"Madfish" Attempts Record Swim Around Manhattan

Ultra swimmer makes her second butterfly attempt around Manhattan Island

Aston, PA (PRWEB) July 13, 2011 -- Rewind six years ago to the day, Julie Bradshaw long distance swimmer, readies herself to become the first female to swim the butterfly stroke 28.5 miles around Manhattan Island. Just miles from her destination she's forced to abort her attempt due to Summertime storms and heavy lightening. Undeterred, the "Madfish" returns this Saturday July 16th to reclaim her position in long distance swimming history.

No stranger to difficult swims, Julie swam the heavily trafficked English Channel at the tender age of 15 setting a Junior record that still stands today. She swam the Channel again in 2002 doing only the butterfly stroke, besting the previous record by over nine hours.

So how does Julie train for these extreme swims; surprisingly from her own backyard in Loughborough England. Averaging over 10 rainy days a month and only 6 hours of sunlight a day in the middle of Summer, it's an unlikely location. But with the help of an Endless Pool®, a compact pool with an adjustable speed swim current, Julie can swim hours a day without stopping. "You've got to be focused and have a positive mental attitude, explains Bradshaw. I'll swim for an hour and it'll feel like five minutes." In fact, Julie is known to swim upwards of eight hours a day in preparation for her swims, earning her the nickname “Madfish”.

For more on Julie's swim visit the NYC Swim website or visit her personal page here. For more information on Julie's training pool visit http://www.endlesspools.com/ or follow Endless Pools, Inc. on Facebook

Endless Pools, Inc., headquartered in Aston, PA, a suburb of Philadelphia, was founded in 1988 by James Murdock to manufacture and sell counter-current swimming pools for residential and commercial use. Over the last twenty-two years, more than 16,000 Endless Pools have been sold and installed in the United States and worldwide.

Dr. Julie Bradshaw MBE is a qualified Teacher and Swimming Teacher and lectures part-time at Loughborough University in the Sport and Exercise Department. She is also a Professional Psychological Therapist/Counselor, and a Coach and Trainer of NLP, Time Line Therapy and Hypnosis. Julie is a member of the British Association of Counseling and Psychotherapy (BACP) and is CRB checked. In her spare time Julie is Secretary of the Channel Swimming Association Ltd, where she shares her experience and expertise, enabling swimmers to achieve their dream of swimming the English Channel.

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