



1
00:00:05,910 --> 00:00:03,350
and that is certainly great to see now

2
00:00:08,150 --> 00:00:05,920
to an out of this world interview

3
00:00:10,470 --> 00:00:08,160
literally as you know colorado astronaut

4
00:00:12,310 --> 00:00:10,480
steve swanson took over the command of

5
00:00:14,870 --> 00:00:12,320
the international space station in may

6
00:00:17,029 --> 00:00:14,880
he is joining us live from outer space

7
00:00:19,189 --> 00:00:17,039
this morning good morning steve and i

8
00:00:23,670 --> 00:00:19,199
love seeing the broncos spirit there at

9
00:00:23,680 --> 00:00:28,230
yeah good morning how are you today

10
00:00:31,830 --> 00:00:30,070
doing great all right let's talk about

11
00:00:35,990 --> 00:00:31,840
the special delivery you guys got this

12
00:00:39,910 --> 00:00:37,750
that's right we had a cygnus cargo

13
00:00:41,670 --> 00:00:39,920

vehicle coming yesterday

14

00:00:43,110 --> 00:00:41,680

we grabbed it at birth yesterday and

15

00:00:45,270 --> 00:00:43,120

this morning we got to open up and get

16

00:00:49,510 --> 00:00:45,280

some fresh fruit out very good i already

17

00:00:52,549 --> 00:00:50,310

oh

18

00:00:54,709 --> 00:00:52,559

well besides your family i'm sure the

19

00:01:00,389 --> 00:00:54,719

fresh fruit is delicious what do you

20

00:01:03,990 --> 00:01:01,830

well i have to say

21

00:01:06,710 --> 00:01:04,000

when we talk about that mostly probably

22

00:01:08,870 --> 00:01:06,720

some really fresh food

23

00:01:10,390 --> 00:01:08,880

and maybe a shower yeah it's been about

24

00:01:14,469 --> 00:01:10,400

four months now since i had a shower i'm

25

00:01:17,830 --> 00:01:16,390

okay speaking of stinky and just want to

26

00:01:19,590 --> 00:01:17,840

let folks know there's a four second

27

00:01:21,510 --> 00:01:19,600

delay as we're talking that's why we're

28

00:01:23,670 --> 00:01:21,520

hearing that little delay uh you

29

00:01:26,789 --> 00:01:23,680

retweeted out this morning astronaut up

30

00:01:29,749 --> 00:01:26,799

there with you that outer space smelled

31

00:01:34,230 --> 00:01:29,759

like wet clothes after rolling in snow

32

00:01:37,830 --> 00:01:35,429

well each person has their own

33

00:01:41,270 --> 00:01:37,840

interpretation of what that space smells

34

00:01:42,710 --> 00:01:41,280

like mine's more like a metallic uh

35

00:01:44,630 --> 00:01:42,720

material kind of like if something can

36

00:01:46,950 --> 00:01:44,640

almost burn with metal that's more what

37

00:01:48,149 --> 00:01:46,960

i feel it's it smells like but everybody

38

00:01:54,149 --> 00:01:48,159

it's definitely different it's a very

39

00:01:58,709 --> 00:01:56,069

so it's cool to see the microphone

40

00:02:01,590 --> 00:01:58,719

floating around and i understand you did

41

00:02:06,630 --> 00:02:01,600

a little brain surgery yesterday on uh

42

00:02:10,790 --> 00:02:09,190

that's right he's my pal right here uh i

43

00:02:13,110 --> 00:02:10,800

definitely worked on his uh head

44

00:02:14,390 --> 00:02:13,120

yesterday put on a new head and today

45

00:02:15,750 --> 00:02:14,400

i'm going to work in his belly here

46

00:02:17,589 --> 00:02:15,760

which is actually where the brains are

47

00:02:20,229 --> 00:02:17,599

i'm going to do some new computers

48

00:02:24,150 --> 00:02:20,239

upgrades to his belly and that's my goal

49

00:02:30,229 --> 00:02:26,790

well you put up the first instagram from

50

00:02:32,790 --> 00:02:30,239

space when you got up there and i i have

51
00:02:35,030 --> 00:02:32,800
to ask you between super typhoon neil

52
00:02:37,270 --> 00:02:35,040
guri and the auroras you've been putting

53
00:02:42,790 --> 00:02:37,280
up fantastic pictures of those

54
00:02:46,630 --> 00:02:44,550
oh i think the auroras are probably the

55
00:02:51,670 --> 00:02:46,640
most beautiful thing we got up here you

56
00:02:56,309 --> 00:02:54,229
oh i wish i could see it my friend hey

57
00:02:57,350 --> 00:02:56,319
let's talk about this uh race that

58
00:02:59,589 --> 00:02:57,360
you're running i think this is going to

59
00:03:04,149 --> 00:02:59,599
be what the first leg of a relay or any

60
00:03:07,430 --> 00:03:05,910
well i know sonny williams ran a

61
00:03:09,350 --> 00:03:07,440
marathon the boston marathon from up

62
00:03:11,509 --> 00:03:09,360
here that was a while ago so this now is

63
00:03:13,270 --> 00:03:11,519

going to be a relay race from fort

64

00:03:15,509 --> 00:03:13,280

collins to steamboat

65

00:03:17,589 --> 00:03:15,519

and it's a six-person team it's about

66

00:03:18,949 --> 00:03:17,599

200 miles total we each run about the

67

00:03:21,110 --> 00:03:18,959

course six of that i'll get about 30

68

00:03:23,110 --> 00:03:21,120

some miles and we do it each to six legs

69

00:03:25,509 --> 00:03:23,120

so a total of 36 legs

70

00:03:27,030 --> 00:03:25,519

and uh and i'll do my legs up here on

71

00:03:28,470 --> 00:03:27,040

the treadmill when it's my turn now we

72

00:03:30,710 --> 00:03:28,480

have a little phone we can call back and

73

00:03:35,670 --> 00:03:30,720

forth on and we'll kind of keep in touch

74

00:03:39,509 --> 00:03:37,750

okay i got to give you a hard time about

75

00:03:41,190 --> 00:03:39,519

the the hair the new do that you're

76

00:03:46,550 --> 00:03:41,200

sporting that's one of the casualties

77

00:03:49,830 --> 00:03:48,470

yes it is it's starting to grow back it

78

00:03:51,830 --> 00:03:49,840

got a little shorter though after that

79

00:03:53,350 --> 00:03:51,840

game it was a good game i still we're

80

00:03:55,350 --> 00:03:53,360

very proud of the us team they did

81

00:03:56,949 --> 00:03:55,360

fantastic as far as i'm concerned and it

82

00:04:01,190 --> 00:03:56,959

was good to see germany actually win it

83

00:04:05,990 --> 00:04:03,429

hey uh you may not know that uh uh

84

00:04:08,309 --> 00:04:06,000

payton was just named uh by espn for the

85

00:04:12,470 --> 00:04:08,319

sb awards best nfl player you gotta give

86

00:04:15,910 --> 00:04:14,070

you bet you go broncos i don't even see

87

00:04:17,670 --> 00:04:15,920

behind me on here but there's a little

88

00:04:19,670 --> 00:04:17,680

manning jersey right there that i

89

00:04:21,509 --> 00:04:19,680

brought up with me so i'm definitely a

90

00:04:23,830 --> 00:04:21,519

huge fan as you probably know but i'm

91

00:04:27,510 --> 00:04:23,840

ready for a go broncos let's have a good

92

00:04:31,110 --> 00:04:29,590

all right solani we will see you soon my

93

00:04:32,790 --> 00:04:31,120

friend continue to stay safe up there

94

00:04:35,030 --> 00:04:32,800

and we'll continue to follow along their

95

00:04:36,469 --> 00:04:35,040

journey guys how cool is that well i've

96

00:04:39,270 --> 00:04:36,479

interviewed from the international space

97

00:04:41,830 --> 00:04:39,280

station yes i'm 100 geeking out right

98

00:04:43,110 --> 00:04:41,840

now that totally happened and i mean

99

00:04:46,629 --> 00:04:43,120

he's floating around he's got the