



1  
00:00:04,550 --> 00:00:02,470  
station commander steve swanson has

2  
00:00:06,630 --> 00:00:04,560  
something special on his plan for this

3  
00:00:09,270 --> 00:00:06,640  
upcoming weekend he's part of a

4  
00:00:11,669 --> 00:00:09,280  
six-person team that will compete in the

5  
00:00:14,070 --> 00:00:11,679  
wild west relay race this friday and

6  
00:00:17,109 --> 00:00:14,080  
saturday covering the 200 miles from

7  
00:00:19,590 --> 00:00:17,119  
fort collins colorado to steamboat

8  
00:00:21,269 --> 00:00:19,600  
springs which is his hometown to find

9  
00:00:24,070 --> 00:00:21,279  
out how a person overcomes a difference

10  
00:00:26,470 --> 00:00:24,080  
of 260 miles in elevation to run a relay

11  
00:00:28,870 --> 00:00:26,480  
race i am joined by another member of

12  
00:00:32,229 --> 00:00:28,880  
that relay team astronaut suni williams

13  
00:00:34,150 --> 00:00:32,239

who once ran the boston marathon while

14

00:00:35,110 --> 00:00:34,160

serving on board the international space

15

00:00:36,709 --> 00:00:35,120

station

16

00:00:38,790 --> 00:00:36,719

hi sunny welcome and thank you for

17

00:00:41,510 --> 00:00:38,800

joining us today thanks amiko it's good

18

00:00:43,670 --> 00:00:41,520

to be here it's great to have you so um

19

00:00:44,790 --> 00:00:43,680

you are a two-time resident of the space

20

00:00:46,869 --> 00:00:44,800

station

21

00:00:49,110 --> 00:00:46,879

expedition 14-15 and that is actually

22

00:00:50,869 --> 00:00:49,120

the one that you back in 2007 that you

23

00:00:53,029 --> 00:00:50,879

ran the boston marathon correct that's

24

00:00:55,270 --> 00:00:53,039

correct yeah yeah and then also again

25

00:00:56,950 --> 00:00:55,280

more recently the expedition 3233

26  
00:00:58,790 --> 00:00:56,960  
mission so we're very pleased to have

27  
00:01:00,389 --> 00:00:58,800  
you here today it's great to be here

28  
00:01:02,950 --> 00:01:00,399  
like i said in supporting our guys on

29  
00:01:05,429 --> 00:01:02,960  
orbit great so first of all explain to

30  
00:01:07,510 --> 00:01:05,439  
me a little about what this race is yeah

31  
00:01:08,789 --> 00:01:07,520  
um we did actually the pretty much the

32  
00:01:11,510 --> 00:01:08,799  
same team that's going to run it this

33  
00:01:13,429 --> 00:01:11,520  
year ran it about five years ago

34  
00:01:15,830 --> 00:01:13,439  
and what we did we got together in fort

35  
00:01:17,270 --> 00:01:15,840  
collins the day before got our plans set

36  
00:01:19,510 --> 00:01:17,280  
together and

37  
00:01:21,270 --> 00:01:19,520  
the race goes for about 200 miles like

38  
00:01:22,870 --> 00:01:21,280

you said from fort collins to steamboat

39

00:01:24,149 --> 00:01:22,880

up and over a pass

40

00:01:26,950 --> 00:01:24,159

so it's a pretty

41

00:01:29,749 --> 00:01:26,960

rigorous run and not everybody runs

42

00:01:30,630 --> 00:01:29,759

their whole leg at once what we do is we

43

00:01:33,910 --> 00:01:30,640

have

44

00:01:36,230 --> 00:01:33,920

six people running six different times

45

00:01:38,390 --> 00:01:36,240

um and so we do a relay race one after

46

00:01:40,630 --> 00:01:38,400

another so you end up running six legs

47

00:01:42,630 --> 00:01:40,640

that makes it about 30 miles for each

48

00:01:44,069 --> 00:01:42,640

person so that way everybody gets a

49

00:01:45,510 --> 00:01:44,079

little bit in the daytime in the morning

50

00:01:47,590 --> 00:01:45,520

everyone gets a little evening everyone

51  
00:01:49,910 --> 00:01:47,600  
gets a little um in the middle of the

52  
00:01:51,830 --> 00:01:49,920  
night and then and that is all pretty

53  
00:01:53,030 --> 00:01:51,840  
much uphill to get over the pass and

54  
00:01:53,830 --> 00:01:53,040  
then the next

55  
00:01:55,670 --> 00:01:53,840  
day

56  
00:01:57,590 --> 00:01:55,680  
as the night continues you pretty much

57  
00:01:59,830 --> 00:01:57,600  
are going down the path down from the

58  
00:02:02,630 --> 00:01:59,840  
hill to steamboat so everybody gets

59  
00:02:04,550 --> 00:02:02,640  
about six legs into like i said add up

60  
00:02:06,550 --> 00:02:04,560  
to about 30 miles that sounds great so

61  
00:02:09,430 --> 00:02:06,560  
30 miles at least it's not going to be

62  
00:02:11,270 --> 00:02:09,440  
here in texas heat thank god yes i was

63  
00:02:12,630 --> 00:02:11,280

practicing while i've been back here in

64

00:02:14,790 --> 00:02:12,640

the united states for the last couple

65

00:02:17,589 --> 00:02:14,800

weeks and it's pretty hot here um i got

66

00:02:18,869 --> 00:02:17,599

my uh eyes in the sky over there in

67

00:02:20,470 --> 00:02:18,879

colorado they said the weather's a

68

00:02:23,270 --> 00:02:20,480

little bit cooler and a little bit nicer

69

00:02:24,630 --> 00:02:23,280

but we do have the hills to contend with

70

00:02:27,589 --> 00:02:24,640

we'll get well i want to talk about some

71

00:02:29,589 --> 00:02:27,599

of that too um let's first talk about so

72

00:02:31,430 --> 00:02:29,599

has swanson he's actually done this

73

00:02:33,430 --> 00:02:31,440

before correct he's competed in this

74

00:02:35,509 --> 00:02:33,440

race yeah steve's done it i think three

75

00:02:37,110 --> 00:02:35,519

times we did it together once like i

76

00:02:39,430 --> 00:02:37,120

said i think it was like five years ago

77

00:02:40,949 --> 00:02:39,440

and the team that we had got together is

78

00:02:43,430 --> 00:02:40,959

pretty much all back together with the

79

00:02:45,030 --> 00:02:43,440

exception of one switch out um but

80

00:02:47,190 --> 00:02:45,040

everybody's ready to go and to support

81

00:02:49,509 --> 00:02:47,200

him up in space uh with this event and

82

00:02:51,830 --> 00:02:49,519

so who is on the team so the the captain

83

00:02:55,589 --> 00:02:51,840

is a guy named brett eggleston he's a

84

00:02:57,350 --> 00:02:55,599

long-time friend of swaney um he lives

85

00:02:59,430 --> 00:02:57,360

in fort collins but i think they met

86

00:03:00,710 --> 00:02:59,440

each other knew each other uh from

87

00:03:03,270 --> 00:03:00,720

steamboat

88

00:03:05,750 --> 00:03:03,280

carrie steve's sister-in-law she's a

89

00:03:08,070 --> 00:03:05,760

really great runner a lot of fun

90

00:03:09,910 --> 00:03:08,080

dottie metcalf lindberger who's a

91

00:03:10,949 --> 00:03:09,920

astronaut and just recently left

92

00:03:14,229 --> 00:03:10,959

astronaut

93

00:03:15,509 --> 00:03:14,239

core but she's coming back for the race

94

00:03:18,229 --> 00:03:15,519

also

95

00:03:20,630 --> 00:03:18,239

another guy our new guy tim flynn he's

96

00:03:23,030 --> 00:03:20,640

joining in and then myself and of course

97

00:03:24,149 --> 00:03:23,040

steve from on orbit okay sounds great

98

00:03:25,509 --> 00:03:24,159

well it sounds like you guys are going

99

00:03:26,949 --> 00:03:25,519

to have a good time so

100

00:03:27,910 --> 00:03:26,959

tell me now because you were talking

101  
00:03:29,190 --> 00:03:27,920  
about the relay and how you're going to

102  
00:03:30,229 --> 00:03:29,200  
go back and forth how exactly is that

103  
00:03:32,390 --> 00:03:30,239  
going to work how are you passing the

104  
00:03:33,589 --> 00:03:32,400  
baton to swanson who's on the space

105  
00:03:35,110 --> 00:03:33,599  
station obviously there's going to be

106  
00:03:37,509 --> 00:03:35,120  
some challenge yeah this is going to be

107  
00:03:38,710 --> 00:03:37,519  
a little bit tricky he's leg number six

108  
00:03:39,990 --> 00:03:38,720  
so we don't really have to think about

109  
00:03:41,670 --> 00:03:40,000  
it for a little while i guess we're all

110  
00:03:43,030 --> 00:03:41,680  
good procrastinators we have five legs

111  
00:03:45,750 --> 00:03:43,040  
to get through before we have to worry

112  
00:03:47,589 --> 00:03:45,760  
about it but in all seriousness we're

113  
00:03:49,589 --> 00:03:47,599

going to have a guy who's like the relay

114

00:03:52,149 --> 00:03:49,599

point of contact because if you can

115

00:03:54,550 --> 00:03:52,159

imagine the race route that i'm telling

116

00:03:57,030 --> 00:03:54,560

you about doesn't always have good calm

117

00:03:58,789 --> 00:03:57,040

connections so we'll have a point of

118

00:04:00,949 --> 00:03:58,799

contact that we'll be able to text to

119

00:04:02,949 --> 00:04:00,959

keep up to date what how everybody's

120

00:04:05,190 --> 00:04:02,959

running and what their times are and so

121

00:04:07,670 --> 00:04:05,200

then that person can get relay through

122

00:04:10,630 --> 00:04:07,680

mission control up to steve so get him

123

00:04:13,030 --> 00:04:10,640

ready to go and start the race uh his

124

00:04:15,190 --> 00:04:13,040

run and then when he finishes um he just

125

00:04:16,949 --> 00:04:15,200

needs to make a call down and that

126

00:04:18,710 --> 00:04:16,959

reverse communication

127

00:04:20,550 --> 00:04:18,720

stretch will go back to our relay team

128

00:04:23,030 --> 00:04:20,560

and then the number one guy will start

129

00:04:23,990 --> 00:04:23,040

again so we'll do that six a number of

130

00:04:26,150 --> 00:04:24,000

times

131

00:04:28,950 --> 00:04:26,160

i have one thing to add for the last run

132

00:04:30,150 --> 00:04:28,960

though um not that we're gonna not pay

133

00:04:32,070 --> 00:04:30,160

attention to steve's time because

134

00:04:34,150 --> 00:04:32,080

steve's time is our official time but uh

135

00:04:36,230 --> 00:04:34,160

we uh have a bunch of folks of course

136

00:04:37,749 --> 00:04:36,240

he's from steamboat so uh there's been a

137

00:04:40,230 --> 00:04:37,759

call out to all his family and friends

138

00:04:48,310 --> 00:04:40,240

to come and run the last leg with and

139

00:04:53,110 --> 00:04:50,310

wow that's amazing that sounds like a

140

00:04:54,550 --> 00:04:53,120

good time thing um so

141

00:04:56,790 --> 00:04:54,560

very interesting so you kind of talked

142

00:04:58,469 --> 00:04:56,800

about some the hills and so i do want to

143

00:05:00,629 --> 00:04:58,479

talk about that because you did the most

144

00:05:02,629 --> 00:05:00,639

the boston marathon and there were some

145

00:05:04,230 --> 00:05:02,639

changes obviously terrain

146

00:05:06,710 --> 00:05:04,240

tell me how it is running on the

147

00:05:08,550 --> 00:05:06,720

treadmill so the treadmill doesn't have

148

00:05:10,629 --> 00:05:08,560

the ability to change the terrain we

149

00:05:12,070 --> 00:05:10,639

don't have an inclination

150

00:05:13,350 --> 00:05:12,080

like some of the treadmills here on

151

00:05:15,350 --> 00:05:13,360

earth have

152

00:05:17,670 --> 00:05:15,360

we have the ability to speed it up and

153

00:05:20,070 --> 00:05:17,680

you also have the ability to to add more

154

00:05:21,590 --> 00:05:20,080

resistance on the equipment that you're

155

00:05:24,230 --> 00:05:21,600

wearing that's holding you down to the

156

00:05:26,629 --> 00:05:24,240

treadmill so luckily we don't have to go

157

00:05:28,710 --> 00:05:26,639

uphill but uh on the treadmill like i

158

00:05:31,670 --> 00:05:28,720

said it does have its um

159

00:05:33,670 --> 00:05:31,680

little problems or pains or you know

160

00:05:34,950 --> 00:05:33,680

like just like every run that you do

161

00:05:37,029 --> 00:05:34,960

there's some parts that get a little

162

00:05:38,950 --> 00:05:37,039

annoying and this would probably be the

163

00:05:40,870 --> 00:05:38,960

the harness that steve's gonna wear and

164

00:05:43,670 --> 00:05:40,880

depending on how much weight

165

00:05:46,550 --> 00:05:43,680

quote-unquote he chooses to uh to run

166

00:05:49,270 --> 00:05:46,560

with by using the um like the bungee

167

00:05:51,909 --> 00:05:49,280

system so so he can increase his

168

00:05:53,510 --> 00:05:51,919

resistance on himself just to to run and

169

00:05:55,749 --> 00:05:53,520

then he can also increase the speed

170

00:05:58,790 --> 00:05:55,759

which i think will probably be the more

171

00:06:00,390 --> 00:05:58,800

uh accurate way that he can um make

172

00:06:02,070 --> 00:06:00,400

himself work a little bit harder as

173

00:06:04,790 --> 00:06:02,080

though he's going up the hills the speed

174

00:06:11,909 --> 00:06:04,800

or he could make it easy and reduce that

175

00:06:15,590 --> 00:06:13,270

i ran the boston marathon on the

176

00:06:17,029 --> 00:06:15,600

treadmill my sister actually ran it and

177

00:06:18,469 --> 00:06:17,039

at the same time on earth and i was

178

00:06:20,070 --> 00:06:18,479

feeling a little bit bad because that

179

00:06:21,430 --> 00:06:20,080

run also does have some hills and i

180

00:06:24,309 --> 00:06:21,440

didn't really have any hills i didn't

181

00:06:26,150 --> 00:06:24,319

have any bad weather up there um so but

182

00:06:27,990 --> 00:06:26,160

like i said it has its own pains and

183

00:06:29,749 --> 00:06:28,000

problems running on a treadmill first of

184

00:06:31,909 --> 00:06:29,759

all and secondly uh tied to the

185

00:06:34,230 --> 00:06:31,919

treadmill itself sure absolutely fun

186

00:06:36,309 --> 00:06:34,240

well so i know that you're a a big

187

00:06:38,469 --> 00:06:36,319

proponent of um fitness can you just

188

00:06:39,990 --> 00:06:38,479

explain to me i know obviously it's very

189

00:06:42,550 --> 00:06:40,000

important to all of our bodies here on

190

00:06:44,710 --> 00:06:42,560

earth but explain why it's so important

191

00:06:46,550 --> 00:06:44,720

for you guys when you're flying in space

192

00:06:47,990 --> 00:06:46,560

yeah so there's a lot of things that

193

00:06:49,430 --> 00:06:48,000

space is wonderful it's great you could

194

00:06:50,870 --> 00:06:49,440

fly around you're like a bird you know

195

00:06:52,950 --> 00:06:50,880

you're like a fish zooming around in

196

00:06:55,110 --> 00:06:52,960

there but that also has a toll on our

197

00:06:57,670 --> 00:06:55,120

physical bodies for a number of

198

00:06:59,029 --> 00:06:57,680

different things radiation but also

199

00:07:01,350 --> 00:06:59,039

when it comes to physical fitness the

200

00:07:03,749 --> 00:07:01,360

reason we do physical fitness is for

201  
00:07:05,350 --> 00:07:03,759  
maintaining bone density and muscle mass

202  
00:07:06,710 --> 00:07:05,360  
because of course you don't use your

203  
00:07:08,230 --> 00:07:06,720  
legs while you're up in space you don't

204  
00:07:10,469 --> 00:07:08,240  
have to walk around like you do here

205  
00:07:12,790 --> 00:07:10,479  
which is an automatic load on your bones

206  
00:07:14,469 --> 00:07:12,800  
and your muscles and so up in space the

207  
00:07:17,189 --> 00:07:14,479  
only way to simulate that is getting on

208  
00:07:19,350 --> 00:07:17,199  
the treadmill or for cardiovascular on

209  
00:07:20,950 --> 00:07:19,360  
the bike or we have the advanced

210  
00:07:22,230 --> 00:07:20,960  
resistive exercise

211  
00:07:24,550 --> 00:07:22,240  
equipment to do

212  
00:07:27,110 --> 00:07:24,560  
simulated weight lifting and that's how

213  
00:07:29,029 --> 00:07:27,120

we are able to come back essentially in

214

00:07:31,510 --> 00:07:29,039

normal shape and able to walk around

215

00:07:34,309 --> 00:07:31,520

when we get back here so on in space

216

00:07:37,430 --> 00:07:34,319

it's it's absolutely necessary every day

217

00:07:39,350 --> 00:07:37,440

to work out because every moment that

218

00:07:41,270 --> 00:07:39,360

you're in space you're losing bone

219

00:07:42,629 --> 00:07:41,280

density and muscle mass you can't stop

220

00:07:44,230 --> 00:07:42,639

doing that because you're in

221

00:07:46,150 --> 00:07:44,240

microgravity so your body's not

222

00:07:48,390 --> 00:07:46,160

stimulated like it is here on earth with

223

00:07:50,309 --> 00:07:48,400

gravity so it's really important to do

224

00:07:51,830 --> 00:07:50,319

that up in space and i think one of the

225

00:07:53,670 --> 00:07:51,840

reasons like i did the marathon and

226

00:07:55,350 --> 00:07:53,680

swanee is interested in doing this race

227

00:07:58,230 --> 00:07:55,360

is because it taps into another group of

228

00:07:59,830 --> 00:07:58,240

people on earth for one awareness of

229

00:08:01,270 --> 00:07:59,840

people that are in space and what kind

230

00:08:03,830 --> 00:08:01,280

of research that we're doing that's

231

00:08:05,270 --> 00:08:03,840

going to potentially help us with

232

00:08:07,029 --> 00:08:05,280

combating osteoporosis because

233

00:08:08,550 --> 00:08:07,039

essentially that's what we have in space

234

00:08:10,390 --> 00:08:08,560

and other types of

235

00:08:11,670 --> 00:08:10,400

problems that humans encounter here on

236

00:08:13,830 --> 00:08:11,680

earth how can we

237

00:08:14,710 --> 00:08:13,840

help fix that or up there so that's part

238

00:08:16,390 --> 00:08:14,720

of the reason we're doing all these

239

00:08:17,749 --> 00:08:16,400

experiments but also just to highlight

240

00:08:18,869 --> 00:08:17,759

physical fitness it's fun it's

241

00:08:20,550 --> 00:08:18,879

interesting

242

00:08:21,749 --> 00:08:20,560

you can do it you know a bunch of

243

00:08:23,350 --> 00:08:21,759

different ways you know getting out in

244

00:08:25,029 --> 00:08:23,360

the morning and running isn't always fun

245

00:08:26,950 --> 00:08:25,039

but when you have a relay team that

246

00:08:28,869 --> 00:08:26,960

you're doing with it with then it makes

247

00:08:30,790 --> 00:08:28,879

it a lot more fun motivating and it's a

248

00:08:32,870 --> 00:08:30,800

it's a team effort absolutely well i am

249

00:08:34,949 --> 00:08:32,880

very glad that you were able to come out

250

00:08:37,909 --> 00:08:34,959

and and it's great to see you support

251

00:08:39,350 --> 00:08:37,919

swaney as you are and uh best of luck to

252

00:08:40,949 --> 00:08:39,360

you and the team thank you very much