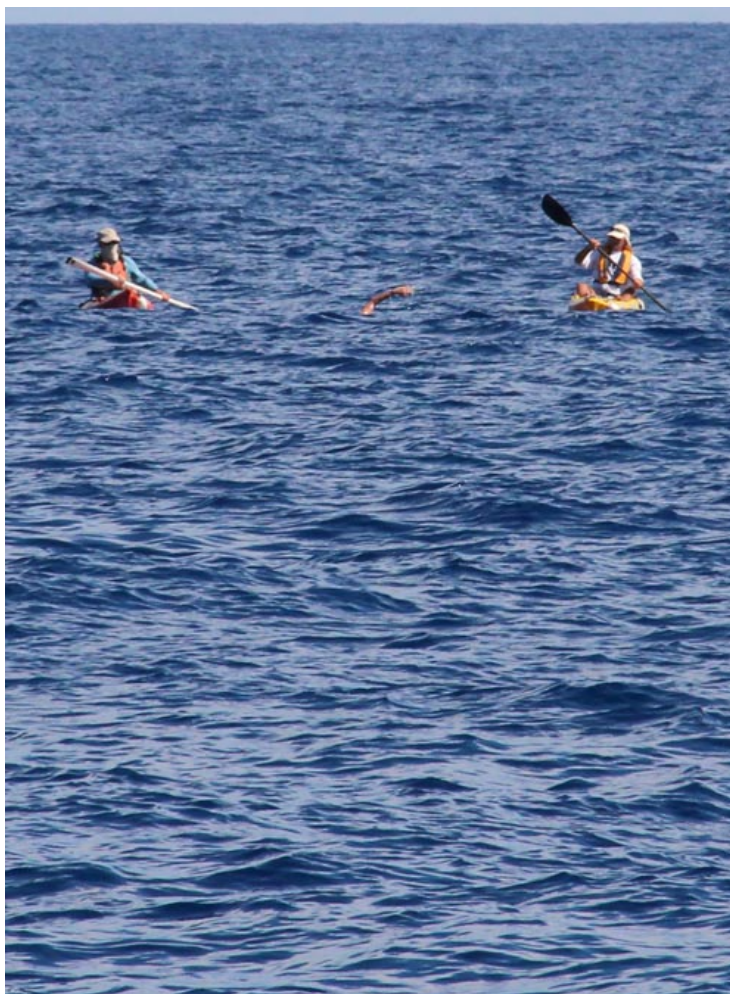




SEP 1

Posted 5:05pm

4pm Update from Navigator John Bartlett



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The Other Shore follows world record holder and legendary swimmer Diana Nyad, 63, as she comes out of a thirty-year retirement to re-attempt an elusive dream: swimming 103 miles non-stop from Cuba to Florida without the use of a shark cage.

[> See Trailer](#)

Update from John Bartlett, Navigator 4pm Sunday September 1, 2013. Swim Time: 31 Hours

Diana has swum 63.25 statute miles from the starting point of the swim. This is farther than she has gone in any previous attempt. Her path is only 5 miles to the east of a straight line from Marina Hemingway to Key West, thanks to a favorable Gulf Stream.

Her overall average speed of 2.04 mph has been increasing progressively throughout the day due to a favorable current. She is still swimming strongly at her typical training speed of 1.5 to 1.6 mph.

Position:

North latitude 23 degrees 52.7

West longitude 82 degrees 00.4



What's your Xtreme Dream? Live life large and support Diana!



DO THIS NOW ...

To see Diana's location in REAL TIME visit DianaNyad.com. For the latest updates follow Diana on [Facebook](#) and [Twitter](#).

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P.S. Have you signed up for my 7 Day Reboot? Hop in! It's Free!



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