a talent to do well in the sport I love and to make a difference in the lives of many people,” he said. “I stay focused on that and let the rest fall into place.”

— VINCENT HANCOCK



OLYMPIAN INTERVIEW

THE TOTAL PACKAGE

Five-foot U.S. weightlifter
Morghan King ready for
the big stage

Meet Morghan King, America's 5-foot, 106-pound powerhouse Olympian. The Washington state native is entering her first Olympics just four years after picking up the sport of weightlifting.

Although she may have gotten a relatively late start, she has leveraged a lifelong athletic career to help ensure a smooth transition. In high school, she was a state champion soccer player and participated in triathlons. After receiving a college scholarship for soccer, she graduated from Notre Dame de Namur University in Belmont, Calif., in 2008.

Since then, she has focused on CrossFit, Pilates, yoga, snowboarding and her new love: weightlifting. After a few years of training, King is now America's top-ranked weightlifter in the 48kg (106 pounds) class. She is one of three female lifters officially headed to the Rio Games, earning her spot at the Salt Lake City-based trials in early May, where she lifted an 80.0kg (176 pounds) snatch and 100.0kg (220 pounds) clean and jerk for a personal best 180kg (397 pounds) total.





King sat down for an exclusive question-and-answer session in June, just two months before the Olympics were set to kick off and just one month after qualifying for the games.

Q: First of all, congrats on qualifying for Rio. Where is your head at right now? Are you laser-focused on the task and training at hand or still kind of in awe of what you're about to go do in couple of months?

A: I am very focused on training for sure. I've completely changed my whole life to get rid of outside stressors so I can focus on just training. My mantra has always been if you put the work in, the results will come. Going to Rio hasn't set in yet. I'm sure it will once I'm finally on the plane headed there.

Q: In reading some of your quotes to national media outlets, it's interesting how you talk about weightlifting being "taxing" on the body and mind. What makes it such a challenging sport both mentally and physically?

A: Your body is a very complex creature. Some days you walk into the gym and your body and mind are in sync, ready to train. Other days it feels like you are bit off your axis. You have to find a balance. I have done a lot of mental training over the last year, and I have realized how powerful positive self-talk is, especially through the grind of training day in and day out.

Q: We hear about athletes becoming so specialized in one sport. How much has your soccer, CrossFit, yoga, Pilates, etc., helped develop your weightlifting skill set?

A: My whole life I have been an athlete. I get asked quite a bit because of how fast I came up in the sport of weightlifting. I played power sports my whole life. I was the athlete that always wanted to push limits, and I think when I found weightlifting, everything aligned for me. My competitive nature, my genes, athletic background and my work ethic all played a part in my success.

Q: Who has given you the best advice heading into the Games? Can you share it with our readers?

A: Oh boy, I have the best support system on the planet. Weightlifting is such a tight-knit community



Morghan King

CAREER ACCOMPLISHMENTS

PAN AMERICAN EVENTS:

- 2014 Pan American Championships: 167.0kg (368 pounds) total, 48kg division
- 2015 Pan American Games: 172.0kg (379 pounds) total, 48kg division

WORLD CHAMPIONSHIPS:

- 2013 World Championships: 160.0kg (353 pounds) total, 48kg division
- 2014 World Championships: 172.0kg (379 pounds) total, 48kg division
- 2015 World Championships: 170.0kg (375 pounds) total, 48kg division

OLYMPIC TRIALS

- 1st in weight class, May 2016
- 180.0kg (397 pounds) total (personal best)

"Melanie Roach, our 2008 Olympian who I have looked up to since I started weightlifting, gave me one piece of advice that has stuck with me: Enjoy the experience and every moment. Realize every day you step into the gym and on that platform it could be your last." — MORGHAN KING

that I was able to speak with multiple Olympians on advice. Melanie Roach, our 2008 Olympian who I have looked up to since I started weightlifting, gave me one piece of advice that has stuck with me: Enjoy the experience and every moment. Realize every day you step into the gym and on that platform it could be your last. I think, especially with weightlifting, we forget about the beauty of being able to do something we love every day, and I am so thankful that she was able to share that with me.

Q: How have you used your success as a platform for teaching and inspiring young people — especially young girls — to set and attack their goals?

A: You know, at the beginning I never thought of it that way. Now, I feel like I'm somewhat part of a club, being able to inspire young girls in whatever sport they want to play to be strong and be you. I

think it is very empowering to be in my position and to be a good role model for girls. You don't always have to be the best, but if you enjoy what you're doing and you are working hard at it, you can do anything you set your mind to. I think that's really important to hammer home to young girls in such a social media world.

Q: Finally, what does it mean to you to be a U.S. Olympian?

A: It's something I have dreamed about since I was a little girl. I knew I was born to do something great. I could feel it in my bones. Did I think it would be going to the Olympics in weightlifting at the age of 30? No, never, but I am soaking in every moment of this. I am so grateful that I had the love of my family, friends and the weightlifting community with me every step of the way.



OLYMPIAN INTERVIEW

BACK FOR MORE

First American to win gold in judo,
Kayla Harrison sets sights on a repeat

Kayla Harrison can still feel the goosebumps that accompanied her on the podium in 2012 at the Summer Olympic Games in London. She had just become the first American athlete to ever win the gold medal in judo.

“When I was on the podium so many things were going through my head,” she recalled. “All the people that made that possible. All the hours of training. All the blood, sweat and tears. You envision winning, and you even envision standing on the podium, but when the anthem starts, it is like nothing you ever expected.”

Harrison looks to recreate that magic in Rio, entering as the top-seeded judoka and looking forward to a potential matchup with her longtime rival Mayra Aguiar of Brazil.

It’s been a long road to Rio for the 26-year-old American, who underwent reconstructive surgery on her MCL in 2013 and was sidelined for about a year.

“Coming back from surgery is almost more mental than physical,” Harrison said. “It is hard work and takes time, so you just have to keep at it. Certainly having Rio as a goal and wanting to defend my title helped keep some

Kayla Harrison

CAREER HIGHLIGHTS

- 2012 Olympic gold medalist
- Two-time World Masters champion (2015, 2016)
- Two-time Pan American Games champion (2011, 2015)
- 2010 world champion
- Ranked No. 1 in the world at 78kg (172 pounds)

focus.”

Harrison is set to retire from judo — which she has been competing in since age 6 — after the Rio games. She plans to use her platform as a world-class gold medalist to advance the sport’s popularity. She also hopes to bring awareness to sexual abuse, which she was a victim of from a former coach as a teenager.

“I am going to take over the

“It is such an honor to be able to represent your country as an Olympian. I dreamed about that for as long as I can remember.”

— KAYLA HARRISON





PHOTOS COURTESY OF KAYLA HARRISON

management of the U.S. National Judo Championships and start the Kayla Harrison Cup,” she said. “Hopefully I can make the national championship a more important event and through the KH Cup bring high-level international judo to this country.

“But it also gives me the opportunity to bring visibility to my Fearless Foundation, which is all about awareness of sexual abuse, which is something that, as a society, we must work to eradicate.”

Harrison followed the same training program for Rio that helped her win gold in London. A mixture of high-intensity workouts and demanding mental preparation has her set up for success in South America.

“It is such an honor to be able to represent your country as an Olympian,” Harrison said. “I dreamed about that for as long as I can remember. Then there is the team around me that has worked so hard, so it makes me happy for them. ... Also I know how hard I have worked and how much energy has gone into this endeavor, so to make the Olympic team twice is just an incredible feeling.”

I know how hard I have worked and how much energy has gone into this endeavor, so to make the Olympic team twice is just an incredible feeling.”

— KAYLA HARRISON

LEGACY LAND

Michael Phelps looks to cement his reputation as the best Olympian ever; other athletes seeking to make names for themselves in Rio



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Michael Phelps is in legacy land. No longer looking to make a name for himself and unburdened by the task of becoming the most decorated Olympian in history — he already did that — Phelps is focused on going out on top.

The gold medal swimmer retired at the London Olympics in 2012 after bringing his collection of medals to 22, but the call of competition couldn't keep him out of the water for long. After a strong performance at the 2015 national championships, pundits expect Phelps to further distance himself from the competition in medal count.

BACK ON TRACK

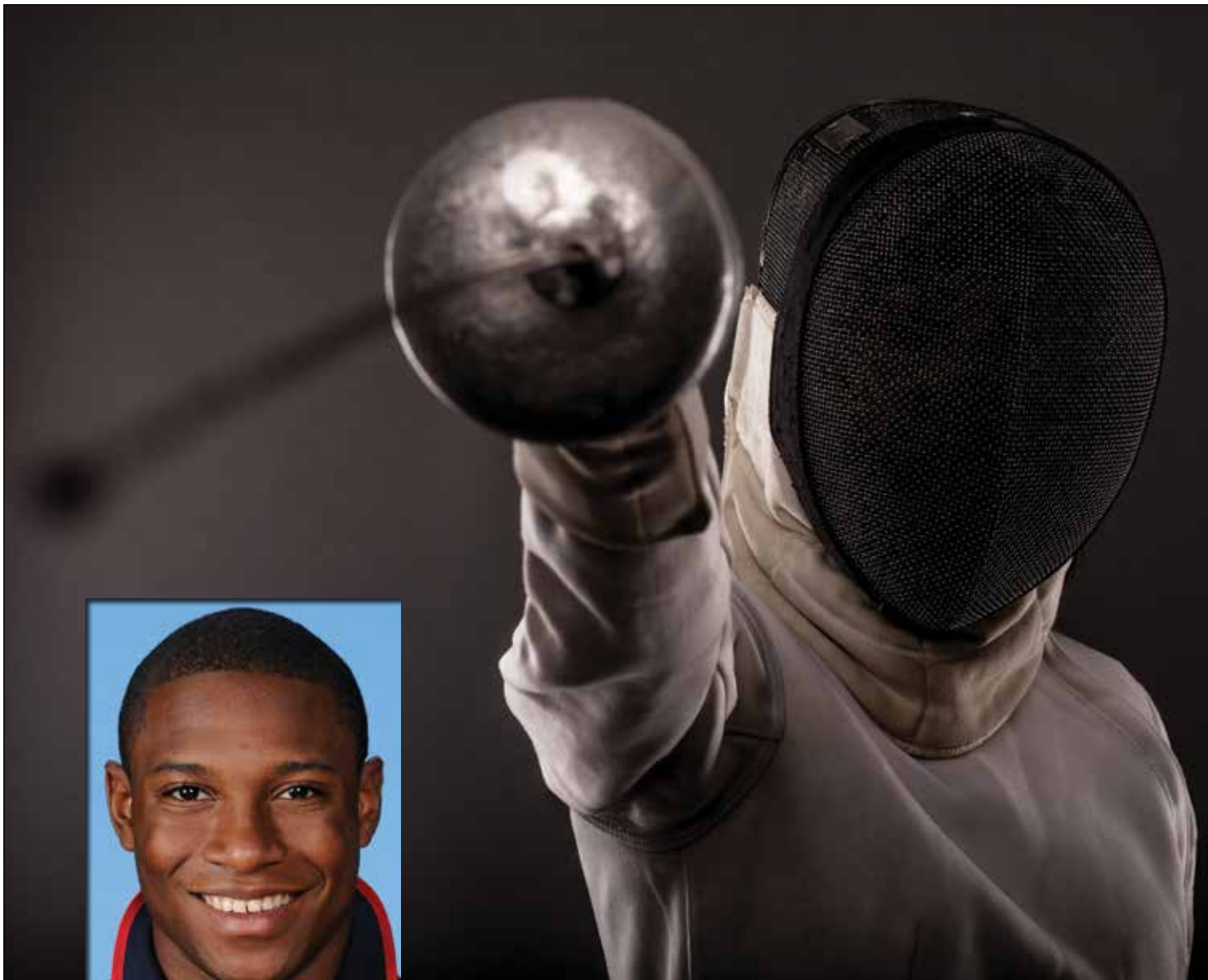
Phelps began his training shortly after London

upon announcing a change in his retirement plans. The work showed last year.

The American legend swam the fastest 200-meter individual medley, 100-meter butterfly and 200-meter butterfly times of the year at the 2015 U.S. National Championships. His performance set him up nicely for Rio this summer — the fifth and final



Phelps



Homer

Olympics performance of his career.

A LONG JOURNEY

It's hard to believe that Phelps broke into Olympic lore when he finished fifth in the 200-meter butterfly at Sydney in 2000. Just 15 years old at the time, Phelps has come a long way in training his body for consistent greatness across a wide range of swimming styles.

The comparisons to Olympic great Mark Spitz started coming when Phelps won five world titles by the time he competed in the Athens Olympics in 2004. He took gold in the 100-meter and 200-meter butterfly, 200-meter and 400-meter individual medley and the 4x100-meter and 4x200-meter freestyle

relays with his USA teammates. He also won bronze in the 200-meter freestyle and the 4x100-meter freestyle relay.

OTHER ATHLETES TO WATCH

While all eyes will be on Phelps to see how many medals he can add to his record collection, he won't be the only athlete trying to make history in Rio. Here is a compilation of a few more Americans to watch this summer. They are poised to represent the United States in a big way as Team USA tries to win another overall medal count.

Daryl Homer: Raised by a single mom in the Bronx, Daryl Homer is certainly no stranger to adversity. Fencing allowed him to escape his child-

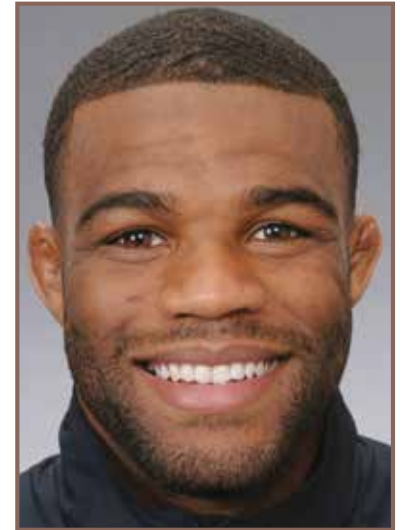
hood hardships and eventually landed him at St. John's University, where he graduated with a bachelor's degree and won back-to-back NCAA National Championships.

He made a big statement in the 2012 London Olympic Games, finishing fifth to become the highest American finisher in fencing since 1984. He made more history in 2015 by becoming the first male sabre fencer to win a Senior World Championship medal.

Jordan Burroughs: After winning Olympic gold in wrestling in London, Burroughs has been on quite a hot streak. He won his second career World Championships gold medal in 2013 and cruised to a 69-match winning streak before finally losing in February 2014. It was the longest winning streak in U.S. history on the senior level. In September 2015, Burroughs made his fifth world/Olympic team in a row, claiming his latest world title in impressive fashion. He went 6-0 at the tournament in Las Vegas to claim the medal and further lay claim to being the sport's most dominating athlete.

Simone Biles: The first woman in more than 40 years to win four consecutive U.S. women's gymnastics championships, Biles is no stranger to international competition. She is expected to dominate in Rio — her first Olympics appearance — after winning her fourth straight world title in

June. If she wins three medals in Rio, she will become the most decorated American gymnast of all time. Standing in her way will be two-time London gold medalist Aly Raisman.



Burroughs

