



AUG 31

Posted 10:28pm

Update from Bonnie, 8pm



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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](#)

Update from Bonnie

Saturday August 31, 2013, 8:00 p.m. EDT, Swim time: 11:01



Head Handler Bonnie Stoll updated us on how Diana was feeling during her 11th hour of swimming.

"Her attitude is excellent. She's not her jovial self, per se, and that's good. We want her to take as little time as she possibly can during these feeds.



"Nobody has seen any jellyfish other than the regular plankton that we're going to see all the time. So, no, she has not been stung at all.



"She is swimming as strong as she possibly can. She does 51 strokes a minute all day, and with

the suit on and the prosthetic mask, she slows down a little bit to about 47 strokes a minute, and that's just about perfect. So, she's in good shape.

NOV DEC MAY 08 2012 2013 2021 About this capture

"One thing none of us has to worry about is her hydration. She is hydrated as much as possible: a lot of peanut butter, a lot of bananas, a lot of bread, Hydration all night, all day. She is very hydrated."



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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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