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MAY 3

Posted 9:13am

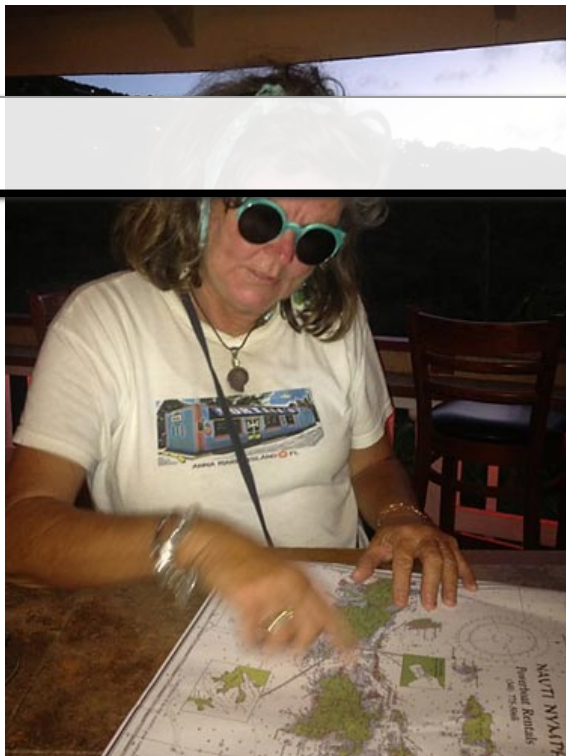
Training in St. Thomas



Part of loyal **Xtreme Dream** team here in St Thomas with me.

ARCHIVES

- > [Blog Archives 2012](#)
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Dee Brady charts a course for our first 12-hour excursion.



John and Pauline Berry organize a long day, making sure all our provisions, meds, are in order.



We start out in pristine [Megan's Bay](#). Friday will be over to St John and into protected National Park waters. Haven't decided on Sunday yet.

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About this capture



May be true that once your head is down and you're pressing for 12 hours, exerting and trying with crew to deal with jellyfish and seasickness and keeping up fluids and calories, you may not notice where you are.

But the last four years of training, from the spectacular Sea of Cortez off La Paz, Mexico, to the azure ocean of St Maarten (*I have loved the goal of going from St Maarten to Anguilla and back*) to the wild strong current off Puerto Morelos, Mexico to the gentle quiet off Key West to this idyllic oil painting St. Thomas and the surrounding Virgin Islands....each place has been a natural privilege to behold and swim through....and each place has brought me closer to friends and colleagues and the citizens of these places who all share the love of the sea.



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P.S. Have you signed up for my [7 Day Reboot](#)? Hop in! It's Free!

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