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For ten years (1969-1979), Diana Nyad was the greatest long distance swimmer in the world. In 1978, she attempted to swim 100 miles from Cuba to Florida. After being in the water for 41 hours and 49 minutes, Diana fell short of her goal due to strong currents and bad weather. In 1979, she stroked the longest swim in history making the 102.5 mile journey from the island of Bimini (Bahamas) to Florida. She also broke numerous world records, including what had been a 50-year mark for circling Manhattan Island, setting the new time of 7 hrs 57 min. Diana is a member of the National Women's Hall of Fame and the International Swimming Hall of Fame.

Until a year ago, Diana hadn't swum a stroke, not a single stroke, for 31 years. This summer, at the age of 60, Diana Nyad is going to stroke her way from Havana to the Florida coast. Again, millions of people will be cheering her on, but this time over the internet, no one will miss it. And when she walks up onto the far shore, no one will ever look at a 60 year old quite the same way

again.

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es, Diana has been at the heart and soul of the baby boom generation, many of whom are f... relevant, lack...
ed that their best days are behind them. This summer, the imagination of the A...
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catch fire. The authentic message, the walk that Diana walks, will resonate with millions of baby boomers looking for renewal, parents hoping their children spark to inspired lives, and women searching for proof that middle age is their prime, not the beginning of the end.

Archives

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Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She's a beacon of hope to us all that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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Xtreme Dream. For Diana Nyad's representation please contact [Pam Derderian](#)

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