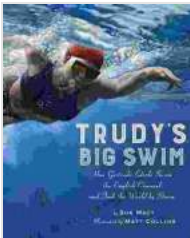


How Gertrude Ederle Swam The English Channel And Took The World By Storm



Trudy's Big Swim: How Gertrude Ederle Swam the English Channel and Took the World by Storm by Sue Macy

★★★★☆ 4.7 out of 5

Language : English

File size : 48876 KB

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Print length : 40 pages



On August 6, 1926, Gertrude Ederle made history by becoming the first woman to swim across the English Channel. Her swim was a

groundbreaking achievement for women in sports and captured the attention of the world.

Ederle was born in New York City in 1905. She began swimming at a young age and quickly developed a passion for the sport. She trained tirelessly and set several world records in the pool.

In 1925, Ederle set her sights on the English Channel. No woman had ever successfully crossed the channel, and Ederle was determined to be the first. She trained for months and developed a special swimming suit that would protect her from the cold water.

On August 6, 1926, Ederle set off from Cap Gris-Nez, France. She was accompanied by a team of support boats and a crew of swimmers. The weather was rough, and Ederle faced strong currents and high waves.

Ederle swam for 14 hours and 31 minutes. She was exhausted and had to be pulled from the water by her support boats. However, she had made history. She was the first woman to swim across the English Channel and her achievement was celebrated around the world.

Ederle's swim was a major victory for women in sports. It showed that women were capable of achieving anything men could achieve. Her swim also inspired other women to pursue their dreams.

After her swim, Ederle continued to compete in swimming. She won several more world records and competed in the 1928 Olympics. She retired from swimming in 1934 and became a coach.

Ederle died in 2003 at the age of 98. She is remembered as one of the greatest swimmers of all time and her legacy continues to inspire women around the world.

Gertrude Ederle's Training

Ederle trained for her swim across the English Channel for months. She swam every day, often for hours at a time. She also did weight training and other exercises to build strength and endurance.

In addition to her physical training, Ederle also spent time studying the English Channel. She learned about the currents, tides, and weather patterns. She also practiced swimming in cold water.

Ederle's training was so intensive that she lost 20 pounds before her swim. However, she was determined to be successful and never gave up.

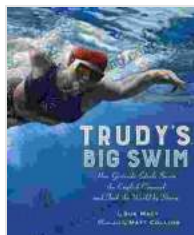
The Impact of Gertrude Ederle's Swim

Ederle's swim across the English Channel had a major impact on women in sports. It showed that women were capable of achieving anything men could achieve. Her swim also inspired other women to pursue their dreams.

In the years following her swim, Ederle became a role model for women around the world. She was featured in magazines and newspapers and gave speeches to encourage other women to achieve their goals.

Ederle's legacy continues to inspire women today. She is a reminder that anything is possible if you set your mind to it.

Gertrude Ederle was a pioneer for women in sports. Her swim across the English Channel was a groundbreaking achievement and inspired women around the world. Ederle's legacy continues to inspire women today and she is remembered as one of the greatest swimmers of all time.



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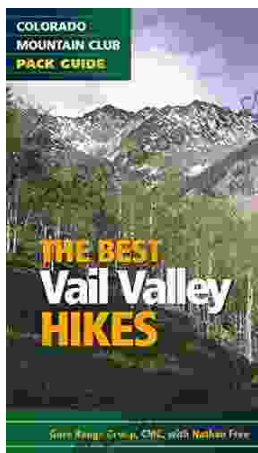
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