

http://diananyad.com/fran-crippen-in-memorial/598/

Go

OCT

JAN

MAY

18

2010

2011

2012

About this capture

3 captures

30 Oct 2010 - 25 May 2011

Diana Nyad Extreme Dream

BRAVABODY

PHOTOS

THE DREAM

ABOUT

PARTNERS

SWIMSUIT

BLOG

DONATE!

25
OCT

Fran Crippen in Memoriam



Fran Crippen lost his life in an open-ocean competition this week-end. He was competing in the UAE where water temperatures reportedly hit 86, but some of the competitors and their coaches claim it was closer to 90.

As of this writing, cause of death has not yet been determined but we can be safe in assuming a connection between the extreme warmth of the water and the level of exertion was the culprit. Fran was world-class, one of the seasoned ocean swimmers on the planet. He had realistic sights on the 2012 Olympic Team for the 10k open water event. To say he was in impeccable shape, highly trained, is an understatement. But even the fittest heart can suffer when working near 100% effort in extreme heat. This past summer, in preparing for the swim from Cuba to Florida that was postponed to next summer because of heavy winds, I did a 24-hour non-stop training swim in the Florida Straits. The water temperature was 88-to- 90 throughout. For the actual Cuba swim, which on paper might take me some 60-plus hours, 89 will eventually become life-saving. To be immersed in a liquid below one's normal body temperature eventually leads to hyperthermia, no matter how warm it seems in the beginning.

But even for a long stretch such as 24 hours, 89 was too warm. I finished but was in an extreme state of dehydration at the end. My veins lay absolutely flat. The doctor on board administered four liters of IV fluid before I came back to consciousness. Now you can just imagine the speed at which I was swimming, the effort I was putting out, over a 24-period. I was working, strong on each stroke, but it was naturally a paced stroke.

Fran and his peer group, although 10k in the ocean is the longest event in U.S. Swimming's line-up, go very hard from the first stroke to the last. They are in heated competition and you only have to look at the video to see that this is not a stroll. The thing is, unlike runners who are used to bringing down the pace if the day is too warm, these swimmers hit their high exertion level, no matter the water conditions. Many cry today that the race organizers were wrong to let the event take place in such warm waters. I disagree. The athletes have to adjust to the conditions.

Fran Crippen was more than a great champion in the water. People are commenting from far and wide that he was a magnanimous, generous friend who lived every day as if he had just won an Olympic Gold Medal.

Diana Nyad

facebook

twitter

Join the conversation

Donate



My heart goes out to a fellow ocean "sprite". Fran Crippen, know that we all remember you as we play among the waves.

[3 captures](#)
30 Oct 2010 - 25 May 2011

Extreme Dream. For Diana Nyad's representation please contact Pam Derderian

OCT

JAN

MAY

◀

18

▶

2010

2011

2012

About this capture