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JAN FEB MAR

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About this capture

10 captures

4 Sep 2013 - 21 Mar 2023

Home • Blog Cuba Swim Diana Press Support Us Contact



AUG 31 Posted 10:45pm

Update 10:22pm



Update Saturday 10:22 p.m. EDT, 13:23 Swim time

Thunder rolling and some lightening to our north northeast. The closest edge of a storm is 4 miles away and moving very slowly. Winds are gusting up to 18 knots and seas are increasing to 2-3 feet. Captains are monitoring the system and thinking positive thoughts. Diana is moving quite well in the conditions while wearing her jellyfish suit.



She is swimming at 47 strokes per minute.



DO THIS NOW ...

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

If you liked this post, "Like" it and share it with your friends. Leave Diana a comment or ask a question below.

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



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Join the Xtreme Dream Team! Show your support for Diana with a shirt, cap or wristband!



PRE-ORDER NOW

Every Stroke Hurts. Every Breath Heals.

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](#)



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