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Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2012

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2012 Training

Bonnie Stoll: "We are in tunnel vision mode"

Posted by Xtreme Dream Team on Jun 29, 2012 in 2012 Training Blog | 4 comments

I wish Penny Palfry the best. I'm sure our team will learn from her crossing. Just as, I'm sure, Penny's team has learned from Diana's attempts. Right now, Diana and I are staying focused on Diana's swim. We are in tunnel vision mode. Bonnie Stoll Head Handler/trainer Nyad Xtreme Dream swim

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Sometimes life seems unfair, so what are you gonna do?

Posted by Xtreme Dream Team on Jun 29, 2012 in 2012 Training Blog, Slider | 1 comment

Sometimes life seems unfair, so what are you gonna do?

Life sometimes seems unfair, so what are you gonna do?

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Dr. Angel Yanagihara

Posted by Xtreme Dream Team on Jun 25, 2012 in 2012 Training Blog | 0 comments

We have an exceptional array of individual talent and commitment on the Xtreme Dream Team. Added to these special people a couple of months ago is one of the world's renowned experts on Box Jellyfish....and all jellyfish in general. Dr. Angel Yanagihara has gone to extensive intellectual and

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Diana's Tweets



- The entire team is out checking the boats needed for the Xtreme Dream. Everyone (the dog included) is ready for action! <http://t.co/YxPO0cRU> about 8 hours ago from HootSuite
- A quick blog update from Bonnie, and another warm wish to [@pennypalfrey](#) <http://t.co/K9kWoQhj> about 9 hours ago from HootSuite
- ...Right now, Diana and I are staying focused on Diana's swim. We are in tunnel vision mode." Bonnie Stoll Head Handler/trainer [about 23 hours ago](#) from web
- ... I'm sure our team will learn from her crossing. Just as, I'm sure, Penny's team has learned from Diana's attempts.... [about 23 hours ago](#) from web
- Head Handler Bonnie Stoll: "I wish Penny Palfry the best.... [about 23 hours ago](#) from web

scientific leaps of ingenuity over the past couple of months. Angel's knowledge and plans to keep me safe are starting with one lone individual, chasing a lifelong Dream. But as venomous jellyfish are proliferating in oceans all over the world, her developments and the thinking behind her...

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Crew Checks out the Fleet

Posted by Xtreme Dream Team on Jun 25, 2012 in 2012 Training Blog | 2 comments

We're going to a working crew of 33, not counting boat staff, going across. Handler Team Shark Divers Safety Team Jellyfish Divers Safety Team Navigator & Drivers Ops Chief Kayak Shark Safety Team All these Teams are doubled up so that while one shift is vigilant, highly alert, other half is resting on "mother ships". Today we are scouting vessels for the...

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The Summit Begins in Key West

Posted by Xtreme Dream Team on Jun 25, 2012 in 2012 Training Blog | 4 comments

We have gathered the key players of the Xtreme Dream expedition in Key West for a week-end long Summit on every possible issue that we will face on the journey across from Cuba to Florida. This is a group of highly intelligent people, each an expert in his or her respective field, each dedicated to the mission, each passionate about not only the end-result success we all dream of...but perhaps even more so in the myriad of scientific, technical, intuitive, logical, marine, meteorological, athletic, and human spirit aspects of this Grand Adventure. I kicked off with some quick remarks...

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24 Hours Later, Looking To Cuba

Posted by Xtreme Dream Team on Jun 16, 2012 in 2012 Training Blog | 11 comments

This was early on during the 24-hours. The wind was starting to build. When I was fresh and strong, I plowed through. But after many hours and the wind whipping by afternoon, I started to feel seasick. Cuba is going to require my feeling well just about all the way across. It's not just the imposing distance, minimum of 103 miles. It's that the powerful Gulf Stream tugs to the East, when trying to swim to the North. If I'm debilitated for any reason for too many hours, I'll wind up way out East, near the Bahamas, not able to make it to the Florida shore. Similar to...

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Diana Nyad's Xtreme

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that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

- Bonnie Stoll: "We are in tunnel vision mode"
- Help Diana Nyad!
- Shared Dreams
- Sometimes life seems unfair, so what are you gonna do?
- Dr. Angel Yanagihara

- Ian on Bonnie Stoll: "We are in tunnel vision mode"
- tunnel vision mode"
- JJ on Bonnie Stoll: "We are in tunnel vision mode"
- Sharon from Pasadena, CA on Bonnie Stoll: "We are in tunnel vision mode"
- Don McCumber on Shared Dreams

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