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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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The Dream

None of us can go back in our lives and relive periods we think we could have done better. And no athlete, especially, can go back and capture that one moment he or she always dreamed of achieving.

I broke many records in my prime as a long-distance swimmer back in the 1970's, in my twenties. For my world record—102.5 continuous miles from the Bahamas to Florida in 1979—and other swims, such as breaking the 50-year-old mark for circling Manhattan Island, many Halls of Fame have honored me. I had a stellar athletic career and achieved my dream of swimming the farthest openwater swim in history. Yet my dream of swimming from Cuba to Florida was dashed in 1978, after fighting stiff winds and huge seas for 41hrs, 49 mins, and still not reaching the Florida coast.

Now I'm 61. Ancient by world-class athlete standards. And the Dream, the Xtreme Dream, is once again alive. For my own inner sense of commitment, and to share our empowerment with all the baby boomers out there with so much life still to live ahead of us, I want to finally step off that beach in Havana and some 60 hours later walk up onto that shore in Florida.

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Diana's Tweets



- Correction it was discovered that Diana actually swam 51hrs & 5min. Also there were no welts from Jelly's but from sun. ^jr [about 13 hours ago](#) from [HootSuite](#)
- Xtreme Dream Celebration <http://t.co/ErrgCGLt> [about 17 hours ago](#) from [HootSuite](#)
- Thank You, Diana Nyad, Courageous Swimmer and Devoted Ocean Advocate ~Frances Beinecke, current President @NRDC <http://t.co/aUOKOMdj> [about 17 hours ago](#) from [HootSuite](#)
- Awesome article from The Huffington Post about Diana. Check it out! <http://t.co/s6TeNghV> ^jr [about 20 hours ago](#) from [HootSuite](#)

The Earth is four-fifths water. I could plan a 100-mile swim just about anywhere. But I've already swum 100 miles. What I didn't do was the swim I invented, Cuba to Florida.

Until a year ago, I hadn't swum a stroke for 31 years. Swimmer's burnout gripped me to the point that I had sworn I would never, ever swim a lap again in my life. But approaching 60 last year threw me into a momentary angst of wondering what I had done with my life. I felt choked by how little time

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seemed left. I started swimming a few laps, just to take some pressure off the knees from all the other activities I enjoy.

My workouts escalated. My motivation started to burn like a fire in my soul. One day I was driving, after a long swim, and I stopped and looked hard in the rearview mirror. And I said to myself: This is one dream I actually could go back and achieve. At 60, I could swim from Cuba to Florida. This time, without a shark cage.

I was experiencing what millions my age are feeling these days. Disenfranchised, no longer valued, terribly worried that my best days were behind me. Yet the business of life is to live large and you can dream at any age. To me the phrase "60 is the new 40" is not a joke. We baby boomers can put truth into those words. We are far from irrelevant at 60. We're now emotionally mature, brimming with wisdom and calm, still physically strong. This should be the prime of our lives. Training for this swim has filled me with the heartening, empowering conviction that it's never too late to chase your dream.

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

- It's a GO!
- Congrats to USA Women
- Ops Team Update: We go when the window is GREAT
- It's Mind Time
- A letter from Bonnie to the Handler Team

- Mimi Gonzalez on It's a GO!
- Xtreme Dream Team on It's a GO!

- Jen on It's a GO!
- Hadar on It's a GO!
- Lee on It's a GO!

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