

Swimming To Antarctica Tales Of A Long Distance Swimmer

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Swimming to Antarctica Lynne Cox 2006 At 14, Lynne Cox swam 26 miles from Catalina Island to the California mainland; at 15 and 16, she broke the men's and women's world records for swimming the English Channel - a 33-mile crossing; at 18, she swam the 20-mile Cook Strait between North and South Islands of New Zealand; she was the first to swim the Strait of Magellan, the most treacherous 3-mile stretch of water in the world; she was first to swim the Bering Strait from Alaska to Siberia, thereby opening the U.S.-Soviet border for the first time in 48 years; and the first to swim the Cape of Good Hope (a shark emerged from the kelp, its jaws wide open, and was shot as it headed straight for her). And finally she is the first person to have swum a mile in 0 degree water in Antarctica. Lynne Cox writes about swimming the way Saint-Exupery wrote about flying, and one sees how swimming, like flying, can stretch the wings of the spirit. A thrilling, modest, vivid and lyrical, account of an inspiring life.

Oceans Seven Martin Schaubhuber 2021-09-27 If you had to swim through hell seven times, wouldn't you try to get it done quickly? Attila Mányoki made it his life's mission to complete the Oceans Seven - and break the world record while doing so. This crowning jewel of marathon swimming comprises seven of the most dangerous channels in the world, tormenting swimmers who dare to cross them with freezing water, deadly wildlife, and massive waves. In this book, Mányoki takes you on his journey from his beginnings as a short kid with asthma through decades of painful struggles and unlikely successes, all the way to a night spent on life support. He relives the day a Greek stranger gave him the most valuable of life lessons, explains his secrets to enduring excruciating pain and opens up on how he faced the sea that had almost killed him for one final showdown.

Swimming Anatomy Ian A. McLeod 2009-10-22 See how to achieve stronger starts, more explosive turns, and faster times! Swimming Anatomy will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. Swimming Anatomy includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. Swimming Anatomy goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance. You'll also learn how exercises can be modified to target specific areas, improve your form in the water, and minimize common swimming injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, Swimming Anatomy will ensure you enter the water prepared to achieve every performance goal.

Elizabeth, Queen of the Seas Lynne Cox 2014 Describes how an elephant seal made a home in New Zealand's narrow Avon River and loved to stretch out across a two-lane road, requiring volunteers to tow her farther out to sea after she kept returning repeatedly.

The Day the Whale Came Lynne Cox 2007-09-19 The real-life story of how the world's most famous female long-distance swimmer encountered a grey whale separated from its mother - and how she helped to reunite them. Lynne Cox is the author of 'Swimming to Antarctica', a memoir of her life as a swimmer. From the age of fourteen she has been breaking records for long-distance swimming, culminating in a mile-long swim in Antarctica, in zero degree-temperature water. When Lynne was 17, and on a training swim off the California mainland, she found herself swimming with a grey whale that had lost its mother. For the next seven hours, she swam with the whale - through pods of dolphin, and schools of sun-fish, between the pilings of a pier, and out to the base of an oil-rig,

diving down as deeply as Lynne was able to, losing sight of the whale for minutes only to have it return and listen to its strange clicking and singing - in an increasingly desperate attempt to locate its mother. The whale was too young to survive by itself, and Lynne's account of the hours she spent swimming with it, and of the moment when they finally found its mother is remarkable. Heartwarming, beautifully-written, atmospheric and sparkling with descriptions of the ocean and the behavior of the magnificent creatures that live in it, 'The Day the Whale Came' is an unforgettable story of human resilience and natural wonder.

Swimming to the Top of the Tide Patricia Hanlon 2021-06-08 "Like Wendell Berry and Rachel Carson, Hanlon is a true poet-ecologist, sharing in exquisitely resonant prose her patient observations of nature's most intimate details. As she and her husband, through summer and snow, swim their local creeks and estuaries, we marvel at the timeless yet fragile terrain of both marshlands and marriage. This is the book to awaken all of us, right now, to how our coastline is changing and what it means for our future." —Julia Glass, author of Three Junes and A House Among the Trees "Written with a swimmer's spirit, a naturalist's eye, and an ecologist's heart, this book took me to places I have never been. I loved it!" —Lynne Cox, author of Swimming to Antarctica and Swimming in the Sink The Great Marsh is the largest continuous stretch of salt marsh in New England, extending from Cape Ann to New Hampshire. Patricia Hanlon and her husband built their home and raised their children alongside it. But it is not until the children are grown that they begin to swim the tidal estuary daily. Immersing herself, she experiences, with all her senses in all seasons, the vigor of a place where the two ecosystems of fresh and salt water mix, merge, and create new life. In Swimming to the Top of the Tide, Hanlon lyrically charts her explorations, at once intimate and scientific. Noting the disruptions caused by human intervention, she bears witness to the vitality of the watersheds, their essential role in the natural world, and the responsibility of those who love them to contribute to their sustainability. Patricia Hanlon is a visual artist who paints the beautiful ecosystem of New England's Great Marsh and is involved in the watershed organizations of Greater Boston. Swimming to the Top of the Tide is her first book.

Open Water Swimming Manual Lynne Cox 2013-07-30 Lynne Cox has set open water swimming records across the world, and now she has focused her decades-long experience and expertise into this definitive guide to swimming. Open Water Swimming Manual provides a wealth of knowledge for all swimmers, from seasoned triathletes and expert swimmers to beginners exploring open water swimming for the first time. Cox methodically addresses what is needed to succeed at and enjoy open water swimming, including choosing the right bathing suit and sunscreen; surviving in dangerous weather conditions, currents, and waves; confronting various marine organisms; treating ailments, such as being stung or bitten, and much more. Cox calls upon Navy SEAL training materials and instructors' knowledge of open water swimming and safety procedures to guide her research. In addition, first-hand anecdotes from SEAL specialists and stories of Cox's own experiences serve as both warnings and proper practices to adopt. Open Water Swimming Manual is the first manual of its kind to make use of oceanography, marine biology, and to weave in stories about the successes and failures of other athletes, giving us a deeper, broader understanding of this exhilarating and fast growing sport.

Rainforest Rescue Jan Burchett 2014 In the jungles of South Borneo, an orangutan has set up home on a dangerous palm oil plantation. But it quickly becomes clear that the orangutan isn't the only one in danger . . .

The Three-Year Swim Club Julie Checkoway 2015-10-27 The New York Times bestselling inspirational story of impoverished children who transformed themselves into world-class swimmers. In 1937, a schoolteacher on the island of Maui challenged a group of poverty-stricken sugar plantation kids to swim upstream against the current of

their circumstance. The goal? To become Olympians. They faced seemingly insurmountable obstacles. The children were Japanese-American and were malnourished and barefoot. They had no pool; they trained in the filthy irrigation ditches that snaked down from the mountains into the sugarcane fields. Their future was in those same fields, working alongside their parents in virtual slavery, known not by their names but by numbered tags that hung around their necks. Their teacher, Soichi Sakamoto, was an ordinary man whose swimming ability didn't extend much beyond treading water. In spite of everything, including the virulent anti-Japanese sentiment of the late 1930s, in their first year the children outraced Olympic athletes twice their size; in their second year, they were national and international champs, shattering American and world records and making headlines from L.A. to Nazi Germany. In their third year, they'd be declared the greatest swimmers in the world. But they'd also face their greatest obstacle: the dawning of a world war and the cancellation of the Games. Still, on the battlefield, they'd become the 20th century's most celebrated heroes, and in 1948, they'd have one last chance for Olympic glory. They were the Three-Year Swim Club. This is their story. *Includes Reading Group Guide*

Grayson Lynne Cox 2011-05-04 Part mystery, part magical tale, this is the story of a miraculous ocean encounter that happened to the adventurer, swimmer, and bestselling author when she was seventeen and in training for a big swim. It was the dark of early morning; Lynne was in 55-degree water as smooth as black ice, two hundred yards offshore, outside the wave break. She was swimming her last half-mile back to the pier before heading home for breakfast when she became aware that something was swimming with her. The ocean was charged with energy as if a squall was moving in; thousands of baby anchovy darted through the water like lit sparklers, trying to evade something larger. Whatever it was, it felt large enough to be a white shark coursing beneath her body. It wasn't a shark. It became clear that it was a baby gray whale—following alongside Lynne for a mile or so. Lynne had been swimming for more than an hour; she needed to get out of the water to rest, but she realized that if she did, the young calf would follow her onto shore and die from collapsed lungs. The baby whale—eighteen feet long!—was migrating on a three-month trek to its feeding grounds in the Bering Sea, an eight-thousand-mile journey. It would have to be carried on its mother's back for much of that distance, and was dependent on its mother's milk for food—baby whales drink up to fifty gallons of milk a day. If Lynne didn't find the mother whale, the baby would suffer from dehydration and starve to death. Something so enormous—the mother whale was fifty feet long—suddenly seemed very small in the vast Pacific Ocean. How could Lynne possibly find her?

The Disappearing Spoon Sam Kean 2010-07-12 From New York Times bestselling author Sam Kean comes incredible stories of science, history, finance, mythology, the arts, medicine, and more, as told by the Periodic Table. Why did Gandhi hate iodine (I, 53)? How did radium (Ra, 88) nearly ruin Marie Curie's reputation? And why is gallium (Ga, 31) the go-to element for laboratory pranksters?* The Periodic Table is a crowning scientific achievement, but it's also a treasure trove of adventure, betrayal, and obsession. These fascinating tales follow every element on the table as they play out their parts in human history, and in the lives of the (frequently) mad scientists who discovered them. THE DISAPPEARING SPOON masterfully fuses science with the classic lore of invention, investigation, and discovery—from the Big Bang through the end of time. *Though solid at room temperature, gallium is a moldable metal that melts at 84 degrees Fahrenheit. A classic science prank is to mold gallium spoons, serve them with tea, and watch guests recoil as their utensils disappear.

Open Water Swimming Penny Lee Dean 1998 Presents stretches, drills, and workouts for open water swimmers, with conditioning plans, event profiles, and mental training techniques

The Boiling River Andrés Ruzo 2016-02-16 In this exciting adventure mixed with amazing scientific study, a young, exuberant explorer and geoscientist journeys deep into the Amazon—where rivers boil and legends come to life. When Andrés Ruzo was just a small boy in Peru, his grandfather told him the story of a mysterious legend: There is a river, deep in the Amazon, which boils as if a fire burns below it. Twelve years later, Ruzo—now a geoscientist—hears his aunt mention that she herself had visited this strange river. Determined to discover if the boiling river is real, Ruzo sets out on a journey deep into the Amazon. What he finds astounds him: In this long, wide, and winding river, the waters run so hot that locals brew tea in them; small animals that fall in are instantly cooked. As he studies the river, Ruzo faces challenges more complex than he had ever imaged. The Boiling River follows this young explorer as he

navigates a tangle of competing interests—local shamans, illegal cattle farmers and loggers, and oil companies. This true account reads like a modern-day adventure, complete with extraordinary characters, captivating plot twists, and jaw-dropping details—including stunning photographs and a never-before-published account about this incredible natural wonder. Ultimately, though, *The Boiling River* is about a man trying to understand the moral obligation that comes with scientific discovery—to protect a sacred site from misuse, neglect, and even from his own discovery.

The World Book Encyclopedia 2002 An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

The Stowaway Laurie Gwen Shapiro 2018-01-16 The spectacular, true story of a scrappy teenager from New York's Lower East Side who stowed away on the most remarkable feat of science and daring of the Jazz Age, *The Stowaway* is "a thrilling adventure that captures not only the making of a man but of a nation" (David Grann, bestselling author of *Killers of the Flower Moon*). It was 1928: a time of illicit booze, of *Gatsby* and Babe Ruth, of freewheeling fun. The Great War was over and American optimism was higher than the stock market. What better moment to launch an expedition to Antarctica, the planet's final frontier? Everyone wanted in on the adventure. Rockefellers and Vanderbilts begged to be taken along as mess boys, and newspapers across the globe covered the planning's every stage. And then, the night before the expedition's flagship set off, Billy Gawronski—a mischievous, first-generation New York City high schooler, desperate to escape a dreary future in the family upholstery business—jumped into the Hudson River and snuck aboard. Could he get away with it? From the soda shops of New York's Lower East Side to the dance halls of sultry Francophone Tahiti, all the way to Antarctica's blinding white and deadly freeze, author Laurie Gwen Shapiro "narrates this period piece with gusto" (Los Angeles Times), taking readers on the "novelistic" (The New Yorker) and unforgettable voyage of a plucky young stowaway who became a Roaring Twenties celebrity, a mascot for an up-by-your bootstraps era.

Tales of AI Lynne Cox 2022-05-24 The moving, inspiring story of AI, the ungainly, unruly, irresistible Newfoundland puppy who grows up to become a daring rescue dog and super athlete—part of Italy's elite, highly specialized corps of water rescue dogs who swoop out of helicopters and save lives. Lynne Cox—acclaimed best-selling author of *Swimming to Antarctica*—is internationally famous for swimming the world's most difficult waterways without a wet suit, and able to endure water temperatures so cold that they would kill anyone else, recognizes and celebrates all forms of athleticism in others, human or otherwise. And when she saw a video of a Newfoundland dog leaping from an airborne helicopter into Italian waters to save someone from drowning, Cox was transfixed by the rescue, and captivated by the magnificence, physicality, and daring of the dog. *Tales of AI* is the moving, inspiring story of Cox's adventures on Italy's picturesque Lake Idroscalo, as witness to the rigorous training of one of these spectacular dogs at SICS, the famed school that has taught hundreds of dog owners how to train their dogs—Newfoundlands, German shepherds, and golden retrievers—for this rescue operation. Cox writes about coming to know the dog at the book's center, AI herself, from puppyhood, an adorable but untrainable chocolate Newfoundland—about the dreams, expectations, disappointments, and vision of her trainer and about realizing the dog's full potential; striving with all of her canine might to become an expertly trained, highly specialized water rescue dog.

Except Antarctica Todd Sturgell 2021-07-06 Featuring a rogue group of cheeky animals who love nothing more than a challenge and a flustered, helpless narrator, this meta-leaning and hilarious picture book about animal habitats on every continent will have kids (and their adults!) laughing every time they pick it up. Turtles are found on every continent EXCEPT Antarctica. But not for long! When a David Attenborough-esque narrator explains that turtles are found everywhere except Antarctica, one determined turtle sets out to prove him wrong. After recruiting other non-Antarctic animals along the way—much to the narrator's dismay—the turtle and his adventurous friends travel through fields, forests, and cross an entire ocean to reach their goal. But what exactly do they do once they get there? Perfect for anyone who's ever gone a little too far to prove a point, this nature-documentary-gone-wrong is a gleefully funny lesson in determination and the beauty of having a contingency plan

[The Rime of the Ancient Mariner](#) Samuel Taylor Coleridge 1906

Swimming Studies Leanne Shapton 2012-07-05 Winner of the 2012 National Book Critics Circle Award, *Autobiography Swimming Studies* is a brilliantly original, meditative memoir that explores the worlds of

competitive and recreational swimming. From her training for the Olympic trials as a teenager to enjoying pools and beaches around the world as an adult, Leanne Shapton offers a fascinating glimpse into the private, often solitary, realm of swimming. Her spare and elegant writing reveals an intimate narrative of suburban adolescence, spent underwater in a discipline that continues to inspire Shapton's work as an artist and author. Her illustrations throughout the book offer an intuitive perspective on the landscapes and imagery of the sport. Shapton's emphasis is on the smaller moments of athletic pursuit rather than its triumphs. For the accomplished athlete, aspiring amateur, or habitual practitioner, this remarkable work of written and visual sketches propels the reader through a beautifully personal and universally appealing exercise in reflection.

Lessons from the Water Katie Blair 2020-09-20 "Lessons from the Water" tells the story of ultramarathon swimmer Katie Blair, a wild little girl from Germany whose inability to sit still took her on a series of adventures around the world: from the Ironman Hawaii to Colorado mountain lakes, swims around Key West and Manhattan Island, crossings of the Catalina, English and Molokai channels, and from the lakes of Vermont to Tampa Bay and the Irish Sea. Not only does she take readers along to some of the world's most prestigious endurance sports events, she also shares the life lessons learned along the way. Her life shows that our exceptional accomplishments are often accompanied and fueled by exceptional pain. To live vividly and ferociously means to open yourself up to the possibility of failure, devastation and to truly face our deepest fears, or as Katie calls them, our "dark passengers." As an endurance athlete of 30 years, a survivor of a life-threatening eating disorder, a mother, psychotherapist, citizen of the world and lover of nature, Katie wants to share this message of encouragement: In a world that is all too removed from our natural struggle for survival, it is our connection with nature and our acceptance of the high and low tides of life that make us truly human.

Swell Jenny Landreth 2017-07-03 A funny and bold account of how women fought their way into the water, and of what they did once they got there

Antarctic Antics Judy Sierra 2003 A collection of poems celebrating the habits and habitat of Emperor penguins.

Keep Calm and Swim to France Mark Ransom 2018-07-23 Swimming across the English Channel is regarded as one of the world's toughest endurance challenges. During a night out with friends, Mark Ransom made a drunken pact with one of them that they would swim the English Channel the following year. At the time he had no idea just what this was going to entail and it proved to be the toughest year of his life. This is a blow by blow account of Mark's journey throughout that year where he had to organise and train for this monumental event. He soon realised that this was not just about the challenge of swimming the English Channel but was also about overcoming many personal challenges and confronting his inner demons along the way. Mark talks openly about his low moments when he wanted to give up altogether and also his high points and the comical situations he found himself in. From the intimate details of a child's beginnings to a man's fears and troubles, Mark's story is so captivating and honest. Mark discloses his innermost thoughts and feelings including those he experienced during the swim itself. Following on from his successful solo swim Mark returned to the Channel a few years later to organise two relay teams to race to France. The final part of the book details the organisation of this challenge and finishes with an account of the race itself. Mark Ransom's book aims to entertain, inform and inspire. This is as close as you can get to experiencing an English Channel Swim without actually doing it!

The Tail of Emily Windsnap Liz Kessler 2010-05-11 A young girl learns she's half mermaid and plunges into a scheme to reunite with her father in this entrancing, satisfying tale that beckons readers far below the waves. For as long as she can remember, twelve-year-old Emily Windsnap has lived on a boat. And, oddly enough, for just as long, her mother has seemed anxious to keep Emily away from the water. But when Mom finally agrees to let her take swimming lessons, Emily makes a startling discovery — about her own identity, the mysterious father she's never met, and the thrilling possibilities and perils shimmering deep below the water's surface. With a sure sense of suspense and richly imaginative details, first-time author Liz Kessler lures us into a glorious undersea world where mermaids study shipwrecks at school and Neptune rules with an iron trident — an enchanting fantasy about family secrets, loyal friendship, and the convention-defying power of love.

South with the Sun Lynne Cox 2011-09-13 Lynne Cox, adventurer, swimmer, and bestselling author gives us a full-scale account of the life and expeditions of Roald Amundsen, "the last of the Vikings," who left his

mark on the Heroic Era as one of the most successful polar explorers ever. A powerfully built man more than six feet tall, Amundsen's career of adventure began at the age of fifteen (he was born in Norway in 1872 to a family of merchant sea captains and rich ship owners); twenty-five years later he was the first man to reach both the North and South Poles. We see Amundsen, in 1903-06, the first to travel the Northwest Passage between the Atlantic and Pacific Oceans, in his small ship Gjøa, a seventy-foot refitted former herring boat powered by sails and a thirteen-horsepower engine, making his way through the entire length of the treacherous ice bound route, between the northern Canadian mainland and Canada's Arctic islands, from Greenland across Baffin Bay, between the Canadian islands, across the top of Alaska into the Bering Strait. The dangerous journey took three years to complete, as Amundsen, his crew, and six sled dogs waited while the frozen sea around them thawed sufficiently to allow for navigation. We see him journey toward the North Pole in Fridtjof Nansen's famous Fram, until word reached his expedition party of Robert Peary's successful arrival at the North Pole. Amundsen then set out on a secret expedition to the Antarctic, and we follow him through his heroic capture of the South Pole. Cox makes clear why Amundsen succeeded in his quests where other adventurer-explorers failed, and how his methodical preparation and willingness to take calculated risks revealed both the spirit of the man and the way to complete one triumphant journey after another. Crucial to Amundsen's success in reaching the South Pole was his use of carefully selected sled dogs. Amundsen's canine crew members—he called them "our children"—had been superbly equipped by centuries of natural selection for survival in the Arctic. "The dogs," he wrote, "are the most important thing for us. The whole outcome of the expedition depends on them." On December 14, 1911, Roald Amundsen and four others, 102 days and more than 1,880 miles later, stood at the South Pole, a full month before Robert Scott. Lynne Cox describes reading about Amundsen as a young girl and how because of his exploits was inspired to follow her dreams. We see how she unwittingly set out in Amundsen's path, swimming in open waters off Antarctica, then Greenland (always without a wetsuit), first as a challenge to her own abilities and then later as a way to understand Amundsen's life and the lessons learned from his vision, imagination, and daring. South with the Sun—inspiring, wondrous, and true—is a bold adventure story of bold ambitious dreams.

Diary of a Preacher's Daughter Lynne Cox 2002-11-01 This textbook is a development of Financial Reporting by Alexander and Britton, and is designed to meet the emerging demand for coverage of international accounting standards (IASs) and the globalization of accounting in advanced courses. It is predicated on an IAS framework but the European directives, especially as regards detailed formats having no direct equivalent in IASs, are discussed in detail. The European context and, in the case of important markets, the national context is recognised and contrasted with the international approach. Important non-European influences, especially those from the US, are also included in order to provide a genuinely wide-ranging appreciation of the implications of accounting internationalism. Part 1 contains coverage of the theoretical underpinnings of financial reporting in an international context. It also describes the international, European and domestic regulatory framework of accounting. Part 2 starts by analysing the legal background of the concept of capital and profit.

Swimming to Antarctica Lynne Cox 2009-09-09 NATIONAL BESTSELLER • In this extraordinary book, the world's most extraordinary distance swimmer writes about her emotional and spiritual need to swim and about the almost mystical act of swimming itself. Lynne Cox trained hard from age nine, working with an Olympic coach, swimming five to twelve miles each day in the Pacific. At age eleven, she swam even when hail made the water "like cold tapioca pudding" and was told she would one day swim the English Channel. Four years later—not yet out of high school—she broke the men's and women's world records for the Channel swim. In 1987, she swam the Bering Strait from America to the Soviet Union—a feat that, according to Gorbachev, helped diminish tensions between Russia and the United States. Lynne Cox's relationship with the water is almost mystical: she describes swimming as flying, and remembers swimming at night through flocks of flying fish the size of mockingbirds, remembers being escorted by a pod of dolphins that came to her off New Zealand. She has a photographic memory of her swims. She tells us how she conceived of, planned, and trained for each, and re-creates for us the experience of swimming (almost) unswimmable bodies of water, including her most recent astonishing one-mile swim to Antarctica in thirty-two-degree water without a wet suit. She tells us how, through training and by taking advantage of her naturally plump

physique, she is able to create more heat in the water than she loses. Lynne Cox has swum the Mediterranean, the three-mile Strait of Messina, under the ancient bridges of Kunning Lake, below the old summer palace of the emperor of China in Beijing. Breaking records no longer interests her. She writes about the ways in which these swims instead became vehicles for personal goals, how she sees herself as the lone swimmer among the waves, pitting her courage against the odds, drawn to dangerous places and treacherous waters that, since ancient times, have challenged sailors in ships.

Swimming to Antarctica Lynne Cox 2005-03 A noted long-distance swimmer with a love for cold water describes her record-breaking English Channel crossing, her 1987 swim across the Bering Strait, and exploits in the Straits of Magellan, Lake Baikal, and Antarctica.

The White Darkness David Grann 2018-10-30 By the #1 New York Times bestselling author of *Killers of the Flower Moon*, a powerful true story of adventure and obsession in the Antarctic, lavishly illustrated with color photographs Henry Worsley was a devoted husband and father and a decorated British special forces officer who believed in honor and sacrifice. He was also a man obsessed. He spent his life idolizing Ernest Shackleton, the nineteenth-century polar explorer, who tried to become the first person to reach the South Pole, and later sought to cross Antarctica on foot. Shackleton never completed his journeys, but he repeatedly rescued his men from certain death, and emerged as one of the greatest leaders in history. Worsley felt an overpowering connection to those expeditions. He was related to one of Shackleton's men, Frank Worsley, and spent a fortune collecting artifacts from their epic treks across the continent. He modeled his military command on Shackleton's legendary skills and was determined to measure his own powers of endurance against them. He would succeed where Shackleton had failed, in the most brutal landscape in the world. In 2008, Worsley set out across Antarctica with two other descendants of Shackleton's crew, battling the freezing, desolate landscape, life-threatening physical exhaustion, and hidden crevasses. Yet when he returned home he felt compelled to go back. On November 13, 2015, at age 55, Worsley bid farewell to his family and embarked on his most perilous quest: to walk across Antarctica alone. David Grann tells Worsley's remarkable story with the intensity and power that have led him to be called "simply the best narrative nonfiction writer working today." Illustrated with more than fifty stunning photographs from Worsley's and Shackleton's journeys, *The White Darkness* is both a gorgeous keepsake volume and a spellbinding story of courage, love, and a man pushing himself to the extremes of human capacity.

Penguins Penelope Arlon 2012 Introduces each of the seventeen species of penguin and discusses the habitat, diet, enemies, and life cycle of penguins.

Floating Joe Minihane 2017-06-20 The British journalist explores self-healing in wild waters across the UK—from Yorkshire to Jura and Wales—in this "genuine and refreshing nature memoir" (Kirkus Reviews). Following the example of naturalist Roger Deakin in his classic memoir *Waterlog*, journalist Joe Minihane becomes obsessed with wild swimming and its restorative qualities. Putting one arm over the other, sometimes resting on his back, he begins to confront his personal demons while rekindling old friendships and forging new ones. Through Minihane's thoughtful description, the act of swimming becomes both strange and beautiful as the wild water puts him in touch with nature and himself. From Hampstead to Yorkshire, from Dorset to Jura, from the Isles of Scilly to Wales, *Floating* is a love letter to different wild stretches of water. But it also captures Minihane's struggle to understand his life and move forward. Steeped in the anti-authoritarian and naturalistic spirit of Roger Deakin, Minihane celebrates the joy of taking time out to feel better.

No Horizon Is So Far Liv Arnesen 2019-03-19 The extraordinary story of the first two women to cross Antarctica The fascinating chronicle of Liv Arnesen and Ann Bancroft's dramatic journey as the first two women to cross Antarctica, *No Horizon Is So Far* follows the explorers from the planning of their expedition through their brutal trek from the Norwegian sector all the way to McMurdo Station as they walked, skied, and ice-sailed for almost three months in temperatures reaching as low as -35°F, all while towing their 250-pound supply sledges across 1,700 miles of ice full of dangerous crevasses. Through website transmissions and satellite phone calls, Ann and Liv, two former schoolteachers, were able to broadcast their expedition to more than three million students in sixty-five countries to teach geography, science, and the importance of following your dreams.

A Boy in the Water Tom Gregory 2019-03-28 Eltham, South London. 1984—the hot fug of the swimming pool and the slow splashing of a boy learning to swim but not yet wanting to take his foot off the bottom. Fast-forward

four years. Photographers and family wait on the shingle beach as a boy in a bright orange hat and grease-smearred goggles swims the last few metres from France to England. He has been in the water for twelve agonizing hours, encouraged at each stroke by his coach, John Bullet, who has become a second father. This is the story of a remarkable friendship between a coach and a boy, and a love letter to the intensity and freedom of childhood.

Swim Lynn Sherr 2012-04-03 Explores the nature and appeal of swimming, from the history of the strokes to aspects of modern Olympic competition, as well as the author's personal experiences and milestones in the sport.

Grayson Lynne Cox 2008 Describes the author's encounter with a baby gray whale that had become separated from its mother off the southern California coast, and relates her efforts to reunite it with its mother.

Find a Way Diana Nyad 2015-10-22 Winner of the Cross Sports International Autobiography of the Year award In the 1970s, Diana Nyad was widely regarded as the greatest long-distance swimmer in the world and set many world records, such as circling Manhattan Island and crossing the 102.5 miles between the Bahamas and Florida. But one record continually eluded her: becoming the first woman to swim between Cuba and the Florida Keys without a shark cage. Finally, in September 2013, after four failed attempts and at the age of sixty-four, Diana completed the crossing after two days and two nights of continuous swimming - 53 consecutive hours, 110 miles. Millions of people watched her and cried and cheered and were dazzled and amazed by her tenacity and courage. Her memoir, *Find a Way*, is a dramatic, page-turning account of the epic endurance quest that led to that moment, and is also a galvanizing call to live life boldly, in-the-moment, fearlessly, passionately, with no regrets. What makes this book special is that it not only recounts an astonishing and hard won triumph, though it does tell the story of an extraordinary and improbable victory. What makes this book, and Nyad herself, so incredible is the fact of her monumental courage in the face of failure. Nyad failed, and failed, and failed, and failed, but never gave up, and this memoir shows her unwavering belief in the face of overwhelming odds. It is about perseverance, tenacity and commitment on an epic scale.

Tales of Al Lynne Cox 2022-05-24 The moving, inspiring story of Al, the ungainly, unruly, irresistible Newfoundland puppy who grows up to become a daring rescue dog and super athlete—part of Italy's elite, highly specialized corps of water rescue dogs who swoop out of helicopters and save lives. Lynne Cox—acclaimed best-selling author of *Swimming to Antarctica*—is internationally famous for swimming the world's most difficult waterways without a wet suit, and able to endure water temperatures so cold that they would kill anyone else, recognizes and celebrates all forms of athleticism in others, human or otherwise. And when she saw a video of a Newfoundland dog leaping from an airborne helicopter into Italian waters to save someone from drowning, Cox was transfixed by the rescue, and captivated by the magnificence, physicality, and daring of the dog. *Tales of Al* is the moving, inspiring story of Cox's adventures on Italy's picturesque Lake Idroscalo, as witness to the rigorous training of one of these spectacular dogs at SICS, the famed school that has taught hundreds of dog owners how to train their dogs—Newfoundlands, German shepherds, and golden retrievers—for this rescue operation. Cox writes about coming to know the dog at the book's center, Al herself, from puppyhood, an adorable but untrainable chocolate Newfoundland—about the dreams, expectations, disappointments, and vision of her trainer and about realizing the dog's full potential; striving with all of her canine might to become an expertly trained, highly specialized water rescue dog.

Nine Ways to Cross a River Akiko Busch 2008-12-10 From Thoreau to Edward Abbey to Annie Dillard, American writers have looked at nature and described the sublime and transcendent. Now comes Akiko Busch, who finds multitudes of meaning in the practice of swimming across rivers. The notion that rivers divide us is old and venerated, but they also limn our identities and mark the passage of time; they anchor communities and connect one to another. And, in the hands of writer and swimmer Akiko Busch, they are living archives of human behavior and natural changes. After a transformative swim across the Hudson just before September 11, Busch undertook to explore eight of America's great waterways: the Hudson (twice), the Delaware, the Connecticut, the Susquehanna, the Monongahela, the Mississippi, the Ohio, and the Current. She observes each river's goings-on and reflects on its history (human and natural) and possible futures. Some of the rivers have rebounded from past industrial misuse; others still struggle with pollution and waste. The swims are also opportunities to muse on the ordinary

passages faced by most of us—the death of a parent, raising children, becoming older—and the ways in which the rhythms and patterns of the natural world can offer reassurance, ballast and inspiration. A deeply moving exploration of the themes of renewal and reclamation at midlife, *Nine Ways to Cross a River* is a book to be treasured and given to friends.

Swimming in the Sink Lynne Cox 2017-06-13 In this stunning memoir of life after loss, the open-water swimming legend and bestselling author tells of facing the one challenge that no amount of training could prepare her for. A celebrated athlete who set swimming records around the world, Lynne Cox achieved astonishing feats of strength and endurance. She was the first to swim the frigid waters of the Bering Strait, the Strait of Magellan, and the coast of Antarctica, and she was the fastest to swim the English Channel. But it is a different kind of struggle that pushes her to the brink. In a short period of time, Lynne loses her father, and then her mother, and then Cody, her beloved Labrador retriever. Soon after, Lynne herself is diagnosed with a life-threatening heart condition that leaves her unable to swim and barely able to walk. But against all odds, and with the support of her friends and family, Lynne begins the slow pull toward recovery, reaching always for the open waters that give her the freedom and mastery that mean everything to her. What follows is a beautifully

poignant meditation on loss and an exhilarating celebration of life as, to Lynne's surprise, she begins to find, within the unfamiliar space of vulnerability, the greatest treasures—like falling in love.

Total Immersion Terry Laughlin 2012-03-13 Swim better—and enjoy every lap—with *Total Immersion*, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, *Total Immersion* will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling *Total Immersion* features:

- A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably
- A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable
- Simple but thorough guidance on how to improve fitness and form
- A complementary land-and-water program for achieving a strong and supple body at any age

Based on more than thirty years of teaching, coaching, and research, *Total Immersion* has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.