

# Vonn talks about her need for speed

By Brigid Mander, Wall Street Journal

When she hits the slopes, Olympic gold-medalist Lindsey Vonn will be predictably focused on one thing: winning. For this habitué of terrifying downhill inclines (and red carpets), that's merely maintaining the status quo. Vonn, 31, is the most decorated female ski racer in history, with two Olympic medals, 67 World Cup wins, 19 World Cup season championship titles and five World Championship medals.

Her wholesome Minnesota demeanor and disarming smile belie her ruthlessly competitive side—a combination that has consistently fascinated the public. Vonn has been featured in publications ranging from Sports Illustrated and ESPN to Vogue and Elle.

At 5-foot-10 and 160 pounds, she has a physique that's sparked debate in the media about what it means to be healthy and strong—not simply skinny—something she'll explore further in her forthcoming book, "Strong Is the New Beautiful," to be released next year. According to Vonn, it will be a guide to staying healthy and feeling beautiful, with wisdom on nutrition and working out that she's gleaned over the years.

Although Vonn maintains that her days primarily consist, rather mundanely, of eating, sleeping, training and skiing, she's found time to oversee her recently launched Lindsey Vonn Foundation, a nonprofit that helps girls empower themselves and begin to realize their dreams, whether in sports or other arenas.

**[Read the whole story](#)**