



Swim the Big Blue
<http://bensmiles.co.uk/>

The great challenge, ultra-long distance ocean swimming. A hundred years ago swimming across the Atlantic, a 2000 mi journey, would have been impossible. First, our understanding of oceanography, prevailing currents, and human physiology have since advanced tremendously providing a foundation to work from. Second, swimming the Atlantic requires a sophisticated team to provide support to endure the elements. Prolonged exposure to the ocean is a recipe for hypothermia. Selecting the appropriate time of year and wearing a proper wetsuit is essential for maintaining an adequate core body temperature. And third, the athlete needs protection from sharks and jelly fish to survive.

Swim the Big Blue - Ben Hooper is taking on the challenge. Two thousand miles from Senegal West Africa to Natal, Brazil. An inspiration for humanity.

