International Space Station this is

Houston are you ready for the event soon

each guy

the International Space Station is ready

for the event

wbz-tv this is Mission Control in

Houston Texas please call station for a

voice check station this is WBZ TV how

do you hear me we've got you loud and

clear up here on the International Space

Station how do you hear us

excellent so you can hear me perfectly

and I can see you and hear you perfectly

waving right back at you we are just
having a little bit of a debate it's
sunny Williams not suni Williams that's
right my real name is actually Sunita so
that's where people get a little bit
mixed up but I think my mom always
wanted to call me sunny so most people
call me Sonny well it's your personality
your you always have that sunny
disposition well thank you so much for
taking a couple of moments to talk to it
so really appreciate it
220 miles from Earth kind of a neat
thing to be able to talk to you and
first of all just tell me how you doing
up there well we're doing great

we've been up here a couple months now

it feels like we've been here forever

you sort of acclimatize and and then new

and exciting things happened I think you

know we had a SpaceX vehicle come visit

us the other day so now we have it all

docked and open the hatch and we found

some pretty fun things inside and

going to pack it up with a bunch

of stuff to take home actually and I

heard that part of your delivery the

other day was some homemade ice cream

was that a big deal yeah we still have a

bunch of it it's up in the freezer we've

44 00:01:54,688 --> 00:01:58,349
only we're you know up here you don't

45 00:01:57,030 --> 00:02:01,079
you can't just go to the grocery store

46 00:01:58,349 --> 00:02:03,419
and and fill up and so we are maybe a

47 00:02:01,078 --> 00:02:05,368
little miserly and eating it slowly but

48 00:02:03,420 --> 00:02:08,709
yeah we have ice cream up here now and

49 00:02:05,368 --> 00:02:11,259
we're enjoying every moment of it

50 00:02:08,709 --> 00:02:12,459
and I did a lot of research because I

51 00:02:11,259 --> 00:02:17,949
needed to know it was a chocolate

52 00:02:12,459 --> 00:02:19,628
vanilla swirl correct absolutely yes the

53 00:02:17,949 --> 00:02:22,688
inquire minds need to know chocolate

54 00:02:19,628 --> 00:02:25,298
vanilla always a good standby everybody

55 00:02:22,688 --> 00:02:27,098
loves it so it's perfect and we have

56 00:02:25,299 --> 00:02:28,629
some things we can add to it up here too

57 00:02:27,098 --> 00:02:33,039
to make it a little bit spice it up if
we need to Sonny let me ask you I was looking at some live pictures actually just a few moments ago of the space shuttle Endeavour going through the streets of California as it's making its way to its final home what does it feel like for you to see the space program now using these private shipments like you had the other day and to no longer be using the space shuttle well you know it was a sad day when the last space shuttle landed last year and all of us were you know a little teary-eyed a bunch of people in Houston
saw Endeavour flyby it actually stopped over in Houston which was really awesome for all the folks who have been working on the space shuttle program for so long but you know it's the next step the Space Shuttle has a capability had a capability to come to low Earth orbit to build this amazing Space Station I mean vehicle you know all of them that were participated in it but you know our nez NASA our next step is moving out of low Earth orbit maybe going to the back to the moon an asteroid onto Mars and the
Space Shuttle wasn't the vehicle for

and so we've got to spend our money

building the next spacecraft and I think

you know that's just a step in the right

direction so you know hats off to the

Space Shuttle team amazing vehicle

like I said built my home right now so I

can't complain about it at all but you

know maybe time to retire and bring

something new sunny have you looked at

the Mars rover and thought to yourself

you know I'd like to go there absolutely

you know that things about the size of a
VW Bug so it might be a little bit of a squishy ride but you know our Soyuz capsule too isn't isn't that much bigger the part that we ride in but then when you see the pictures of Mars how could you not help but think man I'd like to be there I'd like to be the guy making the decision whether or not we should test this area if water flowed here where's the next area to look at give it that human touch there on that surface of that planet but we'll get there you know a combination of verbal biotics and human spaceflight I think the next generation of explorers
the kids who are in elementary school today are going to be there let me ask you Sonny over the past couple of years every time we've mentioned Sonny Williams we've always referred to you as either needham zone where the pride of needham but over the past couple of months you've had some competition there Aly Raisman also now being called Needham Zone I know you've been up in the space station while all the Olympics were happening give me your thoughts on seeing what she did she's amazing actually we got to watch the Olympics
some sort of real time we have a week in the uplink TV and I made a point to make sure we are watching the gymnastics when the u.s. women's team was on and just right down there we are watching I was wearing my Needham rocket sweatshirt cheering for her it's awesome do you think I mean you have a little bit of help there with the lack of gravity but you think you could do a few Aly Raisman type flips for us oh I'm a perfect 10 up here I wouldn't compete with her on the ground but I'm pretty good up here oh here she goes
oh pretty good pretty good

all right everyone gives you a ten

except for the Russian judge gives you a

nine point six but we could talk about

that later on I know also a sunny that

you are a big Red Sox fan you've been up

there since July which means you didn't

have to watch the second half of the

season which was probably a good thing

yeah I'm still a Red Sox fan you could

probably notice in my flip I'm wearing

my Red Sox I have faith I'm happy it's

football season and the Patriots are

doing well so go Pat's that's right we
always have the Patriots to fall back on

very very good point and I just wanted
to ask you a couple of weeks ago you did

a triathlon now when I first read this I
thought how do you do a triathlon in

this in space so can you explain how

that works certainly actually right here

in front of the camera is the bike it

only has you only have to clip in with

pedals you don't have to sit down of

course because there's no gravity so

there's really no sitting so that's the

bike we have a treadmill around the

corner and also we have a weightlifting

machine it's called the advanced
resistive exercise device and that

actually is like a bar like a normal benchpress bar which you can do squats

on and deadlifts as well as upper body

and so for the triathlon I looked at how much time it would probably take me to swim and we we organized an exercise program of about 15 exercises on the a red which worked everything from upper body all the way lower body including abs for about 20 minutes and then I got on the bike and essentially did the same profile that the guys did in California

and then ran four miles on the treadmill
and so my transition areas were a little bit shorter. I wore the same clothes so I didn't have to change like that or anything from one exercise to another. I did change my shoes and got some water in between time too so it was it was an imitation but it was pretty close. I was pretty tired at the end of it. That's pretty cool, and do you have any plans?

I know you have run the Boston Marathon before and he plans to run it again in the future. Absolutely. You know my folks live in Falmouth right?
now and so this year I ran on the space station with my sister just like I ran the marathon last time I was up here the Falmouth Road race which is only 7.2 and I was happy it was a little bit shorter than the marathon but I think with working out up here I'm feeling pretty strong and so when I get home I hope to run the Boston Marathon again it's a great town I love Boston I love being close by there in it you know being part of it when I talk fast the accent comes out so that's good I haven't lost it so I definitely plan on running the Boston
Marathon again

215
00:08:42,950 --> 00:08:48,720
let me hear your Boston accent let me

216
00:08:45,360 --> 00:08:54,570
hear you say pakiya Space Station and

217
00:08:48,720 --> 00:08:57,629
Havas Yad you can pack it's your space

218
00:08:54,570 --> 00:09:00,960
station have it yet go go down to Cape

219
00:08:57,629 --> 00:09:02,669
Cod haha

220
00:09:00,960 --> 00:09:04,259
speaking of Cape Cod I know your parents

221
00:09:02,669 --> 00:09:05,279
I think they're down in Falmouth

222
00:09:04,259 --> 00:09:10,230
anything you want to say to your family

223
00:09:05,279 --> 00:09:12,539
back home I just wanted to say hi they

224
00:09:10,230 --> 00:09:15,360
all can went out last night two knobs go

225
00:09:12,539 --> 00:09:17,099
lighthouse to see us fly over I think my

226
00:09:15,360 --> 00:09:19,259
dog was out there too so I just wanted

227
00:09:17,100 --> 00:09:21,029
to say hi to everybody down in Falmouth

228
00:09:19,259 --> 00:09:23,340
and Cape Cod as well and of course in
Boston and we missed you guys we love you we got one piece of New England I don't know what you call the New England prized fall prize what from SpaceX too so it's a little bit reminder of home I love it very nice doing your apple picking and you're ready for a New England fall and I know you'll be home soon in time for Thanksgiving so great job up there and I'm sure everyone back home can't wait to see you so thank you so much thanks for your time and thanks for your interest in the space program and I hope
there's more Nita mites in Boston mites

who will be up here flying in space

before long all right thank you Sonny

Williams thank you

you

station this is Houston ACR thank you

that concludes today's event

thank you

WBZ television station we are now

returning you to your regularly

scheduled programming