

**Ocean Challenge Live!—The Vendee Globe
Solo, non-stop, around-the-world race**

WEEK

1 Following Your Dreams

Race Online at **Sitesalive.com**

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**By Rich Wilson, Skipper
Aboard *Great American III***

The Vendée Globe race instructions state simply: start at Les Sables d'Olonne (France), leave Cape of Good Hope (South Africa) to port, leave Cape Leeuwin (Australia) to port, leave Cape Horn (Chile) to port, leave Antarctica to starboard, finish at Les Sables d'Olonne; 26,000 miles, 100 days, solo, non-stop, without assistance, in 60' sailboats.

Thirty sailors—men and women—are entered from seven countries. The fleet includes the best and toughest sailors in the world. They are friendly with and respectful of each other, perhaps because they know that if they have a problem deep in the Southern Ocean, thousands of miles from land, a rescuer

will likely be a competitor, as has happened before.

I have followed this race in the past, but always shied away; it was too hard, too long, and too dangerous. What changed? My attitude. A young boy, in the crowd of thousands on the dock, put it best by simply saying in French “C’est important a participer.” It is important to participate. And that’s why I’m here even though I’m the only American, the oldest skipper at 58, and not one of the favorites to win.

Equally important to me is the chance to connect with students and families around the world with this Newspapers In Education program and our website. For me at sea, the science, geography, math, and history will all be living topics. It will be a great adventure. Welcome Aboard!



Love, Act, Discover and Innovate

**By Dr. Dava Newman, Professor of
Aeronautics and Astronautics and
Engineering Systems, MIT**

My motto for teaching aerospace biomedical engineering at MIT is “Love, Act, Discover, and Innovate”, and this motto has guided me in my own life.

I grew up in Helena, Montana, and I LOVED learning, sports, and nature. After watching the Apollo astronauts, I dreamt that one day I would explore the world. I ACTED by attending Notre Dame and majoring in aerospace engineering. Afterwards, I went to graduate school at MIT and became a professor. Now I have the dream job of teaching engineering, I have trained astronauts and cosmonauts, and I have flown four space-flight experiments in space.

In our latest INNOVATION at MIT, I have helped create a spacesuit for Mars exploration, a second skin called BioSuit™, which, remarkably, is inspired by giraffes and armadillos.

Regarding the Vendée Globe, I have DISCOVERED that space flight and sailing have much in common. Both activities take place in extreme environments, and as an astronaut or sailor you need to have all of your food, spare parts, navigation, and communications onboard. You must keep your heart, bones, muscles, and senses healthy, and you have to be creative, resourceful and find unique solutions during emergencies.

My dreams have come true. I hope you will dream, love, act, discover and innovate, too!

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