



## daily GOOD

My success is not assured, for obvious reasons, but the challenge is there, and I will be 70 only once. If I am not willing to take the challenge and the risk, I will never know what I am capable of doing. --George Brunstad

### Swimming the English Channel

George Brunstad arrived on the French beach of Sangatte just after 0100 BST on Sunday, after 15 hours and 59 minutes in the water. The retired US airline pilot, uncle of Hollywood star Matt Damon, set off from Dover on Saturday morning for the gruelling 21-mile swim and raised \$11,000 for children in Haiti. At age 70, he also set the world record for the oldest man to conquer the English Channel.

### Be The Change:

Support the charity that George swam for.