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AUG 31 Posted 10:20am

Diana Begins Her Swim at 8:59:02am



**Saturday August 31, 2013, 859:02am local time
in Hemingway Marina, Havana, Cuba**

Diana arrived at the starting point of the swim in a black taxi, escorted by Marina Hemingway Commodore Jose Escrich. Dressed in her long white terry cloth robe, with the logo of her major sponsor, [Secret](#), she was greeted by 40 media and supporters. Framed by American and Cuban flags, she shouted to her XTreme Dream team on surrounding support boats, "Thank you. Thank you for everything. Let's make it all the way!"



Diana took off her robe and Head Handler Bonnie Stoll finished applying pure lanolin to the swimmer's body. Then with a shout-out of "Courage!" (pronounced in French), Diana Nyad jumped into the water from the shore a short way off Marina Hemingway in Cuba for the start of her epic swim to Florida at 8:59:02 a.m., Saturday, Aug. 31, 2013.



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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](#)

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For the latest updates, visit [DianaNyad.com](#) 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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