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About this capture

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APR 30 Posted 1:22am

BRAVO to Jason Collins

The locker rooms, the showers of male professional team sports....the hallowed last bastion of American machismo...have just been bust open, forever evolved, by one brave NBA center named Jason Collins.

[READ MORE](#)

APR 23 Posted 3:26pm

The NYAD 48 Hour Times Square Swim For Hurricane Sandy Relief

The 24-HOUR pool swim in Palm Springs was a bonding community experience. But it was also training for NYAD 48...

[READ MORE](#)

APR 18 Posted 12:19am

Come Swim With Me This Weekend

I'll be swimming 24 HOURS nonstop this week-end in a gorgeous Palm Springs pool. Stunning setting, mountains circling at 360 degrees.

[READ MORE](#)

APR 16 Posted 12:24pm

Boston Heartache

We, the citizens of the world, are heartbroken for the good people of Boston today.

[READ MORE](#)

APR 15 Posted 3:33pm

Tiger....The Thrill Is Gone

Were you rooting for Tiger through this week-end's Masters tournament? Were you rooting against him? Or did you basically not care?

[READ MORE](#)

MAR 29 Posted 4:49am

Robin Roberts will receive the Arthur Ashe Courage Award

It was announced this week that Robin will soon receive the Arthur Ashe Courage Award. What a fitting recognition for a woman we collectively embrace as a National treasure.

[READ MORE](#)

ARCHIVES

- > [Blog Archives 2012](#)
- > [Blog Archives 2011](#)
- > [Blog Archives 2010](#)

MAR 29 Posted 4:26am

Same Sex Marriage Center Stage: The Train is Moving Rapidly Down the Tracks of America

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MAR 28 Posted 1:53am

Guest Blog: Angela Madsen

Living Life Large and chasing our dreams can take on many different forms. For some, it is accomplishing an epic feat of physical endurance, and for others it is living a life full of joy and meaning despite a string of tragic events. For some, it is both.

 [READ MORE](#)

MAR 9 Posted 1:59pm

Come on My Morning Walk! Tuesday March 12th, 8:30am CDT

Want to Take You on My Morning Walk, Won't You Come?

 [READ MORE](#)

MAR 7 Posted 12:36pm

The Other Shore World Premiere SXSW

If you live in Austin, I want to meet you at SXSW!

 [READ MORE](#)

MAR 7 Posted 11:11am

Calling All Guest Bloggers

et's hear your stories. Do tell.

Not too long. Shall we say under 800 words?

We'll field your entries and choose to post what we consider interesting and what might touch our Xtreme Dream fans.

I'm terribly excited to get reading. So get writing.

 [READ MORE](#)

MAR 4 Posted 2:07pm

Guest Blog: Karen Austin

Every single one of us has both exciting potential and challenging limitations. It's up to each individual to deem what's possible, what's going to demand tremendous internal resolve, what in the end is going to make that individual proud and fulfilled.

 [READ MORE](#)

MAR 4 Posted 12:34am

Guest Blog: Pulmonary Specialist Dr. Gerald Markovitz

The wide-ranging excitement of discovery and learning drives the heartbeat of the Cuba Xtreme Dream expedition. In literally hundreds of areas, the education curve has been dynamic and stimulating.

 [READ MORE](#)

FEB 22 Posted 11:51am

Catherine Opie: A Life Of Total Immersion

Catherine Opie is widely known as one of today's preeminent fine arts photographers. At the young age of 46, just a few years ago, an astoundingly impressive range of Cathy's Opie's

illustrious career was on glorious display in a 4-story retrospective of her entire body of work at the renowned Guggenheim Museum.

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About this capture

FEB 6 Posted 10:55am

Thank you Hillary Clinton

Whether from the blue or the red side of the political divide, you may harbor a high regard for the service rendered by Hillary Clinton as Secretary of State over these past, troubled years.

 [READ MORE](#)

FEB 4 Posted 1:11pm

Super Bowl 2013 Surpassed The Hype

his was one Super Bowl that lived up to the hype. No, if possible, this one surpassed the hype.

 [READ MORE](#)

FEB 1 Posted 4:35pm

At The Go Red Women's Leadership Breakfast

With Morgan Stanley Smith Barney in NY today at the Go Red Women's Leadership Breakfast. People thirsty to hear rousing stories of living a worthwhile life.

 [READ MORE](#)

FEB 1 Posted 1:10pm

Sports Make for HOME AWAY FROM HOME

There are passionate and unique communities of sport all over the U.S. (all over the world) ---- fans of certain teams, certain cities, who gather far away from home in unified spirit for their old home team.

 [READ MORE](#)

JAN 25 Posted 10:34am

Missing Scout

Grieving comes with an ironic edge in that, as painful as the loss cuts, there is also bittersweet longing for the sharp, fresh memories as they begin to fade with time and healing.

 [READ MORE](#)

JAN 24 Posted 9:52am

Beyonce Lip Syncing

These are pros, delivering for the audience on the day, to the best of their abilities. Elements, such as freezing temperatures, dictate their decisions as to how to best come through, for the President, for the crowd. Come on, people, this is edgy, breaking news????"

 [READ MORE](#)

JAN 21 Posted 2:24pm

Obama's Inauguration

I was surprised by the emotion I felt, tears flowing, at the powerful rendition of The Battle Hymn of the Republic today.

President Obama shed a tear with the emotion of those voices, those words His Truth is Marching On, too.

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▼ About this capture

LANCE: The Cold Untruth

The list of heinous behaviors is long and sordid. We learned very little of what Lance actually did over the course of his career, as he sat in that chair and faced Oprah. But we learned a great deal about who this man is.

 [READ MORE](#)

JAN 18 Posted 9:55am

Lance Armstrong's Confession

I am flooding with thoughts and emotions re Lance. Interviewed him several times over the years. Spent five years traveling the world on the Drugs in Sport story. Waiting for Part 2 of Oprah Friday night to solidify an overall opinion.

 [READ MORE](#)

JAN 14 Posted 11:07am

Campaign To End Gun Violence

The campaign to end gun violence has an action vision, called Demand a Plan. They are just 50,000 signatures short of one million for their petition to Congress. Our Team here at Xtreme Dream alone could push them over the million mark.

 [READ MORE](#)

JAN 12 Posted 11:22am

Losing Haley

My friends Kelly and Jourdan, just days before Scout's final moment, lost their Haley. Allow me to share their good-bye, which expresses so succinctly what draws us all to these special beings.

 [READ MORE](#)

JAN 12 Posted 10:52am

3rd Day Without Scout

Our family has been a happy three all this time. Now we are two. We are sad. Yet we are grateful. Grateful that Scout was such a delightful and devoted companion. Grateful we have each other.

 [READ MORE](#)

JAN 9 Posted 5:05pm

Scout

She was born August, 2005, on the streets of Turks and Caicos. There were six puppies. The mother was poisoned and died that first night. Three of her pups didn't make it through the night.

 [READ MORE](#)

JAN 1 Posted 4:52pm

A Joyous and Bounteous 2013

None of us are immune to the holiday cliches: "hopes for joy, happiness, peace". Yet my hope for my own upcoming year and thus I swing that hope over to you as well is for awareness....

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DEC 21 Posted 8:02pm

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Loss Of Our Loved Ones

The crisis of my dog Scout's health at this New Year's time catapults a life lesson to the forefront of my days this end of 2012.

 [READ MORE](#)

DEC 22 Posted 11:11pm

Demand A Plan

As President Obama puts it, we cannot stop all violence in this country. But Connecticut, the children, have pushed us to a tipping point. We the public must stand up.

 [READ MORE](#)

DEC 15 Posted 7:51pm

After Sandy Hook School Shooting, Answers Escape Us

We are a country once again immersed in collective grief. The questions abound. The answers escape us.

 [READ MORE](#)

DEC 12 Posted 8:49pm

TEDxBerlin 2012 "Crossing Borders"

I was privileged to speak at TEDx Berlin over the Thanksgiving holiday. The theme of this particular conference was Crossing Borders...

 [READ MORE](#)

DEC 1 Posted 12:19pm

Euthanasia: A Moment of Grace and Heartache

My dog Scout, only just 7, has entered into end stage renal failure. It won't be long now. No matter the daily chores, I find myself in that otherworldly, preoccupied state of heartache. My vet told me yesterday that I need to prepare to say good-bye.

 [READ MORE](#)

DEC 1 Posted 12:10pm

Berlin: Fascinating Epicenter of European History

As well-traveled as I like to think I am, I had never had the chance to visit this fascinating epicenter of European history. As they say in German: "Shöne Tag"....have a beautiful day.

 [READ MORE](#)

DEC 1 Posted 12:04pm

Visit to Berlin's Holocaust Memorial and Roma Holocaust Memorial

The memorial to the six million Jews who perished is an expanse of some 3,000 stone blocks, each one a different size, respectfully reflecting the unique individuals, each one, who lost their lives to Hitler's unconscionable perversions.

 [READ MORE](#)

NOV 29 Posted 10:12am

Are you hooked into TED Talks yet?

The TED experience online is a brilliant opportunity for all of us to tune into the prestigious TED speakers throughout the conference history, back to 1990. You can literally spend 15 quality minutes at a time and hear every speaker who has ever presented from the TED stages.

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NOV 26 Posted 12:45pm

Giving Thanks

There are currently some 7 billion people on this planet of ours. About half live in sheer survival mode. Water, mere drops of clean water, are hard to come by. For the rest of us, we suffer varying degrees of hardships but we are largely fortunate enough to have choices. We are the lucky ones.

[READ MORE](#)

NOV 16 Posted 4:35pm

Vietnam Remembrance

We are living the year of the 50th Anniversary of the beginning of the Vietnam War. And this week, we find ourselves at the 30th Anniversary of the Vietnam Veterans Memorial.

[READ MORE](#)

NOV 12 Posted 5:45pm

Xtreme Dream Supporters

How proud it makes me to show up at an event to give a speech and find good people wearing the Xtreme Dream shirt....

[READ MORE](#)

NOV 12 Posted 5:37pm

Women Spoke Volumes On Election Day

Let's all of us get behind the President and follow the JFK lead (what can we do for our country?)....and let's be proud and secure that we the people have spoken in terms of women's rights to the decisions around our own bodies.

[READ MORE](#)

NOV 5 Posted 10:20am

Alexandra Hedison's Photography Show

My dear friend Alexandra Hedison opened her new photography show in LA last night. Stirring images.

[READ MORE](#)

NOV 2 Posted 9:13pm

Congrats to Mayor Bloomberg

Mayor Bloomberg could have intellectually argued the points that would have backed up a decision to continue the city's beloved event but he abandoned intellect and chose heart.

[READ MORE](#)

NOV 2 Posted 2:02pm

NO to NYC Marathon 2012

Now that we are five days into escalating distress---people without homes, without water, without food, without gas, without electricity, without heat in sub- freezing temperatures---it is

patently absurd to think that running a sporting event that takes police personnel, thousands of volunteers, closing of bridges that are already strained makes any sense.

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WOMEN STAND UP!

Only six days until Election Day. It's CRISIS TIME. Women, and those of you good men in support of women's rights, come on now, we must stand up for President Obama.

 [READ MORE](#)

OCT 31 Posted 2:27am

Red Cross Hurricane Sandy Disaster Relief

Frustrating from far away not to be able to directly help the literally millions in need as Hurricane Sandy has caused so much destruction, even loss of lives.

 [READ MORE](#)

OCT 25 Posted 4:44pm

USAT Art and Science of Triathlon International Coaching Symposium

...the sport of triathlon has taken off like a rocket ship. Just think about your own circle of colleagues and friends. Don't you know minimum a handful of folks who are training for their first triathlon?

 [READ MORE](#)

OCT 11 Posted 10:31am

4 Canine Fans

But seriously. FOUR canines in one household, all making eye contact with the camera???

 [READ MORE](#)

OCT 11 Posted 10:12am

Voice of America

I do remember standing on the beach when I was 9 years old and I looked across at the horizon and I said to my mom "I wonder if anyone could swim over to Cuba."

 [READ MORE](#)

OCT 6 Posted 6:08pm

The Greatest News

As of yesterday, Robin's white count started to climb. Joy and celebration are finally the mood around the Roberts home. We will see that RR beaming smile among us very soon, I have high hopes.

 [READ MORE](#)

OCT 5 Posted 6:33pm

The Iowa Women's Leadership Conference

"Daring to Live and Lead with Purpose." The part I know about is Daring to Live, period.

 [READ MORE](#)

OCT 5 Posted 6:07pm

Fan is Inspired

Thanks for these beautiful words. Laura. In the end, what it's all about for me, to hear that you were out there, experiencing my efforts, translating for your own life what you want to do with your time and focus.

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SEP 27 Posted 10:45am

2012 Global Open Water Conference

This past week-end's 2012 Global Open Water Conference on the Queen Mary was, for us ocean swimmers, like an NFL Hall of Fame week-end.

[READ MORE](#)

SEP 20 Posted 12:41am

Role Reversal

"It's tough out here. Just the way I like it."

[READ MORE](#)

SEP 17 Posted 1:12pm

2012 Global Open Water Swimming Conference

Steve Munatones, my good friend and the official observer on my swims, is hosting the 2012 Global Open Water Swimming Conference onboard the Queen Mary in Long Beach, September 21st through 23rd.

[READ MORE](#)

SEP 13 Posted 7:10pm

September 11 Pain Fading?

Each and every one of us knows loss. We have experienced the death of a loved one. But how many of us have experienced the shocking, unspeakable trauma of war? Of terrorism? I have not.

[READ MORE](#)

AUG 31 Posted 1:03pm

My Dear Friend Robin Roberts

My dear friend Robin Roberts is deep in my heart today...

[READ MORE](#)

AUG 30 Posted 7:58pm

Cuba: Shoot For The Stars Or Settle?

I may not have reached Florida but I wouldn't trade these past three years for anything. And I applaud Donna and Seth and Paul for reaching for their respective stars. They are each one the better for their ambitions.

[READ MORE](#)

AUG 24 Posted 12:15pm

Official: Total Number Of Hours Swum



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Open Water Swimming authority Steve Munatones has issued a correction on Diana's total number of hours swum in her Cuba attempt...

 [READ MORE](#)

AUG 24 Posted 12:07pm

Final Moments In Key West

We reached for the stars on the Xtreme Dream, and we saw a little bit of heaven as we were trying to get there.

 [READ MORE](#)

AUG 23 Posted 5:33pm

The Cuba Swim: From Dream to Reality

I didn't make it all the way. But I surely did seize the time. I couldn't have done any of it a fingernail better...

 [READ MORE](#)

AUG 22 Posted 1:16pm

Thank You, Diana Nyad, Courageous Swimmer and Devoted Ocean Advocate

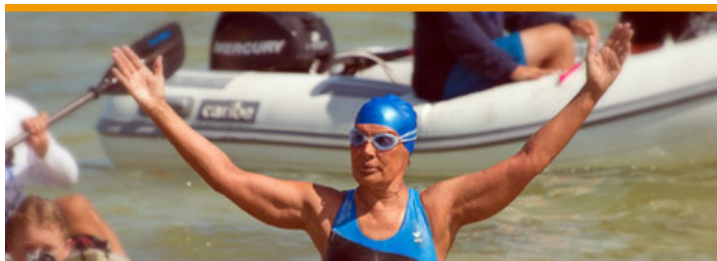


We're sharing the following post written by Frances Beinecke, current President of the Natural Resources Defense Council.

 [READ MORE](#)

AUG 21 Posted 6:32pm

On Her Own Two Feet



Diana arrived at the White Street Pier in Key West walking earlier today. She walked ashore to the cheer of all her supporters.

 [READ MORE](#)

AUG 21 Posted 5:33pm

Press Coverage of Diana ending her swim

Here's a selection of videos from earlier this morning covering Diana ending her swim this morning.

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Perspectives from the Water's Edge



Diana Nyad has lived her dreams. But she has always had one more unfulfilled dream: an extreme dream of unprecedented proportions...

 [READ MORE](#)

AUG 21 Posted 1:06pm

Diana to Arrive on Shore at 2:00pm EDT

Diana Nyad will arrive on shore in Key West today, Tuesday, August 21st at approximately 2:00pm EDT.

 [READ MORE](#)

AUG 21 Posted 9:17am

Extreme Dream Becomes Record-breaking Reality

Stroking longer and farther than in any of her four attempts to swim from Cuba to Florida, Diana called an end to it early this morning (Tuesday), one day before her 63rd birthday...

 [READ MORE](#)

AUG 21 Posted 7:59am

Update

Diana has been Pulled from the water.

 [READ MORE](#)

AUG 21 Posted 3:07am

Pray for Purple: Vanessa Linsley Shares Navigation Strategy

Pray for Purple!

 [READ MORE](#)

AUG 20 Posted 8:26pm

A Pod of Dolphins

Monday 6:30pm EST 50:47 Swim time: If there was ever a moment during the Nyad swim when Diana was grateful to the NRDC and all organizations that support pristine waters—and there have been many of those moments during this 2012 expedition—the best one came at 6:30 p.m. today (Monday) when she was visited by dolphins!

 [READ MORE](#)

AUG 20 Posted 7:55pm

46.1 Miles

Monday 7:30pm EST 51:47 Swim time: As of this evening, Diana has traveled 46.1 statute miles. She is well into the gulf stream and doing fine although chilly at times.

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▼ About this capture

AUG 20 Posted 7:43pm

Making Herstory Using History

Monday 7:15pm EST 51:32 Swim time: Approaching the 40th hour of The Nyad swimming, her McGyver-like team has spent the afternoon improvising ways to prevent hypothermia and further swelling of Diana's lips and tongue. As on any faraway expedition, you can only use what's at hand and hope you have what you need.

 [READ MORE](#)

AUG 20 Posted 5:28pm

Stormy Night



I've never seen anything like it but apparently these 20 to 35-mile wind squalls are not unusual in the Gulf Stream. Lightning all around us...

 [READ MORE](#)

AUG 20 Posted 5:07pm

Shark Diver Matteo begins his patrol

Monday 3:24pm EDT 47:41 swim time: Shark diver Matteo Gazzale heads into the sea to begin his patrol watching out for sharks...

 [READ MORE](#)

AUG 20 Posted 4:09pm

Dr. Yanagihara reports on the jellyfish



Monday 2:39pm EDT 46:56 Swim time: Our worst case fear was that she would encounter box jelly's going across the Florida straits and she unfortunately did run across them literally. We had to pull a piece of tentacle off her fingers...

 [READ MORE](#)

AUG 20 Posted 3:54pm

Captain Beach reports on current conditions

We're out here in the middle of the Florida straits about smack dab in the middle of the Gulf Stream, as it is. Headed about due north...

 [READ MORE](#)

AUG 20 Posted 2:47pm

Isshin Denshin

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12:00pm EST 44:17 Swim time: Isshin denshin, the Japanese concept of mutual
help and communication, is playing itself out during Diana Nyad's 103-mile attempt to

swim from Cuba to Florida...

☰ [READ MORE](#)

AUG 20 Posted 2:00pm

Diana on CBS News

CBS News August 19, 2012 - Diana Nyad is making her fourth attempt to overcome the shark-
and jellyfish-infested waters and become the first person to swim from Cuba to Florida.

☰ [READ MORE](#)

AUG 20 Posted 1:52pm

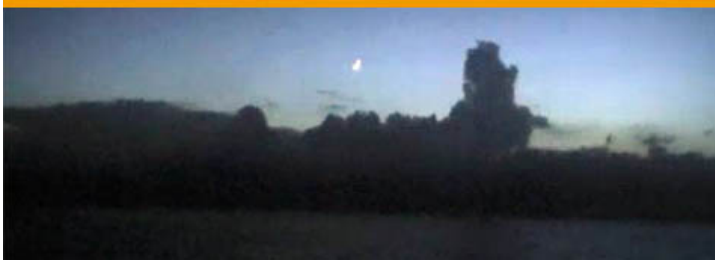
Diana on the Today Show

Ops Chief Mark Sollinger reports on Diana's progress on this morning's Today Show.

☰ [READ MORE](#)

AUG 20 Posted 10:42am

Back On Course



9:45am EDT 42:02 Swim time: Seas are calm and Diana is swimming strong at 50 strokes per
minute and has swum 33.81 statute miles.

☰ [READ MORE](#)

AUG 20 Posted 3:09am

Squall "nearly stationary over Diana"



2:30am EDT 34:47 Swim time: Since it is not moving, they are now trying to find a path out of
the storm. They have decided to begin moving north and west

☰ [READ MORE](#)

AUG 20 Posted 1:42am

A Squall Blows Over

just after 8pm EDT "all hell broke loose here." Out of nowhere, a squall "blew up very quick" and hit the flotilla with winds at one point reaching 14 knots, pushing Diana east...

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▼ About this capture

AUG 19 Posted 9:46pm

Ops Chief Mark Sollinger's Day 2 Report

7:43pm EDT 28:00 Swim time: "Today was an awesome day."

 [READ MORE](#)

AUG 19 Posted 9:25pm

Sun Sets on Day 2



7:43pm EST 28:00 Swim time: The sun sets over the flotilla as Ops Chief Mark Sollinger makes preparations for nightfall, when the jellyfish surface from the depths.

 [READ MORE](#)

AUG 19 Posted 7:43pm

Ideal Conditions

The Voyager crew reports that after a rough first night, Diana is currently savoring ideal conditions yet preparing for the coming hours, should Mother Nature decide to get moody...

 [READ MORE](#)

AUG 19 Posted 6:20pm

The Lucky Manatee



On Tuesday, day before hearing good news of a possible weather window for the Cuba to Florida swim, diana and bonnie spotted a manatee right before slipping into the water for would become Diana's last training swim, the perfect taper....

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AUG 19 Posted 5:10pm

Steve Munatones shares his observations



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Steve Munatones is the official observer of the swim and the editor in chief of the Daily News of Openwater Swimming. Here's his observations of Diana over the first 24 hours of the swim.

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AUG 19 Posted 4:22pm

Singing Songs

It's a good sign when the swimmer is singing...

[READ MORE](#)

AUG 19 Posted 1:56pm

The Crew Cheers on Diana

Diana is cheered by her team as she comes in for a feeding at 11am this morning.

[READ MORE](#)

AUG 19 Posted 12:16pm

No Stopping Her Now



At 22.2 statute miles into a swim that started yesterday (Saturday) at 3:43 p.m., Diana, swimming steadily at 50 strokes per minute, looks very comfortable and confident.

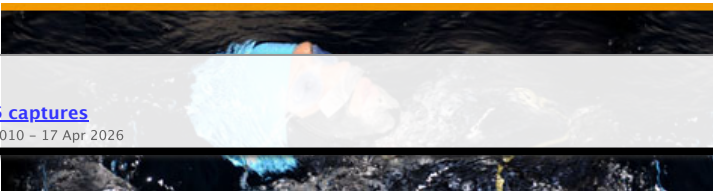
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AUG 19 Posted 11:44am

First Night Is Over

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About this capture

Despite a difficult night of multiple jellyfish stings, on her lips, forehead, hands, and neck, some of them from box jellyfish, Diana Nyad has progressed 21.7 statute miles from Havana, Cuba...

[READ MORE](#)

AUG 19 Posted 11:23am

Status Update: 17:02 Hours, 20.1 Miles

Diana has warmed with the sun and confidently swimming freestyle again as the jellyfish experts report minimal sightings after their exploration.

[READ MORE](#)

AUG 19 Posted 11:16am

Status Update: 15:37 Hours, 19 Miles

Diana has swum 19 statutory miles and is encountering a strong westwardly current...

[READ MORE](#)

AUG 19 Posted 6:02am

She's just swum one English Channel

"If this swim is the equivalent of five English Channels, and I think it is, in terms of time, she's just swum one English Channel, 25 percent of it backstroke."

[READ MORE](#)

AUG 19 Posted 5:56am

Hot Chocolate



Angie Sollinger, Christi Barli, and Candace Lyle Hogan are staying up all night to report the good news: At her 3:15 a.m. feeding, Diana asked for pasta and hot chocolate!

[READ MORE](#)

AUG 19 Posted 5:49am

They're coming in swarms

The jellyfish experts have not yet identified the organisms, which have been floating in swarms every 30 seconds...

[READ MORE](#)

AUG 19 Posted 4:29am

Backstroke "keeping up her pace very well"

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autical miles, Diana has been backstroking for an hour, rather smoothly. She looks

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AUG 19 Posted 4:04am

Fourth Jellyfish Sting

She was hit at 12:33 a.m. on her forehead by box jellyfish. There are jellyfish particles everywhere...

☰ [READ MORE](#)

AUG 19 Posted 3:38am

Third Jellyfish Sting

At 10:57pm, Diana was stung on the hand by a confirmed box jellyfish and treated in the water immediately by Angel....

☰ [READ MORE](#)

AUG 19 Posted 3:29am

Status Update: 7:02 Hours, 10.69 Miles

At 10:45pm Saturday, 10.69 miles into the swim; no incidents at this hour...

☰ [READ MORE](#)

AUG 19 Posted 3:18am

Second Jellyfish Sting

Diana is swimming again after being stopped by a second jellyfish sting, this time on the lips

☰ [READ MORE](#)

AUG 19 Posted 3:03am

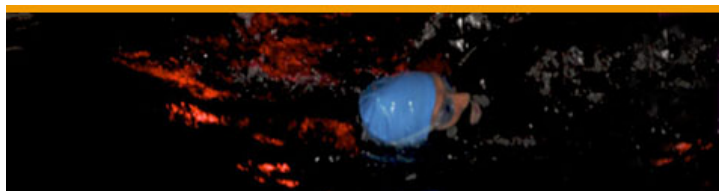
Status Update: 4:02 Hours, 7.13 Miles

Diana has swum 7.13 miles with 95.87 miles to go. She is swimming at 50 strokes per minute in a 1 foot choppy sea. She is in good spirits and the crew are preparing for nightfall.

☰ [READ MORE](#)

AUG 18 Posted 11:06pm

Human Potential



Diana's love of and respect for the ocean and nature attracted the support of the NRDC, an organization of scientists, lawyers, and lobbyists devoted to clean oceans, because more often than not nature needs protection from us.

 [READ MORE](#)

AUG 18 Posted 10:49pm

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At 8:40pm Diana was stung on the neck by an Olindias formosa jellyfish...

 [READ MORE](#)

AUG 18 Posted 10:13pm

Jellyfish stings Nick the shark diver

Less than 3 hours into the swim, a shark diver was stung by a jellyfish. Nick gauged his pain at a 6 out of 10. Jellyfish expert Angel Yanagihara, Ph.D...

 [READ MORE](#)

AUG 18 Posted 8:36pm

1 hour before the swim

In her white terrycloth robe, bathing suit underneath, goggles in hand, Diana made her way on foot across the grass with a Cuban escort to where her escort boat was docked and sat awhile to chat.

 [READ MORE](#)

AUG 18 Posted 8:16pm

1:26 hours in, Diana swimming strong

She is flanked by kayakers protecting her from sharks. On top of Voyager, a shark expert keeps a lookout as well.

 [READ MORE](#)

AUG 18 Posted 7:44pm

So much to say but so little time

Walking back to her room to prepare for a much earlier start than planned, Diana is calm, adjusting. She looks at the harbor, saying, "the water doesn't look all that calm to me here, but it's all about the end, getting there before the weather window closes."

 [READ MORE](#)

AUG 18 Posted 6:42pm

Arriving in Havana



From all points north, south, east, and west—like an energetic convergence—Diana Nyad's Extreme Dream team met before dawn at an Oceanside dock in Key West Friday morning...

 [READ MORE](#)

AUG 18 Posted 5:05pm

Change of Plans: The Swim Has Begun!

"Well, at least I won't have a sleepless 'night before the swim' experience and have to get up at 4:30 in the morning," she said, packing up her ready bag. "I'll be well on my way swimming by then."

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AUG 16 Posted 3:30pm

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Its a go

If all weather signs and conditions hold true, Diana Nyad will leap into the waters off the Havana shore at 7a.m. on Sunday.

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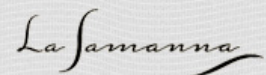
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