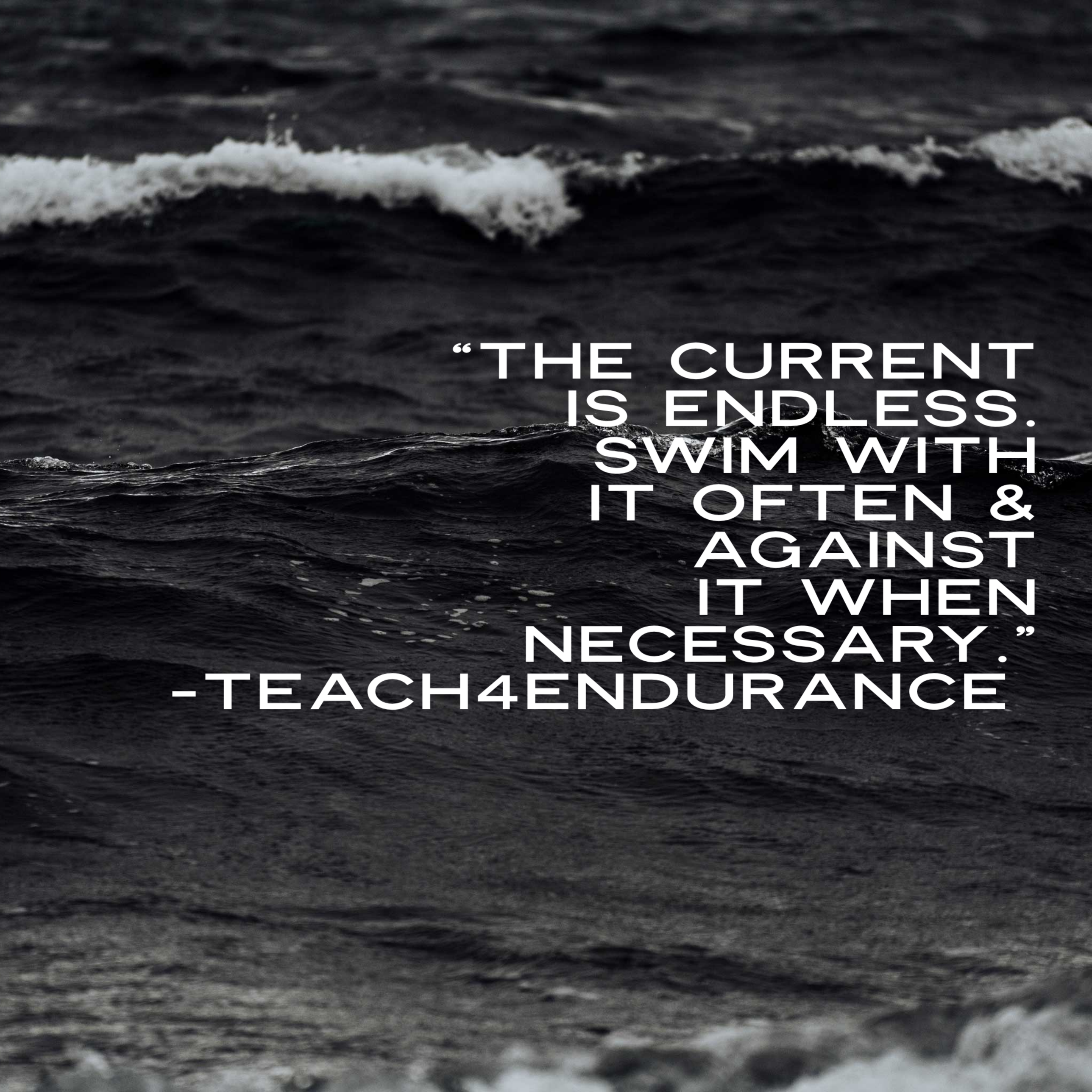
“THE CURRENT
IS ENDLESS.
SWIM WITH
IT OFTEN &
AGAINST
IT WHEN
NECESSARY.”
-TEACH4ENDURANCE