

# Lewis Gordon Pugh

OCEAN SWIMMER



Lewis Gordon Pugh holds world records for swimming in the planet's coldest seas. A swim in 29° Fahrenheit water can drop his core body temperature 10° F. Most of us would die.

Born in England and raised in South Africa, he's been swimming for 21 years all over the globe. "In that short time I've seen the oceans change," he says. It's particularly noticeable in the Arctic Ocean, where he has swum and kayaked for the last seven years in a row.

"I've seen glaciers retreat up valleys. I've swum in places where there used to be glaciers. But the biggest change is the sea ice. Every year it's getting thinner and thinner, and less and less," he says.

To draw international attention to the dramatic changes he was witnessing, in 2007 Lewis did a 0.62 mile symbolic swim