



1
00:00:10,310 --> 00:00:03,030
station houston are you ready for the

2
00:00:14,310 --> 00:00:11,910
that's affirmative houston ready for the

3
00:00:18,150 --> 00:00:16,230
espn radio this is mission control

4
00:00:19,349 --> 00:00:18,160
houston please call the station for a

5
00:00:21,429 --> 00:00:19,359
voice check

6
00:00:23,670 --> 00:00:21,439
several draft picks

7
00:00:25,670 --> 00:00:23,680
um it's not like station this is espn

8
00:00:27,589 --> 00:00:25,680
radio how do you hear me

9
00:00:29,349 --> 00:00:27,599
but in the nfl you can get that

10
00:00:31,429 --> 00:00:29,359
quarterback or at least keep him upright

11
00:00:33,030 --> 00:00:31,439
like the raiders in derrick carr if eli

12
00:00:35,750 --> 00:00:33,040
manny's got time to throw we've seen

13
00:00:36,950 --> 00:00:35,760

he's won super bowls so it's exciting

14

00:00:38,709 --> 00:00:36,960

stuff

15

00:00:41,350 --> 00:00:38,719

all right astronaut

16

00:00:43,430 --> 00:00:41,360

barry butch wilmore you can see him live

17

00:00:44,950 --> 00:00:43,440

on espnu he's joining us in the herd

18

00:00:47,110 --> 00:00:44,960

he's the commander

19

00:00:49,670 --> 00:00:47,120

of the international space station so

20

00:00:52,150 --> 00:00:49,680

barry i'm going to start with this

21

00:00:57,110 --> 00:00:52,160

this is a massive what is the size of

22

00:01:01,510 --> 00:00:59,830

it's actually quite enormous colin hello

23

00:01:02,470 --> 00:01:01,520

hello to you and all your listeners by

24

00:01:04,149 --> 00:01:02,480

the way

25

00:01:06,950 --> 00:01:04,159

it is it's huge it's the size of at

26

00:01:08,950 --> 00:01:06,960

least five buses connected end to end

27

00:01:10,710 --> 00:01:08,960

it's probably just about a football

28

00:01:12,550 --> 00:01:10,720

field along a football field wide if you

29

00:01:16,230 --> 00:01:12,560

count the trusses it's it's an enormous

30

00:01:16,240 --> 00:01:21,990

how fast is it currently going

31

00:01:26,749 --> 00:01:23,830

uh i checked the speedometer earlier

32

00:01:32,230 --> 00:01:26,759

colin i think it said 17

33

00:01:37,030 --> 00:01:33,830

you may want to pump the brakes there

34

00:01:39,350 --> 00:01:37,040

all right so it's zero gravity

35

00:01:41,830 --> 00:01:39,360

what does zero gravity do to you

36

00:01:43,510 --> 00:01:41,840

physically are you tired a lot does it

37

00:01:47,109 --> 00:01:43,520

make you hungry what does it do to your

38

00:01:51,030 --> 00:01:49,350

you know you know colin it i don't know

39

00:01:53,109 --> 00:01:51,040

if it's a zero gravity or the workload

40

00:01:55,109 --> 00:01:53,119

or what but the metabolism it is

41

00:01:58,230 --> 00:01:55,119

different up here i mean very different

42

00:01:59,749 --> 00:01:58,240

um i you know i can eat all that i want

43

00:02:01,590 --> 00:01:59,759

and i don't gain weight i mean it's

44

00:02:03,749 --> 00:02:01,600

bliss in that respect

45

00:02:05,350 --> 00:02:03,759

so the metabolism mine and i think most

46

00:02:07,590 --> 00:02:05,360

people that come up here it is different

47

00:02:09,350 --> 00:02:07,600

it does change um

48

00:02:11,430 --> 00:02:09,360

i know one thing you know specifically

49

00:02:13,750 --> 00:02:11,440

what it does to me physically you know

50

00:02:16,309 --> 00:02:13,760

i'm i'm 50 and

51
00:02:18,309 --> 00:02:16,319
you know i've got wrinkles uh on earth

52
00:02:20,390 --> 00:02:18,319
you know sagging here and there but in

53
00:02:21,670 --> 00:02:20,400
space you know you've got a fluid shift

54
00:02:23,270 --> 00:02:21,680
you don't have gravity pulling the fluid

55
00:02:25,110 --> 00:02:23,280
to your lower extremities the fluid kind

56
00:02:27,190 --> 00:02:25,120
of goes around your body and the

57
00:02:32,550 --> 00:02:27,200
wrinkles disappear and the joint aches

58
00:02:37,750 --> 00:02:35,190
wow same reason people move to flora so

59
00:02:39,270 --> 00:02:37,760
how do you sleep how do you float like

60
00:02:43,589 --> 00:02:39,280
right now you're floating how do you

61
00:02:47,350 --> 00:02:45,190
yeah i have a little crew quarters that

62
00:02:50,630 --> 00:02:47,360
i actually sleep in it's it's about the

63
00:02:53,110 --> 00:02:50,640

size of a large coffin i guess um

64

00:02:54,550 --> 00:02:53,120

and in that in that crew quarters i can

65

00:02:55,990 --> 00:02:54,560

push against the wall with my feet and

66

00:02:58,949 --> 00:02:56,000

like put my back against the wall and

67

00:03:02,070 --> 00:02:58,959

kind of stabilize myself but i do prefer

68

00:03:03,830 --> 00:03:02,080

just to float in there and uh

69

00:03:05,670 --> 00:03:03,840

initially because there's air moving

70

00:03:08,149 --> 00:03:05,680

initially you bounce very gently against

71

00:03:09,830 --> 00:03:08,159

the wall but eventually as you float a

72

00:03:14,790 --> 00:03:09,840

while you sort of stabilize out and you

73

00:03:19,030 --> 00:03:16,630

so

74

00:03:20,949 --> 00:03:19,040

do you know if it's night or day where

75

00:03:23,030 --> 00:03:20,959

you're at i mean if you're traveling at

76

00:03:25,350 --> 00:03:23,040

how many miles an hour as you said

77

00:03:27,270 --> 00:03:25,360

you're going around space do you know

78

00:03:31,589 --> 00:03:27,280

where you're at is it night is it day

79

00:03:36,949 --> 00:03:34,070

not at all i mean we you know we get 17

80

00:03:38,869 --> 00:03:36,959

excuse me 16 sunrises and sunsets a day

81

00:03:40,630 --> 00:03:38,879

and cycling through that day night cycle

82

00:03:42,789 --> 00:03:40,640

is is beautiful when you look out the

83

00:03:44,949 --> 00:03:42,799

window the colors as sunrises and the

84

00:03:47,830 --> 00:03:44,959

sun sets it's just thrilling i mean

85

00:03:49,670 --> 00:03:47,840

absolutely amazing but we stay on a

86

00:03:52,949 --> 00:03:49,680

cycle we're gmt time where you know i'm

87

00:03:54,869 --> 00:03:52,959

on london time basically and uh you know

88

00:03:56,070 --> 00:03:54,879

we don't always have the opportunity to

89

00:03:57,910 --> 00:03:56,080

look out the window so we keep the

90

00:03:59,910 --> 00:03:57,920

lights on during the daytime so it sort

91

00:04:01,350 --> 00:03:59,920

of keeps our circadian rhythm in check

92

00:04:02,869 --> 00:04:01,360

and we turn them off at night and that

93

00:04:06,309 --> 00:04:02,879

that that just keeps us on a normal

94

00:04:14,869 --> 00:04:08,710

like like

95

00:04:18,310 --> 00:04:16,789

you know colin i've i've been alone up

96

00:04:19,990 --> 00:04:18,320

here for two weeks because we've got a

97

00:04:21,990 --> 00:04:20,000

launch coming up on sunday and i got

98

00:04:23,830 --> 00:04:22,000

some crewmates that'll join me but uh

99

00:04:25,749 --> 00:04:23,840

the two weeks no not lonely at all it's

100

00:04:27,430 --> 00:04:25,759

such a unique place colin i mean it's

101
00:04:29,830 --> 00:04:27,440
it's it's thrilling it's

102
00:04:31,590 --> 00:04:29,840
it's it's it's there's so much

103
00:04:34,230 --> 00:04:31,600
difference than normal life that what

104
00:04:35,830 --> 00:04:34,240
you're used to that uh you know those

105
00:04:37,749 --> 00:04:35,840
emotions of loneliness and whatnot they

106
00:04:39,590 --> 00:04:37,759
haven't affected me at all no there's

107
00:04:43,990 --> 00:04:39,600
too much other things to be you know

108
00:04:48,310 --> 00:04:46,150
by the way this is the commander of the

109
00:04:50,310 --> 00:04:48,320
international space station butch

110
00:04:52,230 --> 00:04:50,320
wilmore barry butch wilmore who's a

111
00:04:54,150 --> 00:04:52,240
sports fan and we're a fan we're doing

112
00:04:56,870 --> 00:04:54,160
this live right now

113
00:04:58,710 --> 00:04:56,880

they are traveling um at a speed i don't

114

00:05:00,870 --> 00:04:58,720

recall but it would get you several

115

00:05:02,790 --> 00:05:00,880

tickets down here on earth uh for the

116

00:05:04,230 --> 00:05:02,800

record did you hear the raiders one last

117

00:05:07,990 --> 00:05:04,240

night we're not sure how fast you get

118

00:05:12,310 --> 00:05:10,790

i did uh we do have some live uplinks so

119

00:05:13,590 --> 00:05:12,320

you know i can watch some live games

120

00:05:15,430 --> 00:05:13,600

it's a little late for me to watch the

121

00:05:16,870 --> 00:05:15,440

night games uh so i don't watch those

122

00:05:19,430 --> 00:05:16,880

live but i get some uplink you know i'm

123

00:05:21,430 --> 00:05:19,440

a big sec fan i love to watch sec so

124

00:05:23,749 --> 00:05:21,440

usually i tell them to step up the sec

125

00:05:26,230 --> 00:05:23,759

games on saturdays and they also uh i

126

00:05:27,830 --> 00:05:26,240

watch a little texas christian tcu uh

127

00:05:31,110 --> 00:05:27,840

horn frogs as well i watch those guys

128

00:05:34,550 --> 00:05:32,629

yeah they've been complaining down here

129

00:05:36,790 --> 00:05:34,560

about sec bias i'm not sure if there's

130

00:05:38,469 --> 00:05:36,800

sec bias in space i'll ask that the next

131

00:05:40,230 --> 00:05:38,479

time you're on the show but how did you

132

00:05:41,830 --> 00:05:40,240

become an astronaut you don't major in

133

00:05:45,909 --> 00:05:41,840

astronaut how did you what can you give

134

00:05:49,830 --> 00:05:47,670

i'll try to make it short i joined the

135

00:05:51,430 --> 00:05:49,840

navy i had a patriotic tug to do my part

136

00:05:53,430 --> 00:05:51,440

for my country i'm still active duty i'm

137

00:05:55,350 --> 00:05:53,440

a captain in the navy um went through

138

00:05:57,749 --> 00:05:55,360

the wickets was able to make it to test

139

00:05:59,990 --> 00:05:57,759

pilot school and it's kind of a wicket

140

00:06:01,430 --> 00:06:00,000

for at the time but to be selected as a

141

00:06:03,830 --> 00:06:01,440

shuttle pilot you had to kind of hit

142

00:06:05,670 --> 00:06:03,840

that wicket and had a you know went to

143

00:06:07,430 --> 00:06:05,680

school studied hard got an advanced

144

00:06:09,110 --> 00:06:07,440

degree or two and then made application

145

00:06:14,309 --> 00:06:09,120

and eventually nasa selected me so

146

00:06:18,309 --> 00:06:16,629

um you can you control your spinning

147

00:06:22,790 --> 00:06:18,319

here like if you want to spin can you do

148

00:06:27,270 --> 00:06:24,550

yeah i always wanted to do a back flip

149

00:06:29,189 --> 00:06:27,280

calling but on earth i can't but here

150

00:06:30,550 --> 00:06:29,199

it's sweet

151
00:06:31,909 --> 00:06:30,560
also something else i wanted to show you

152
00:06:33,510 --> 00:06:31,919
you know it's basketball season you're

153
00:06:35,990 --> 00:06:33,520
not wearing we always talk about how

154
00:06:37,110 --> 00:06:36,000
high can you jump

155
00:06:38,550 --> 00:06:37,120
i was going to say it's basketball

156
00:06:39,749 --> 00:06:38,560
season you're concerned about how high

157
00:06:45,590 --> 00:06:39,759
you can jumping on earth i've got about

158
00:06:51,350 --> 00:06:47,430
and sorry your radio listeners can't see

159
00:06:57,589 --> 00:06:53,189
wow you're like dominant i'm the king of

160
00:07:03,350 --> 00:06:59,510
how come you're not wearing shoes what's

161
00:07:06,150 --> 00:07:04,870
well you know that's something colin the

162
00:07:08,070 --> 00:07:06,160
bottom of my feet everybody's got

163
00:07:09,510 --> 00:07:08,080

calluses on their feet and i've only

164

00:07:10,710 --> 00:07:09,520

been here two months and my calluses on

165

00:07:12,790 --> 00:07:10,720

the bottom of my feet are completely

166

00:07:14,230 --> 00:07:12,800

gone because i don't walk on them

167

00:07:15,909 --> 00:07:14,240

and now because you know these hand

168

00:07:17,589 --> 00:07:15,919

rails you see these handrails that i'm

169

00:07:19,749 --> 00:07:17,599

holding now and we always grab it with

170

00:07:22,309 --> 00:07:19,759

our feet i'm actually getting callouses

171

00:07:23,830 --> 00:07:22,319

on the tops of my feet now because i

172

00:07:29,029 --> 00:07:23,840

always grabbing the handrails with my

173

00:07:32,629 --> 00:07:30,790

and finally

174

00:07:34,870 --> 00:07:32,639

airlines make sure they don't show

175

00:07:36,230 --> 00:07:34,880

certain movies on planes like like

176

00:07:37,990 --> 00:07:36,240

you're not going to watch gravity

177

00:07:41,110 --> 00:07:38,000

tonight or alien or anything like that

178

00:07:47,670 --> 00:07:43,029

you're absolutely right i will not be

179

00:07:51,990 --> 00:07:50,390

well i appreciate it we're big fans uh

180

00:07:54,150 --> 00:07:52,000

this has been an absolute pleasure for

181

00:07:56,710 --> 00:07:54,160

me astronaut navy captain barry butch

182

00:07:58,710 --> 00:07:56,720

wilmore who uh flew the space shuttle

183

00:08:00,309 --> 00:07:58,720

atlantis piloted that we really

184

00:08:01,830 --> 00:08:00,319

appreciate you stopping by this has been

185

00:08:04,469 --> 00:08:01,840

an absolute pleasure for me and our

186

00:08:07,430 --> 00:08:05,909

oh it's been a huge pleasure for me

187

00:08:09,029 --> 00:08:07,440

colin thanks for thanks for doing this

188

00:08:12,550 --> 00:08:09,039

this has been great hello to all your

189

00:08:19,749 --> 00:08:15,189

all right there you go that is uh i i

190

00:08:26,710 --> 00:08:21,830

station this is houston acr that

191

00:08:32,469 --> 00:08:30,150

thank you espn radio station we will