



1
00:00:13,350 --> 00:00:11,830
hi this is mike fossum welcome to star

2
00:00:15,669 --> 00:00:13,360
city home of the

3
00:00:17,189 --> 00:00:15,679
gagarin cosmonaut training center been

4
00:00:19,109 --> 00:00:17,199
training here for about two and a half

5
00:00:22,310 --> 00:00:19,119
years on and off

6
00:00:24,230 --> 00:00:22,320
as preparing for expedition 28 and 29 we

7
00:00:27,189 --> 00:00:24,240
finished our final qualification

8
00:00:29,429 --> 00:00:27,199
examinations two full days of sims last

9
00:00:32,150 --> 00:00:29,439
week and now we're in a special time

10
00:00:34,790 --> 00:00:32,160
it's a crew off-duty time or crew rest

11
00:00:36,709 --> 00:00:34,800
time after training so hard for so many

12
00:00:38,389 --> 00:00:36,719
years it's a little bit of time to get

13
00:00:40,630 --> 00:00:38,399

our things together for me one of the

14

00:00:42,709 --> 00:00:40,640

important things is also getting ready

15

00:00:44,630 --> 00:00:42,719

to uh to go through the kind of

16

00:00:46,069 --> 00:00:44,640

isolation living on the space station

17

00:00:46,950 --> 00:00:46,079

for six months

18

00:00:48,389 --> 00:00:46,960

but

19

00:00:50,630 --> 00:00:48,399

i love running

20

00:00:52,470 --> 00:00:50,640

and i really love coming out here and

21

00:00:54,709 --> 00:00:52,480

enjoying this it's a beautiful spring

22

00:00:57,510 --> 00:00:54,719

day everything's in bloom

23

00:00:59,830 --> 00:00:57,520

the sun's warm on my face and i love the

24

00:01:01,590 --> 00:00:59,840

feeling of being outside even when we're

25

00:01:03,590 --> 00:01:01,600

hearing stuff let's go to the open

26
00:01:13,109 --> 00:01:03,600
forest that's the best place to run come

27
00:01:17,190 --> 00:01:15,109
we're almost there we're working our way

28
00:01:19,510 --> 00:01:17,200
outside the main part of star city and

29
00:01:21,190 --> 00:01:19,520
cut them on the outskirts of star city

30
00:01:23,109 --> 00:01:21,200
uh it's a little area with the little

31
00:01:24,870 --> 00:01:23,119
dutches the little country cabins and

32
00:01:26,550 --> 00:01:24,880
houses out here people are working in

33
00:01:45,429 --> 00:01:26,560
their gardens and stuff it's really

34
00:01:45,439 --> 00:02:02,709
so

35
00:02:06,069 --> 00:02:04,950
you know

36
00:02:07,429 --> 00:02:06,079
i know it's been a lot of trouble

37
00:02:09,669 --> 00:02:07,439
getting out here

38
00:02:11,990 --> 00:02:09,679

thanks for coming along on the run

39

00:02:13,350 --> 00:02:12,000

because this is what makes it worthwhile

40

00:02:14,790 --> 00:02:13,360

we're out in the middle of the forest

41

00:02:16,710 --> 00:02:14,800

now

42

00:02:20,070 --> 00:02:16,720

and i just love being out here i love

43

00:02:22,229 --> 00:02:20,080

being out and smelling the trees

44

00:02:24,229 --> 00:02:22,239

hearing the birds

45

00:02:27,270 --> 00:02:24,239

the clean air

46

00:02:28,949 --> 00:02:27,280

the sun sun shining on my face

47

00:02:30,949 --> 00:02:28,959

you know and i i've loved the outdoors

48

00:02:32,550 --> 00:02:30,959

since i was a scout growing up at south

49

00:02:33,910 --> 00:02:32,560

texas boy scout and loved getting

50

00:02:35,750 --> 00:02:33,920

outside and doing the camping and all

51
00:02:37,270 --> 00:02:35,760
that kind of stuff and to me you know

52
00:02:39,509 --> 00:02:37,280
when i get out here

53
00:02:41,430 --> 00:02:39,519
and i feel like i'm home

54
00:02:43,270 --> 00:02:41,440
and i love running in places like this

55
00:02:45,030 --> 00:02:43,280
because it's just such a great

56
00:02:47,190 --> 00:02:45,040
experience

57
00:02:48,790 --> 00:02:47,200
and for me the thought of i mean this is

58
00:02:50,949 --> 00:02:48,800
part of my mental health program if you

59
00:02:53,270 --> 00:02:50,959
will i'm locking in memories right now

60
00:02:55,030 --> 00:02:53,280
so when i live on the space station for

61
00:02:56,949 --> 00:02:55,040
almost six months and i'm running on a

62
00:02:58,550 --> 00:02:56,959
treadmill up there

63
00:03:00,229 --> 00:02:58,560

i just gotta think that's gonna get kind

64

00:03:03,030 --> 00:03:00,239

of boring i don't like running on a

65

00:03:05,270 --> 00:03:03,040

treadmill in a gym on the ground

66

00:03:06,869 --> 00:03:05,280

and so what i'm trying to do out here is

67

00:03:08,470 --> 00:03:06,879

lock in those memories

68

00:03:10,869 --> 00:03:08,480

just lock in what it feels like to be

69

00:03:11,670 --> 00:03:10,879

running to feel the breeze coming over

70

00:03:13,750 --> 00:03:11,680

you

71

00:03:17,030 --> 00:03:13,760

to feel the sun shining down

72

00:03:21,430 --> 00:03:18,949

the smells

73

00:03:22,390 --> 00:03:21,440

you know of earth

74

00:03:28,949 --> 00:03:22,400

dirt

75

00:03:32,630 --> 00:03:30,630

so when i'm up there

76
00:03:34,470 --> 00:03:32,640
you know i can bring back these memories

77
00:03:35,350 --> 00:03:34,480
i could be on the treadmill plodding

78
00:03:37,830 --> 00:03:35,360
along

79
00:03:40,149 --> 00:03:37,840
and then come just close my eyes

80
00:03:41,110 --> 00:03:40,159
and say imagine okay i'm back in the