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Swimming to Antarctica: Tales of a Long-Distance Swimmer

Lynne Cox

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Swimming to Antarctica: Tales of a Long-Distance Swimmer Lynne Cox
Now in paperback, with photos and maps added especially for this new edition, here is the acclaimed life story of a woman whose drive and determination inspire everyone she touches.

Lynne Cox started swimming almost as soon as she could walk. By age sixteen, she had broken all records for swimming the English Channel. Her daring eventually led her to the Bering Strait, where she swam five miles in thirty-eight-degree water in just a swimsuit, cap, and goggles. In between those accomplishments, she became the first to swim the Strait of Magellan, narrowly escaped a shark attack off the Cape of Good Hope, and was cheered across the twenty-mile Cook Strait of New Zealand by dolphins. She even swam a mile in the Antarctic.

Lynne writes the same way she swims, with indefatigable spirit and joy, and shares the beauty of her time in the water with a poet's eye for detail. She has accomplished yet another feat--writing a new classic of sports memoir.

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